

# COOKING CONFIDENTIAL

## AS SEEN ON TV

Secret fryer recipes you'll love!



# As Seen on TV: Insider Secrets to Perfect Deep-Fried Recipes

Unlock the secrets to the best deep fryer recipes you've seen on TV with Cooking Confidential! This exclusive digital download is packed with insider tips and tricks to recreate golden, crispy, and irresistible dishes right in your kitchen.



[www.shannonsinthekitchen.com](http://www.shannonsinthekitchen.com)

# Cooking Confidential!

Discover the deep fryer secrets top celebrity chefs don't want you to know! After working alongside some of the world's most renowned culinary talents, I've uncovered the techniques that make their fried dishes unforgettable. Here's the truth: no matter how health-conscious we are, every great restaurant leans on the deep fryer for certain show-stopping dishes. Now, you can achieve restaurant-quality results at home with my favorite recipes and tips gathered over the years. Bonus insider tip: for the crispiest fried chicken or fries, freeze them briefly after breading or coating to help the crust adhere better during frying. Get ready to fry smarter, healthier, and tastier!

# Top 5 Fryer Recipes

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<b>Chicken Schnitzel.....</b>	<b>5</b>
<b>Cheese Planks.....</b>	<b>7</b>
<b>Shortcut Orange Chicken.....</b>	<b>9</b>
<b>Easy Biscuit Donuts.....</b>	<b>11</b>
<b>Fried Pickles.....</b>	<b>13</b>
<b>BONUS: Copycat Chick-Fil-A Sauce.....</b>	<b>15</b>



# Chicken Schnitzel

## *The Dish That Never Fails To Impress*

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### INGREDIENTS

**4 boneless, skinless chicken breasts, pounded to ¼-inch thickness**

**1 cup all-purpose flour (seasoned with salt and pepper)**

**2 large eggs, lightly beaten**

**1 cup plain breadcrumbs (optional: add garlic powder, smoked paprika, or lemon zest)**

**Canola oil or vegetable oil (enough to fill the deep fryer to the maximum fill line)**

**Lemon wedges (for serving)**

**Fresh parsley, chopped (optional garnish)**

#### **Serving Suggestions:**

This schnitzel is fantastic served on its own or as the star of a crisp salad. Top a bed of mixed greens with sliced schnitzel, cherry tomatoes, cucumbers, and your favorite dressing for a fresh and satisfying meal.

### DIRECTIONS

1. Heat the West Bend deep fryer to 350°F and fill it with canola or vegetable oil to the maximum fill line for best frying results.
2. Coat each chicken breast by dipping in the seasoned flour, then the egg, repeating the flour and egg steps once more. Finally, press the chicken firmly into the breadcrumbs to fully coat.
3. Fry two cutlets at a time for approximately 3 minutes, or until golden brown and the internal temperature reaches 165°F. Avoid crowding the fryer.
4. Transfer the schnitzels to a paper towel-lined plate to drain any excess oil.
5. Repeat with the remaining chicken breasts. Serve immediately with lemon wedges and garnish with parsley, if desired.

**Tips:** Always fill the deep fryer to the maximum fill line for optimal frying results and even cooking. Plain breadcrumbs create a classic texture, but you can enhance the flavor with optional seasonings like garlic powder, smoked paprika, or lemon zest. The double layer of flour and egg creates a sturdy, golden crust that stays crisp during frying. Pounding the chicken ensures even cooking and tender results.



# Cheese Planks

## *Quite Possibly the Best-Tasting Fried Cheese*

### INGREDIENTS

**1 block whole milk mozzarella cheese (sealed, not pre-sliced; cut into planks about the width of two fork tines)**

**1 cup all-purpose flour (seasoned with salt and pepper)**

**2 large eggs, lightly beaten**

**1 cup Italian-seasoned Panko or plain breadcrumbs (optional)**

**Canola oil or vegetable oil (enough to fill the deep fryer to the minimum fill line)**

**Marinara sauce or ranch dressing (for dipping)**

**Fresh parsley, finely chopped (optional garnish)**

### DIRECTIONS

1. Heat the West Bend deep fryer to 375°F and fill it with canola or vegetable oil to the minimum fill line.
2. Coat each mozzarella plank by dipping in the seasoned flour, then the egg, repeating the flour and egg steps once more. Finish by pressing the plank firmly into the breadcrumbs to completely seal.
3. Fry 3–4 planks at a time for 2–3 minutes, or until golden brown. Watch closely to prevent overcooking or cheese leakage.
4. Transfer the fried cheese planks to a paper towel-lined plate to drain excess oil.
5. Serve immediately with marinara sauce, ranch dressing, or your favorite dip. Garnish with parsley if desired.

