



Classic Fried Chicken

READY IN



340 min.

SERVINGS



4

CALORIES



1818 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon chili peppers
- 2 teaspoons double-acting baking powder
- 1 teaspoon pepper black freshly ground
- 3 cups buttermilk
- 10 cups canola oil
- 1 cup cornstarch
- 1 cup flour all-purpose
- 3 dashes hot sauce (recommended: Tabasco)
- 2 teaspoons kosher salt

- 4 servings sea salt fine
- 2 teaspoons sugar
- 1 teaspoon paprika smoked sweet
- 1.8 cup water cold
- 4 pounds chicken whole cut into 8 or 10 pieces

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- wire rack
- dutch oven

Directions

- Watch how to make this recipe.
- For the marinade: In a large bowl, mix the buttermilk, sugar, salt, and hot sauce until combined.
- Add the chicken and toss to coat. Cover and refrigerate for at least 4 hours and up to 24 hours, turning occasionally.
- Remove the chicken from the buttermilk marinade and pat completely dry.
- Place the chicken on a wire rack set over a rimmed baking sheet and let sit at room temperature for 30 minutes before frying.
- For the batter: In a large bowl, whisk together the flour, cornstarch, baking powder, salt, pepper, paprika, and chile de arbol until combined. Slowly whisk in the water and whisk until smooth.
- Let the batter sit at room temperature for 15 minutes.
- Heat the oil to 350 degrees F in a large Dutch oven.
- Transfer half the chicken into the batter.
- Remove the chicken, 1 piece at a time, from the batter (allowing any excess to drip back into the bowl) and carefully transfer to the oil. Fry the chicken, adjusting the burner as necessary

to maintain the oil temperature between 300 and 325 degrees F, until deep golden brown and just cooked through, about 12 minutes.

- Drain the chicken on paper towels and then transfer to a wire rack set over a rimmed baking sheet and season with a little fine sea salt. Bring the oil back to 350 degrees F and repeat with the remaining chicken.

Nutrition Facts

PROTEIN 10.93% **FAT 74.74%** **CARBS 14.33%**

Properties

Glycemic Index:78.77, Glycemic Load:21.95, Inflammation Score:-9, Nutrition Score:34.024782284446%

Nutrients (% of daily need)

Calories: 1817.89kcal (90.89%), Fat: 151.17g (232.58%), Saturated Fat: 21.12g (131.99%), Carbohydrates: 65.19g (21.73%), Net Carbohydrates: 63.66g (23.15%), Sugar: 11.05g (12.27%), Cholesterol: 183.09mg (61.03%), Sodium: 1921.34mg (83.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.74g (99.48%), Vitamin E: 20.56mg (137.06%), Vitamin B3: 16.9mg (84.49%), Vitamin K: 85.31µg (81.25%), Selenium: 49.59µg (70.84%), Phosphorus: 557.64mg (55.76%), Vitamin B2: 0.74mg (43.32%), Vitamin B6: 0.86mg (42.77%), Calcium: 361.27mg (36.13%), Vitamin B1: 0.46mg (30.87%), Vitamin B5: 2.82mg (28.25%), Zinc: 3.82mg (25.46%), Vitamin B12: 1.5µg (25.05%), Iron: 4.02mg (22.33%), Potassium: 713.53mg (20.39%), Folate: 79.74µg (19.94%), Vitamin A: 932.54IU (18.65%), Vitamin D: 2.78µg (18.5%), Magnesium: 73.01mg (18.25%), Manganese: 0.36mg (17.84%), Copper: 0.24mg (11.97%), Fiber: 1.53g (6.1%), Vitamin C: 3.64mg (4.41%)