



Cook the Book: Tea-Brined Batter Fried Picnic Chicken

READY IN



4320 min.

SERVINGS



8

CALORIES



1168 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon pepper black freshly ground
- ☐ 2 cups buttermilk
- ☐ 1 tablespoon chili powder
- ☐ 2 large eggs
- ☐ 5 cups flour all-purpose
- ☐ 2 cups cornmeal finely
- ☐ 1 quart water
- ☐ 0.5 cup kosher salt

- ☐ 1 lemon zest with a vegetable peeler
- ☐ 1 tablespoon sea salt fine
- ☐ 2 tablespoons penzey's southwest seasoning such as old bay
- ☐ 1 cup sugar
- ☐ 1 quart freshly tea brewed
- ☐ 6 cups vegetable oil for frying
- ☐ 8 .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs whole separated

Equipment

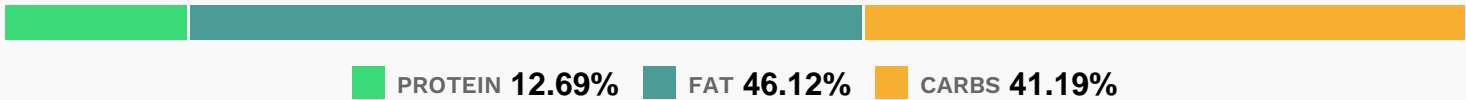
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ kitchen thermometer

Directions

- ☐ To brine the chicken: Two days before serving the chicken, combine the tea, lemon zest, sugar, and salt in a saucepan and simmer for 2 to 3 minutes, until the salt and sugar are dissolved.
- ☐ Remove from heat, add the ice water and cool completely. Submerge the chicken pieces in the liquid, cover, and refrigerate for 48 hours.
- ☐ At least 1 hour before serving, remove the chicken from the brine and drain in a strainer for 10 minutes.
- ☐ Place 3 cups of the flour in a large bowl.
- ☐ Whisk together the buttermilk and eggs in a second bowl.

- ☐ Whisk together the remaining flour, the cornmeal, Old Bay, chili powder, salt, and pepper in a third bowl. Set two wire racks over two separate rimmed baking sheets.
- ☐ Pat the chicken dry with paper towels. Coat each piece lightly the plain flour and shake off the excess. Dip in the buttermilk and egg batter, and finally roll the chicken in the cornmeal mixture.
- ☐ Transfer the pieces to a rack and let sit 20 to 30 minutes before frying.
- ☐ Pour the oil into a large cast-iron skillet and heat over high heat until a pinch of flour sprinkled into the oil immediately bubbles or a deep-frying thermometer registers 365°F. Working in batches, fry the chicken pieces, adjusting the heat as necessary to maintain the oil temperature. Cook for 8 minutes, flip, and cook for 7 minutes more. The chicken should be golden brown. The juices should run clear when the thickest part is pierced, and an instant-read thermometer should register 165°F.
- ☐ Transfer the pieces to the clean wire rack; blot them with paper towels. Cool for a few minutes or cover lightly and place in the refrigerator overnight before serving.

Nutrition Facts



Properties

Glycemic Index:35.2, Glycemic Load:78.86, Inflammation Score:-9, Nutrition Score:35.251739092495%

Flavonoids

Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg, Catechin: 1.79mg Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg, Epigallocatechin: 9.52mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg, Epicatechin 3-gallate: 6.93mg Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg, Epigallocatechin 3-gallate: 11.07mg Theaflavin: 1.87mg, Theaflavin: 1.87mg, Theaflavin: 1.87mg, Theaflavin: 1.87mg Thearubigins: 96.17mg, Thearubigins: 96.17mg, Thearubigins: 96.17mg, Thearubigins: 96.17mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg, Myricetin: 0.53mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg, Theaflavin-3'-gallate: 1.79mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 1167.86kcal (58.39%), Fat: 59.92g (92.18%), Saturated Fat: 12.77g (79.79%), Carbohydrates: 120.41g (40.14%), Net Carbohydrates: 112.5g (40.91%), Sugar: 29.01g (32.23%), Cholesterol: 172.9mg (57.63%), Sodium: 8164.63mg (354.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 23.66mg (7.89%), Protein: 37.08g (74.16%), Vitamin K: 88.08µg (83.88%), Selenium: 58.67µg (83.82%), Manganese: 1.33mg (66.4%), Vitamin B3: 12.05mg (60.24%), Vitamin B1: 0.87mg (57.97%), Vitamin B2: 0.82mg (48.01%), Folate: 185.61µg (46.4%), Phosphorus: 459.37mg (45.94%), Iron: 7.61mg (42.3%), Vitamin B6: 0.78mg (39.15%), Fiber: 7.91g (31.63%), Vitamin E: 4.39mg (29.24%), Zinc: 4.27mg (28.45%), Magnesium: 108.64mg (27.16%), Vitamin B5: 2.34mg (23.41%), Potassium: 687.85mg (19.65%), Copper: 0.38mg (18.92%), Vitamin B12: 1.11µg (18.48%), Calcium: 174.87mg (17.49%), Vitamin A: 646.14IU (12.92%), Vitamin D: 1.16µg (7.73%), Vitamin C: 1.32mg (1.6%)