



Biscuit-Wrapped Fried Chicken

READY IN



180 min.

SERVINGS



24

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 24 servings pepper black freshly ground
- ☐ 1 cup buttermilk
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 cups flour all-purpose
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 cup half-and-half
- ☐ 2 tablespoons honey

- ☐ 0.5 cup louisiana hot sauce
- ☐ 24 servings kosher salt
- ☐ 2 teaspoons paprika plus more for sprinkling
- ☐ 14 ounces chicken thighs boneless skinless 2 to 3 large
- ☐ 2 teaspoons sugar
- ☐ 5 tablespoons butter unsalted melted
- ☐ 24 servings vegetable oil for frying

Equipment

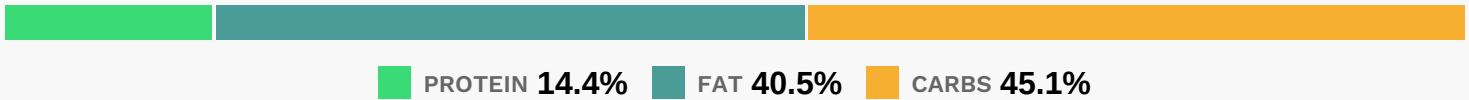
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ Whisk the buttermilk, hot sauce and 1 teaspoon salt in a medium bowl.
- ☐ Cut the chicken into 24 small pieces (about 3/4 by 2 inches each) and add to the marinade; cover and refrigerate at least 2 hours or overnight.
- ☐ Whisk the flour, 1 teaspoon salt, the baking powder and sugar in a large bowl. Slowly pour in the half-and-half, stirring with a wooden spoon until a rough dough forms. Turn out onto a lightly floured surface and knead until the dough comes together, about 1 minute. Pat into a rectangle, then roll out until it's 8 by 12 inches (about 1/8 inch thick).
- ☐ Cut the dough into 24 strips (about 1 by 4 inches each) and set on a parchment-lined baking sheet; refrigerate 30 minutes.
- ☐ Combine the flour, paprika, cayenne, thyme and 1 teaspoon black pepper in a large bowl.

- ☐ Heat about 2 inches of vegetable oil in a deep skillet over medium heat until a deep-fry thermometer registers 360 degrees F. Working in batches, remove the chicken from the marinade, letting the excess drip off. Toss in the seasoned flour, then fry, turning occasionally, until golden brown and just cooked through, about 3 minutes.
- ☐ Remove with a slotted spoon and drain on paper towels; sprinkle with salt.
- ☐ Preheat the oven to 375 degrees F. Wrap a strip of chilled dough around each piece of fried chicken, pressing lightly to seal; set on the baking sheet, seam-side down.
- ☐ Brush the dough with 2 tablespoons of the melted butter and sprinkle with salt and paprika.
- ☐ Bake until golden brown, about 12 minutes.
- ☐ Combine the remaining 3 tablespoons melted butter and the honey; brush onto the biscuits while still hot.
- ☐ Photograph by Levi Brown

Nutrition Facts



Properties

Glycemic Index:21.64, Glycemic Load:12.79, Inflammation Score:-4, Nutrition Score:5.9756521919499%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 169.07kcal (8.45%), Fat: 7.6g (11.69%), Saturated Fat: 3.04g (18.98%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 18.34g (6.67%), Sugar: 2.82g (3.13%), Cholesterol: 26.61mg (8.87%), Sodium: 411.29mg (17.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Selenium: 11.56µg (16.52%), Vitamin B1: 0.19mg (12.6%), Vitamin B3: 2.22mg (11.08%), Vitamin B2: 0.18mg (10.48%), Folate: 40.24µg (10.06%), Phosphorus: 84.79mg (8.48%), Manganese: 0.17mg (8.41%), Iron: 1.26mg (7.01%), Vitamin K: 6.54µg (6.23%), Calcium: 58.9mg (5.89%), Vitamin B6: 0.11mg (5.3%), Vitamin A: 258.42IU (5.17%), Vitamin C: 4.04mg (4.89%), Vitamin B5: 0.37mg (3.73%), Zinc: 0.5mg (3.33%), Potassium: 105.89mg (3.03%), Vitamin E: 0.45mg (3.01%), Vitamin B12: 0.18µg (2.93%), Magnesium: 11.61mg (2.9%), Fiber: 0.7g (2.8%), Copper: 0.05mg (2.43%), Vitamin D: 0.17µg (1.16%)