



Brined Fried Chicken

READY IN



45 min.

SERVINGS



8

CALORIES



690 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bay leaves
- ☐ 3 teaspoons pepper black freshly ground
- ☐ 1 teaspoon peppercorns black
- ☐ 3 cups buttermilk
- ☐ 1 tablespoon ground pepper
- ☐ 2 roasting chickens cut into 8 pieces each
- ☐ 1 teaspoon coriander seeds
- ☐ 3 cups flour
- ☐ 2 tablespoons kosher salt

- ☐ 4 pieces chicken for frying
- ☐ 1 tablespoon paprika
- ☐ 0.3 cup salt
- ☐ 0.5 cup sugar

Equipment

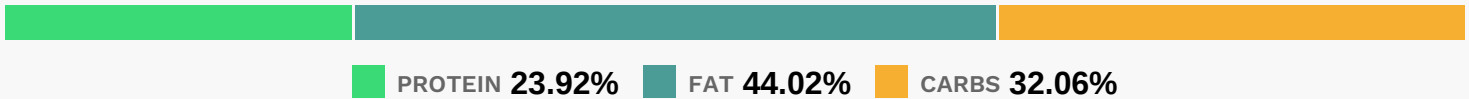
- ☐ bowl
- ☐ wire rack
- ☐ pot
- ☐ plastic wrap
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Put the chicken in a glass baking dish and pour the brine over the chicken. Cover with plastic wrap and refrigerate for 12–24 hours.
- ☐ Remove the chicken from the brine, remove any peppercorns stuck to the skin, and let the chicken dry slightly on a wire rack while preparing the buttermilk and flour.
- ☐ In a large bowl, stir together the buttermilk with 1 tablespoon of the salt. In another large bowl, stir together the flour with the remaining salt and spices.
- ☐ Dredge the chicken 4 pieces at a time in the flour.
- ☐ Transfer to the buttermilk, gently shaking the bowl to coat the chicken.
- ☐ Transfer the chicken back to the flour, being careful not to scrape off the batter. Gently shake the bowl to coat the chicken with flour, then transfer the pieces to a wire rack, again being careful not to scrape off the batter. Repeat with the remaining pieces of chicken and let dry on the wire rack for 30 minutes.
- ☐ Pour the oil into a 5-quart pot and heat it to a temperature of 350°F. Cook the white and dark meat separately over medium heat. The oil will cool to about 300°F after adding the chicken; this is the correct heat for cooking the chicken. Cook for 5 minutes, then turn the chicken over and cook for an additional 10 minutes for white meat and 12 minutes for dark meat. If the chicken gets too dark, lower the heat.

- ☐ Drain on a wire rack and repeat with remaining chicken.
- ☐ Serve hot or cold.
- ☐ Pour 4 cups cold water into a pot and bring to a boil over high heat.
- ☐ Remove from the heat and add the sugar, salt, bay leaf, peppercorns, and coriander seeds. Allow to cool completely.
- ☐ Chicken skin should be clean with no drying and no odor. It shouldn't look or feel slimy. Do not use a wooden cutting board for chicken; I have a plastic board at home that I use only for meat and poultry, and I recommend that you do the same. Be sure to wash your cutting board thoroughly after cutting chicken.
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Nutrition Facts



Properties

Glycemic Index:35.89, Glycemic Load:36.21, Inflammation Score:-9, Nutrition Score:26.590869903564%

Nutrients (% of daily need)

Calories: 689.87kcal (34.49%), Fat: 33.31g (51.25%), Saturated Fat: 10.27g (64.16%), Carbohydrates: 54.59g (18.2%), Net Carbohydrates: 52.41g (19.06%), Sugar: 17.16g (19.06%), Cholesterol: 174.14mg (58.05%), Sodium: 5509.26mg (239.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.74g (81.48%), Vitamin B3: 15.29mg (76.43%), Selenium: 41.71µg (59.58%), Vitamin A: 2456.8IU (49.14%), Phosphorus: 449.92mg (44.99%), Vitamin B2: 0.73mg (43.23%), Vitamin B12: 2.3µg (38.4%), Vitamin B1: 0.53mg (35.33%), Folate: 141.25µg (35.31%), Vitamin B6: 0.7mg (35.11%), Manganese: 0.59mg (29.35%), Iron: 5.28mg (29.31%), Vitamin B5: 2.53mg (25.34%), Zinc: 3.21mg (21.41%), Potassium: 600.39mg (17.15%), Magnesium: 61.31mg (15.33%), Calcium: 143.59mg (14.36%), Copper: 0.24mg (11.89%), Fiber: 2.18g (8.71%), Vitamin D: 1.17µg (7.8%), Vitamin C: 5.13mg (6.21%), Vitamin E: 0.55mg (3.64%), Vitamin K: 3.74µg (3.57%)