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Mc Donald's Chicken Mc Nuggets (Co



By The Spice Guru (<http://www.food.com/user/9453/>)

☆☆☆☆☆ (1)



TOTAL TIME
2 hrs 50 mins

PREP 2 HRS 30 MINS
COOK 20 MINS



My homestyle copycat recipe for McDonald's Chicken McNuggets. PLEASE NOTE: The Nutritional Information listing here is inaccurate -- since only a fraction of

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INGREDIENTS

SERVINGS 4 | YIELD 2-3 lbs.

Nutrition

UNITS US

DIRECTIONS

CHICKEN

- 1 lb frozen boneless chicken tenderloins (<http://www.food.com/about/chicken-221>), thawed

BRINE

- 4 cups cold water (<http://www.food.com/about/water-459>)
- 2 teaspoons fine sea salt (<http://www.food.com/about/salt-359>)

BREADING

- 1/2 cup pre-sifted all-purpose flour (<http://www.food.com/about/flour-64>), plus
- 1/3 cup pre-sifted all-purpose flour (<http://www.food.com/about/flour-64>)
- 1/2 cup cornstarch (<http://www.food.com/about/cornstarch-137>)
- 1 1/2 tablespoons Lawry's Seasoned Salt (use

THAW chicken breast tenderloins; POUND tenderloins if necessary to 1/3-inch thickness, between sheets of plastic wrap using a flat mallet; CUT chicken into 2-inch x 1 1/4-inch wide various shapes, using kitchen shears; PLACE chicken into prepared BRINE (4 cups cold water, 2 teaspoons fine sea salt); SOAK chicken pieces in brine for 2 hours; BLOT dry. MEASURE the BREADING ingredients into another medium bowl; PLACE breading bowl into working area.

WHISK the BATTER ingredients together until smooth; PLACE batter bowl into working area (whisk batter often while using to refresh consistency).

COAT a few chicken pieces at a time in the BATTER mixture until evenly battered.

DROP a few pieces of chicken at a time into the BREADING mixture using tongs; TURN chicken gently using tongs in the breading until evenly coated; REMOVE breaded chicken with tongs individually and place onto a breading rack (I use a food-industry grade breading rack). NOTE: YOU MAY DOUBLE-BREAD THESE IF YOU PREFER; SIMPLY REPEAT THE BATTERING AND BREADING STEPS (MAKE SURE YOU'VE ADDED ONE EXTRA TEASPOON POWDERED SUGAR FIRST).

IF FREEZING MCNUGGETS FOR FUTURE FRYING: PLACE rack of breaded chicken loosely wrapped into freezer until frozen; TRANSFER frozen McNuggets to Ziploc bag(s) until needed.

PREHEAT the DEEP-FRYING fat to immerse chicken completely in a deep heavy pot, or manufacturer's recommended amount of fat in deep-fryer; SLOWLY heat oil in gradual increments oil to 350°F until preheated; ADD



Seasoned Salt (see Lawry's only)

1 tablespoon fine cornflour (<http://www.food.com/about/cornflour-638>) (or fine masa harina flour)

1½ teaspoons nonfat dry milk powder

1 teaspoon granulated sugar (<http://www.food.com/about/sugar-139>)

½ teaspoon ground ginger (<http://www.food.com/about/ginger-166>)

¼ teaspoon ground mustard (<http://www.food.com/about/mustard-seed-and-powder-93>)

¼ teaspoon fine black pepper (<http://www.food.com/about/black-pepper-337>)

¼ teaspoon fine white pepper (<http://www.food.com/about/white-pepper-337>)

⅛ teaspoon ground allspice (<http://www.food.com/about/allspice-161>)

⅛ teaspoon ground cloves (<http://www.food.com/about/cloves-325>)

chicken carefully using tongs, to elevated frying basket (outside of frying oil) without overcrowding.

FRY chicken nuggets until golden-crisp and fully cooked (longer for frozen McNuggets, naturally), depending on chicken portion/size until chicken is no longer pink in the center, and juices run clear (DO NOT OVERCOOK!).

RAISE frying basket when chicken is cooked and allow to drain; PLACE chicken nuggets on absorbent paper NOTE: To keep chicken warm before serving, place chicken on a rack-fitted baking sheet covered with a sheet of foil in preheated 175°F oven.

SERVE with your favorite dipping sauces and/or other condiments and enjoy!

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⅛ teaspoon ground paprika (<http://www.food.com/about/paprika-335>)

⅛ teaspoon ground turmeric (<http://www.food.com/about/turmeric-349>)

1 pinch ground cinnamon (<http://www.food.com/about/cinnamon-324>)

1 pinch cayenne pepper (<http://www.food.com/about/cayenne-pepper-320>)

BATTER

2 beaten eggs (<http://www.food.com/about/egg-142>)

½ cup cold water (<http://www.food.com/about/water-459>)

2 tablespoons cornstarch (<http://www.food.com/about/cornstarch-137>)

2 tablespoons all-purpose flour (<http://www.food.com/about/flour-64>)

¼ teaspoon fine sea salt (<http://www.food.com/about/salt-359>)

1/4 teaspoon sesame oil

1/4 teaspoon soy sauce
(<http://www.food.com/about/soy-sauce-473>)

1/4 teaspoon granulated sugar
(<http://www.food.com/about/sugar-139>)

DEEP-FRYING FAT

vegetable oil (3 parts)

vegetable shortening
(<http://www.food.com/about/shortening-430>) (1 part)

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This takes 2 hrs Id be full because I live across the street from McDonald's I wld have paid 5 dollars and gotten a lil bit of exercise from going across the street



Angie M. (<http://www.food.com/user/2001105921>)

July 28, 2016

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7/28/2016

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