

Delicious TGI Fridays Copycat Recipes

Signature Whiskey Glazed Sesame Chicken Strips

One of T.G.I. Fridays' favorite fares! Delicious chicken strips made with panko breadcrumb for crispier chicken and coated in a sweet whiskey glaze. Perfect for sharing, but you might not want to!

Serves 4 | Prep. time 30 minutes | Cooking time 20 minutes

Ingredients

Whiskey Glaze

- 2 tablespoons vegetable oil
- 1 large onion, diced
- 1 garlic head, peeled and minced, about ¼ cup garlic paste
- ¼ cup crushed pineapple
- 3 cups brown sugar
- 2 cups pineapple juice
- ½ cup soy sauce
- ¼ cup lemon juice
- 3 tablespoons apple cider vinegar
- ½ cup Jack Daniels Whiskey
- ⅛ teaspoon cayenne pepper to taste

Crispy Chicken Strips

- 3-4 boneless skinless chicken breasts, about 2 pounds
- 2 eggs, lightly beaten
- ½ cup milk, more if needed
- 1½ cups all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 ½ to 2 cups panko crumbs, more if needed
- 1-1½ teaspoons toasted sesame seeds
- Oil, for frying

Directions

1. Warm the oil in a saucepan over medium heat. Add the onion and stir fry for 3-4 minutes or until soft. Reduce heat to low and let the onion cook until well caramelized, about 30-40 minutes.
2. Add garlic and stir fry for 1-2 minutes until well combined.
3. In a bowl, add the remaining ingredients and whisk until the brown sugar is dissolved.
4. Add mixture to a saucepan and bring to a boil. Reduce heat to medium-low and let simmer for 35-45 minutes, or until the sauce has reduced by half. Remove from heat and let cool.
5. While the sauce is simmering, start preparing the crispy chicken. Cube the chicken breasts into bite-sized cubes or strips.
6. In a large skillet or deep saucepan, heat frying oil to 375°F (191°C) or use a deep fryer.
7. Prepare a dredging station: add the beaten eggs and milk to a shallow dish. Whisk to combine. Add the flour, salt, pepper, garlic, and paprika to a second shallow dish. Stir to combine. In a third shallow dish, add the panko crumbs.
8. Dip the chicken in the egg mixture, dip into the seasoned flour, back into the egg mixture, and finally into the panko crumbs.
9. Refrigerate the breaded chicken for 10–20 minutes so the batter has a chance to adhere to the chicken.
10. Cooking in batches, fry the chicken until golden and cooked through, about 4 minutes. Transfer the cooked strips to a plate lined with paper towels to drain excess oil.
11. Add all the cooked chicken strips to a large bowl and add some of the sauce. Stir to coat. Sprinkle sesame seeds on top and serve with extra sauce on the side.

Fish Tacos with Lemon Dill Remoulade

These tacos can be made spicy or mild. The tangy lemon dill sauce is perfectly balanced by the sweet corn salsa. Enjoy!

*Serves 4 | Prep. time 15 minutes
Chilling time 4 hours | Cooking time 10 minutes*

Ingredients

Corn Salsa

- 2 cups frozen corn kernels, thawed
- ¼ cup chopped purple onion
- ¼ cup chopped red bell pepper
- 2–3 tablespoons chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon finely chopped jalapeño pepper
- Salt and pepper to taste

Lemon Dill Remoulade

- ¾ cup mayonnaise
- 1 clove garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon lemon zest
- 1 tablespoon lemon juice
- 1 ½ teaspoons fresh dill, minced
- Salt and pepper to taste

Fish Tacos

- 4 (5-ounce) white fish fillets
- 1 tablespoon taco seasoning
- 2 eggs, beaten
- Panko breadcrumbs
- Oil for frying
- 6–8 (6-inch) flour tortillas

Directions

1. Prepare the corn salsa. In a medium mixing bowl, combine all the salsa ingredients and mix well. Refrigerate for 4 hours.
2. Prepare the remoulade. In a small bowl, combine all the remoulade ingredients and mix well. Refrigerate for 4 hours.
3. To make the fish, cut it into strips. Sprinkle the strips with taco seasoning. Dip them into the egg, and then the breadcrumbs. Set them aside on a rack or plate until ready to cook.
4. Place a large skillet over medium-high heat until it shimmers. Working in small batches, fry the fish until it is golden.
5. Serve the tortillas with a strip or two of fish, a generous drizzle of remoulade sauce, and some corn salsa.

