

Old Fashioned Crispy Fried Chicken

Author: Adapted slightly from America's Test Kitchen Cookbook

Internet Address:



CHICKEN:

- 1/4 cup table salt
- 1/4 cup sugar
- 1 tablespoon paprika
- 3 1/2 cups buttermilk
- 1 1/2 heads garlic, cloves separated and smashed
- 1 1/2 whole bay leaves, crumbled
- 2 pounds chicken drumsticks
- 2 pounds chicken thighs
- 3 quarts peanut oil or vegetable oil for frying

COATING:

- 4 cups unbleached flour
- 1 large egg
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 cup buttermilk

Per Serving (excluding unknown items): 806 Calories; 30g Fat (33.5% calories from fat); 56g Protein; 77g Carbohydrate; trace Dietary Fiber; 224mg Cholesterol; 5217mg Sodium. Exchanges: 4 Grain(Starch); 6 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

1. Into 2 freezer-type plastic bags divide the salt, sugar, paprika, garlic and bay leaves. Divide the buttermilk into each bag and seal, rolling it around to dissolve the sugar and salt. Add the chicken pieces. Seal well and refrigerate for 2-3 hours.

2. Rinse the chicken well and place the pieces in a single layer on a wire rack set over a rimmed baking sheet. Refrigerate the pieces for 2 hours. At this point the chicken can be covered with plastic wrap and refrigerated for up to 6 more hours.

3. Adjust an oven rack to the middle position and heat the oven to 200°.

4. In a large Dutch oven heat 2 inches of oil over medium-high heat to 375°.

5. COATING: Place the flour in a shallow dish. In a separate bowl or plate whisk the egg, baking powder and soda together, then whisk in the buttermilk. Mixture will bubble and thicken.

6. Working with 3 pieces at a time, dredge the chicken in the flour, then in the egg mixture, then back in the flour, covering each piece well and shaking off the excess. Return to the wire rack.

7. When the oil is hot add the 3 chicken pieces, skin side down, cover, and fry until deep brown, 7-11 minutes, adjusting the heat as necessary to maintain the 325° temp. Rearrange pieces and turn to brown all the pieces evenly. Check the chicken temperature - breasts, if you were to use them, must be cooked to 160° - drumsticks and thighs to 175°. Drain the chicken briefly, then transfer the pieces to a clean wire rack set over a rimmed baking sheet and keep warm in the oven.

8. Continue cooking remaining chicken in small batches, bringing the oil temp back up to 375° in between batches. Serve while warm.