

**Show 46: Hungry for a Heartland Meal**  
**Christopher May and Richard Kitos**

**Kansas City Fried Chicken**

4c flour  
1tsp salt  
1tsp celery salt  
1tsp pepper  
1tsp garlic powder  
½ tsp curry powder  
½ tsp chili powder  
4c Buttermilk  
1 chicken breasts

Mix flour and all dry ingredients

Dip chicken in flour, then the buttermilk, then flour again

Fry in Canola oil about 350 degrees for about 5 minutes.  
Serve hot.

**Rosti Potatoes**

2 Yukon potatoes  
½ onion  
½ tsp salt  
½ tsp pepper  
2 tbsp oil

Boil Yukon potatoes until soft, let cool.  
Grate potatoes on a hard grater.  
Chop onion, add salt and pepper.

In a heated teflon sauté pan add 2 tbsp oil  
Add onion and potato mixture  
Cook for about 4 minutes on each side

Serve hot!

**Rosemary Vinaigrette Dressing**

(for chopped salad)

1/3 C soy sauce  
1/3 C lemon juice  
1/3 C red wine vinegar  
4 eggs  
5 ½ C shallots, minced  
6 ½ C chives, chopped