Roasted Red Pepper Soup

Roasting red peppers at home is so easy! If you've never tried it before, you're in for a treat. This copycat soup is bursting with flavor, and tastes just like T.G.I. Fridays.

Serves 8 | Prep. time 10 min. | Cooking time 40 min.

Ingredients

- 3 red bell peppers
- ¼ cup olive oil
- 1 carrot, diced small
- 1 stalk celery, diced small
- 1 large red onion, finely chopped
- 40 ounces tomatoes with juice, chopped
- ¼ cup basil leaves, chopped
- 2 tablespoons sugar
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt
- ½ teaspoon red pepper flakes
- 2 cups heavy cream

Directions

1. Rinse the peppers and dry them off. Place them in a heatproof pan, drizzle with oil, and broil under high heat until they are blackened on all sides.
2. Remove the peppers to a heatproof bowl and cover with plastic wrap. Set them aside to cool.
3. In a Dutch oven or large pot, heat the olive oil and cook the carrot, celery, and red onion until soft.
4. Peel the black skin off the roasted peppers. Discard the skin, cores, and seeds, but reserve the juices. Slice the peppers.
5. To the pot, add the peppers, tomatoes, basil, sugar, vinegar, salt, and red pepper flakes.
6. Mix well and bring to a simmer. Cook until the tomatoes soften and begin to break down, about 20 minutes.
7. Carefully transfer the mixture to a blender or food processor and blend until smooth.
8. Transfer the soup back to the pot, add the cream, and stir to combine. Taste, and add salt and pepper if needed.

Jack Daniel's Ribs

This easy recipe produces melt-in-your-mouth tender ribs coated in a delicious Whiskey-flavored barbecue sauce all without having to slave over a hot grill.

Serves 4 | Prep time 15 minutes | Cooking time 5 hours

Ingredients

- 1 head garlic
- 1 tablespoon olive oil
- 1½ teaspoons paprika
- ½ teaspoon salt
- ¼ teaspoon dried thyme
- ½ teaspoon ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon celery salt
- ¼ teaspoon ground cayenne pepper
- 2 racks baby back ribs
- ½ cup water
- 1 cup pineapple juice
- ¼ cup teriyaki sauce
- 1 tablespoon soy sauce
- 1⅓ cups dark brown sugar
- 3 tablespoons lemon juice
- ¼ cup white onion, finely chopped
- 2 tablespoons Jack Daniel's whiskey
- 1 heaping tablespoon pineapple, crushed
- ¼ teaspoon cayenne pepper

Directions

1. Preheat oven to 300°F (149°C).
2. Take garlic and chop off about ½ inches from the head. Take out paper-like outer layers then place in a small oven-safe bowl or ramekin. Pour olive oil on top and wrap in aluminum foil. Place in oven and bake for 1 hour. When ready, remove from oven and allow to cool. Squeeze out about garlic from roasted garlic head. Add roasted garlic in an airtight container and place in the refrigerator
3. While the garlic is baking, prepare the spice rub by combining paprika, salt, thyme, pepper, garlic powder, onion powder, celery salt, and ground cayenne pepper in a bowl. Mix well. Evenly coat ribs with spice rub. Arrange ribs onto a baking sheet. Bake in the oven for about 2½ hours.
4. Prepare the barbecue sauce by mixing water, pineapple juice, teriyaki sauce, soy sauce, and dark brown sugar in a pan. Bring to a boil while stirring from time to time. Once boiling, lower heat until the mixture is just simmering.
5. Add to pan 2 teaspoons of the roasted garlic, lemon juice, onion, whiskey, crushed pineapple, and cayenne pepper. Stir to combine well. Simmer for about 30 to 40 minutes until liquid is reduced by half.
6. If desired, you can finish the ribs on the barbecue to have grilling marks and crisper ribs. Preheat grill to medium-high heat. Then, place ribs onto the grill and cook for about 2 to 4 minutes. Turn ribs over and grill for another 2 to 4 minutes.
7. Transfer onto a serving plate. Spoon sauce over ribs. Serve.

