

Crispy Fried Chicken



Makes approximately 6 servings of Crispy Fried Chicken

I think most of us will agree that fried foods are some of the best comfort foods around.

One night my parents invited us over for a burger night, so I decided to make some crispy fried chicken breast to go with our burgers and they were a massive hit!

This Crispy Fried Chicken is so moist and flavorful you've got to give it a go. Whether it's just on its own to dip into some sauces for a movie night or like me, to add into a delicious ultimate comfort food burger these will not disappoint.

Ingredients:

- Approximately 1kg skinless chicken breast, each breast cut into 1/3s

For the marinade:

- 600ml carton buttermilk
- 2 tbsp hot sauce
- 2 tsp salt
- 1 tsp freshly ground black pepper

For the dredge:

- 2 cups plain flour
- 3 tbsp corn flour
- 1 tsp baking powder
- 2 tsp salt
- 2 tsp finely ground black pepper
- 1 1/2 tsp cayenne pepper (or more if you want more of a kick)
- 1 1/2 tsp dried thyme
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 1/2 tsp paprika

For Frying:

- Any high heat oil (Vegetable oil, rice bran, canola etc.) You'll need anywhere between 1-3 litres depending on how you choose to fry.

Method:

1. The night before you make your fried chicken, mix together all of the marinade ingredients in a large container with a lid. Add in the chicken breast pieces and make sure they are submerged. Cover and refrigerate until needed. If you want to do it the same night, allow to marinade for at least 1 hour to achieve some juiciness!
2. Take chicken out of the fridge 20 minutes before dredging. In a large casserole dish, mix together all the dredging ingredients (alternatively you can also do

this step in a large ziplock bag for easy clean up and application!)

3. Lay the marinated chicken out onto some paper towel to remove some of the liquid (don't throw away the marinade though!) Add the chicken to the dredging mixture ensuring they're covered completely and set them aside on a tray and then once all pieces are coated you're going to dip them back into the marinade and dredge them again and set them aside on a tray. Let them sit for 10-15 minutes before frying. This lets the dredge set up on the chicken.
4. For this step you can use a deep fryer or you can use a cast iron pot/pan that has oil filled to 5-6 inches deep. Heat the oil to 180°C. Cooking the chicken in batches, cook on each side for about 2-3 minutes depending on how big the chicken pieces are or cook until golden. I usually do a tester first so I know how long to cook them for.
5. Place each batch in the oven on warm on an oven rack to ensure crispiness when it's time to serve. Tip: to add an extra flavour hit, sprinkle over some rosemary salt after they come out the fryer.