

#WhatsTheMessage: Tales of Church and Chicken

In this episode Carmela and Claudia discuss the frenzy around the Popeye's chicken sandwich, WalletHub's list of "the most sinful cities," and Kanye West. They discuss whether sinful behavior is innate or if it is influenced by your surroundings. They also talk about Kanye West and his latest Sunday Services and Gospel Album discussing the affects of secular music on sacred songs. Is it ok for what Time calls "sex jams" to be turned into worship songs. Carmela also mentions a great plant-based fried chicken recipe. Check below for the recipe.

This is an exciting and controversial episode you do not want to miss! Make sure you tune in right here on Facebook every week to watch #WhatsTheMessage Let us know what you think! Leave us your thoughts in the comments. Like, Rate, and Share.

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Donna's Fried Chicken

1 cup gluten flour

2 tablespoons yeast

3/4 – 1 cup warm water

Couple shakes each of onion powder, garlic powder, salt

Mix together, and the result should be "doughy" and "pully." You may not use all of the water. Feel free to play around with it in your hands. Let sit for at least an hour. It can sit longer if you are doing something else. It should get puffy. After desired time of rising is done, pull into pieces, flatten and drop in broth. Let boil for about 2-3 minutes. Remove and place in breading. Coat well. Drop in oil that is hot enough to fry. Turn when browned on one side. Finish browning and place in container/towels to drain.

Yield: About 20-25 pieces.

Broth

3-4 cups Water

Seasoned with about 1 tablespoon each of Nutritional yeast, McKay's Chicken Style Seasoning, Garlic powder, Onion powder, Salt

Breading

1 cup whole grain flour

1 cup nutritional yeast

1 cup cornstarch

1 teaspoon each of the following: Salt, Paprika, Onion powder, Garlic powder, Cayenne or Red Pepper flakes, Thyme, Rosemary. Salt is optional.

Mix thoroughly and dredge "chicken" in it.