**Pro Tips:** Always use a sealed block of mozzarella cheese for best results. Pre-sliced cheese won't hold up as well. Italian Panko adds flavor, but plain breadcrumbs work just as well if you prefer. Freezing the planks for about an hour can help reduce cheese leakage, but the recipe works well without freezing if the coating is applied thoroughly. The double coating of flour and egg is essential to creating a sturdy crust that seals the cheese perfectly.





# Shortcut Orange Chicken

*A Restaurant Favorite – Right At Home*

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## INGREDIENTS

**1 bag Tyson Popcorn Chicken (approx.  
25-30 pieces)**

**1 cup Sweet Baby Ray's Barbecue  
Sauce**

**1 jar orange marmalade (18 oz)**

**6 tablespoons soy sauce**

**1 quart vegetable oil (for frying)**

**Cooked white rice (optional)**

**Steamed broccoli and colored bell  
peppers (optional)**

## DIRECTIONS

1. Combine barbecue sauce, orange marmalade, and soy sauce in a medium saucepan and warm over medium heat, stirring occasionally.
2. Heat oil in a deep fryer to 375°F.
3. Fry popcorn chicken in batches for 3-5 minutes or until golden brown and crispy. Drain on paper towels.
4. Toss fried chicken in the warm sauce until evenly coated.
5. Serve over cooked white rice, garnished with steamed broccoli and bell peppers if desired.

Optional garnish: sesame seeds or chopped green onions.



# Easy Biscuit Donuts

*An Irresistible, Fast & Tasty Delight*

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## INGREDIENTS

**1 can (16.3 oz) Texas-style biscuits (8-10 biscuits)**

**1 cup granulated sugar**

**1 ½ tablespoons ground cinnamon**

**Vegetable oil (for frying)**

### **Serving Suggestions:**

**Serve warm** with coffee or hot cocoa for breakfast. **Add a scoop** of vanilla ice cream for a dessert treat.

## DIRECTIONS

1. Preheat the West Bend Deep Fryer to 375°F and fill with enough vegetable oil to submerge the donuts.
2. In a small bowl, mix the sugar and cinnamon.
3. Cut a hole in the center of each biscuit using a small round cookie cutter or your thumb to form a donut shape.
4. Carefully place a few donuts and donut holes in the hot oil, frying in batches to avoid overcrowding.
5. Fry each side for 1-2 minutes or until golden brown.
6. Remove donuts with a slotted spoon and drain on a paper towel-lined plate.
7. While warm, coat donuts and holes in the cinnamon sugar mixture or glaze with icing and sprinkles.



# Fried Pickles

*A Delicious Snack For Any Occasion*

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## INGREDIENTS

**1 jar (16 oz) dill pickle chips or spears**

**1 cup all-purpose flour**

**1 tsp garlic powder**

**1 tsp smoked paprika**

**1/2 tsp cayenne (optional)**

**1/2 tsp salt**

**1/2 tsp black pepper**

**1 cup buttermilk (or milk with 1 tbsp  
vinegar)**

**1/2 cup seasoned breadcrumbs**

**1/2 cup panko breadcrumbs**

**Vegetable oil (for frying)**

## DIRECTIONS

1. Toss pickles in flour mixed with spices until coated.
2. Dip in buttermilk, then coat in a mixture of breadcrumbs and panko.
3. Fry at 375°F for 2-3 minutes until golden brown. Drain on paper towels.
4. Serve hot with your favorite dipping sauce.

**BONUS: Try the Homemade Copycat Chick-fil-A Sauce on the next page!**



# Homemade Copycat Chick-fil-A Sauce

*You'll Want to Always Have This Handy*

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## INGREDIENTS

**1/4 cup mayonnaise**

**2 tbsp honey**

**1 tbsp yellow mustard**

**1 tbsp barbecue sauce**

**1 tsp lemon juice**

## DIRECTIONS

1. Whisk all ingredients together in a bowl until smooth.
2. Adjust sweetness or tanginess to taste with more honey or lemon juice.
3. Serve as a dipping sauce for fried pickles or other snacks.

# Meet Shannon Smith

Your Best Friend In The Kitchen



Shannon Smith has been a household name in American television shopping for over 35 years. Now a successful lifestyle blogger and author of three cookbooks on Amazon, she's known for her quick, entertaining recipes that bring out the lazy cook in all of us. With homespun humor and a knack for creating easy, delicious meals, Shannon's mission is to inspire busy households to have fun in the kitchen.

Let's cook, laugh, and make life a little tastier together! Follow me at [www.shannonsinthekitchen.com](http://www.shannonsinthekitchen.com) and on social media.

Your grateful friend ,

*Shannon Smith*