



Tallow-Fried Chicken over Belgian Waffles with Honey Drizzle

4 servings Prep time: 20 minutes (includes chill time) Cook time: 20-30 minutes

Marinated Chicken Tenders

- 1 pound chicken tenders
- 2 cups buttermilk
- 2 Tbsp pickle juice
- 2 tsp kosher salt
- 1 tsp medium grind black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp paprika
- ½ tsp dried thyme
- 8 dashes Tabasco sauce
- 2 egg whites beaten to soft peaks
- ¼ cup all-purpose flour

Flour Dredge

- 4 cups all-purpose flour
- 2 cups cornstarch
- 1 Tbsp kosher salt
- 1 tsp medium grind black pepper

Waffle Recipe

- 1 lb 2 oz all-purpose flour
- 1 packet rapid rise yeast
- 125 mL warm milk
- 500 mL warm water
- ½ tsp kosher salt
- 2 tsp granulated sugar
- 1 tsp vanilla extract
- 3 Tbsp melted butter
- 3 egg whites (whipped to medium peaks)
- 3-4 Tbsp Belgian pearl sugar

Directions

This classic Southern comfort dish pairs crispy, juicy chicken tenders—marinated in buttermilk and fried in rich beef tallow—with golden, yeast-raised Belgian waffles. The savory chicken and fluffy waffles are finished with a drizzle of honey for the perfect sweet and salty combination.

Ideal for brunch or a special dinner, this recipe delivers a satisfying mix of flavors and textures that celebrate the best of comfort food.

In a large bowl, combine all ingredients for the chicken marinade except the egg whites, chicken, and flour. Lightly dust the chicken tenders with flour. Add the remaining flour to the marinade mixture. Fold in soft peak egg whites then place the chicken tenders into the marinade and refrigerate for at least 12 hours, up to 24 hours.

When ready to fry, dredge the marinated chicken tenders generously in the flour dredge mixture. Fry in beef tallow at 325–340°F (163–171°C) for 7–8 minutes, until golden brown and the internal temperature reaches 165°F (74°C).

To make the waffles, dissolve the yeast in the warm water and milk. In a separate bowl, combine the flour, salt, and granulated sugar. Add the warm liquid to the dry ingredients and mix gently with a wooden spoon until just combined—do not overmix. Let the batter rise in a warm place for 2–3 hours, or until doubled in size. Stir in the vanilla and melted butter (the butter should be melted but not hot). Carefully fold in the whipped egg whites and pearl sugar with a wire whisk, being careful not to deflate the batter. The batter should remain slightly lumpy. Spoon the batter into a waffle iron greased with lard or tallow and cook until golden brown on the outside.

Place a few pieces of fried chicken over the waffles and drizzle with honey. Serve immediately for best results.

Yield: 4 servings

Prep Time: 20 minutes

Cook Time: 20–30 minutes

Total Time: 12–24 hours (including marinating)