Rosemary Sweet Potato Fries

Crispy, savory, sweet potato fries, salted to perfection, make a welcome side dish to any meal. Try this recipe, inspired by T.G.I. Fridays!

Serves 4 | Prep. time 15 minutes | Cooking time 40 minutes

Ingredients

- 4 large sweet potatoes
- ¼ cup olive oil
- 1 tablespoon minced fresh rosemary
- 1 clove garlic, minced
- 1 tablespoon cornstarch
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Directions

1. Preheat the oven to 425°F (218°C).
2. Peel the potatoes and slice them into even fries, about ¼-inch thick.
3. Place them in a colander and rinse well. Pat them dry.
4. In a large resealable bag, combine the remaining ingredients.
5. Add the potatoes and mix to coat.
6. Oil a large baking sheet and spread out the fries in a single layer.
7. Bake for 35–40 minutes, until golden, turning occasionally.

Red Velvet Cake

This red velvet chocolate cake is a huge favorite at T.G.I. Fridays, where it's topped with sprinkles and sparklers. Ours is a tad bit more domestic, but you can go all out if you want to! (But be careful with the sparklers.)

Serves 12 | Prep. time 15 minutes | Cooking time 30–35 minutes

Ingredients

- ½ cup butter
- 1 ½ cups sugar
- 2 eggs
- 1 ounce red food coloring
- 1 ounce water
- 3 tablespoons unsweetened cocoa powder
- 1 cup buttermilk
- 2 ¼ cups all-purpose flour
- 1 teaspoon salt
- 1 tablespoon vanilla
- 1 tablespoon vinegar
- 2 teaspoons baking soda

Cream Cheese Frosting

- ½ cup unsalted butter, softened
- 8 ounces block cream cheese, at room temperature
- 1 ½ teaspoons vanilla extract
- ½ teaspoon salt
- 4 cups powdered sugar

Directions

1. Preheat the oven to 350°F (177°C) and spray 2 cake pans with cooking spray.
2. In a large mixing bowl, cream the sugar and butter together. Beat the eggs in one at a time, and add the food coloring, water, and cocoa powder.
3. Gradually add the buttermilk and flour, alternating, and stir in the salt and vanilla. Beat well.
4. In a separate bowl, combine the vinegar and baking soda. Mix into the batter but do not beat.
5. Immediately divide the batter evenly into the cake pans and bake for 30 or 35 minutes, until cooked through.
6. To make the frosting, beat the butter and cream cheese together. Add the vanilla extract and salt and mix well.
7. Gradually sift in the powdered sugar until the icing reaches your desired stiffness.
8. Assemble and frost the cakes when they have cooled completely.

Long Island Iced Tea

Everyone loves a Long Island Iced tea! Our version, inspired by T.G.I. Fridays, uses a smidge more rum. Throw some ice in your shaker, and let's get started on this cool and refreshing cocktail.

Serves 1 | Prep. time 10 minute

Ingredients

- 1 ounce white rum
- ½ ounce vodka
- ½ ounce triple sec
- ½ ounce gin
- 1 ounce sour mix
- 3 ounces cola
- 1 slice lemon
- Ice

Directions

1. Combine the liquors in a shaker with some ice.
2. Shake, and pour into a glass.
3. Add sour mix, cola, and ice.
4. Garnish with lemon, and serve.

*****These recipes and more can be found in Lina Chang's *Copycat Recipes: Making T.G.I. Fridays Most Popular Dishes at Home*. To get your copy, click on the cover below or click [here](#).**

