



Southern Roots Cookbook
RECIPE CARD

Fried Chicken



INGREDIENTS LIST

Wet Batter Method

- Kosher Salt: ¼ cup
- Granulated White Sugar: ¼ cup
- Chicken: 4 pounds
(Separate thighs, wings, legs, and thighs)
- All Purpose Flour: 1 cup
- Cornstarch: 1 cup
- Black Pepper: 3 teaspoons
- White Pepper: 2 teaspoons
- Onion Powder: 1 teaspoon
- Garlic Powder: 1 teaspoon
- Salt: 1 teaspoon
- Paprika: 1 teaspoon
- Cayenne Pepper: ½ teaspoon
- Water Cold: 1¾ cups
- Water: 4 quarts
- Vegetable (or Peanut) Oil: 3 quarts

COOKING DIRECTIONS

1. Dissolve the kosher salt and sugar in a large bowl with 4 quarts of water. Submerge the washed chicken in the brine and refrigerate for 1 hour.
2. In a separate bowl, combine flour, cornstarch, salt, black, white, and cayenne pepper, paprika, onion and garlic powder and whisk in the water. Set aside in the refrigerator while waiting on the brining process to be complete in step 1.
3. Fill a cast iron deep skillet or Dutch pot with oil and let it heat to 350 degrees F.
4. Once the chicken has finished brining, pour off the excess water and pat dry.
5. Batter the chicken parts and fry about 3 pieces at a time to an internal temperature of 165 degrees F. Start with the dark piece of chicken (leg and thigh), which takes about 17 to 20 minutes.
6. Drain cooked chicken on a wire rack or paper towel to allow the excess grease to drain off.
7. Continue this process until all the chicken is cooked. I recommend putting the chicken in the oven on the warm setting while waiting on the rest of the chicken to finish cooking and enjoy.

Note: You can use this wet batter method when making fried mushrooms, cauliflower, or tofu (this works well for those on plant-based diets). Cooking time will be reduced to about 15 minutes. Brining ensures that the chicken is juicy, and the seasoning will absorb through the meat.

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