



## Double-Dipped Buttermilk Fried Chicken

READY IN



45 min.

SERVINGS



12

CALORIES



2199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.5 teaspoons pepper black freshly ground
- 4 cups buttermilk
- 1 tablespoon cajun spice
- 6 pounds vegetable oil
- 0.5 tablespoon thyme dried
- 3 cups flour all-purpose
- 2 tablespoons kosher salt
- 2 tablespoons all the tabasco sauce you handle
- 12 servings vegetable oil for frying

- 2 tablespoons worcestershire sauce

## Equipment

- bowl
- baking sheet
- paper towels
- oven
- wire rack
- plastic wrap
- kitchen thermometer
- aluminum foil
- dutch oven
- tongs

## Directions

- Combine the buttermilk, thyme, Tabasco, Worcestershire, 1 tablespoon of the salt, and 1 1/2 teaspoons of the pepper in a nonreactive bowl large enough to contain all of the chicken pieces with at least 1 inch to spare.
- Add the chicken and turn to coat fully in the marinade. Cover with plastic wrap and marinate in the refrigerator for at least 6 hours or overnight.
- Remove the chicken from the refrigerator about 45 minutes before frying.
- Line a large baking sheet with aluminum foil. In a large, shallow bowl, combine the flour, remaining 1 tablespoon salt, Cajun seasoning, and 1 teaspoon pepper.
- Remove the chicken from the buttermilk marinade and roll it around in the seasoned flour until completely covered. Set it on the prepared baking sheet; repeat with the remaining chicken. Dip the coated chicken pieces once more in the marinade, then again in flour. Return the pieces to the baking sheet (a few minutes' rest makes for a sturdier, crisper coating).
- Have a wire cooling rack set over paper towels ready. In a large, heavy Dutch oven, heat 1 1/2 inches of oil over medium heat until it reaches 350°F on a deep-fat thermometer. Using kitchen tongs, add a few chicken pieces at a time to the hot oil (crowding will lower the temperature, making for greasy chicken). Fry the chicken until the internal temperature reaches 180°F, about 10 minutes per side (watch carefully, it can easily burn).

- Transfer the cooked chicken to the wire rack.
- Serve immediately or at room temperature (don't let the chicken sit more than 2 hours).
- Do it Early
- The chicken can be fried up to 2 days in advance, covered, and refrigerated.
- Serve it cold—a classic Texas picnic food—or reheat on wire racks set on baking sheets in a 375°F oven for 15 to 20 minutes.
- Tip
- If the chicken looks pretty dark before it is cooked through, transfer to wire racks set on baking sheets and bake in a 375°F oven until the meat reaches an internal temperature of 180°F on an instant-read thermometer. Keep fried chicken warm in a 200°F oven. Using a digital thermometer eliminates the need to stand over the chicken. When the alarm sounds, the meat is done.
- Alison Oresman has worked as a journalist for more than twenty years. She has written and edited for newspapers in Wyoming, Florida, and Washington State. As an entertainment editor for the Miami Herald, she oversaw the paper's restaurant coverage and wrote a weekly column as a restaurant critic. After settling in Washington State, she also covered restaurants in the greater Seattle area as a critic with a weekly column. A dedicated home baker, Alison is often in the kitchen when she isn't writing. Alison lives in Bellevue, Washington, with her husband, Warren, and their children, Danny and Callie. A pastry chef, restaurateur, and cookbook author, native Texan Rebecca Rather has been proprietor of the Rather Sweet Bakery and Café since 199

## Nutrition Facts

■ PROTEIN 1.07% ■ FAT 93.74% ■ CARBS 5.19%

### Properties

Glycemic Index:12.75, Glycemic Load:18.53, Inflammation Score:-7, Nutrition Score:16.718260816906%

### Nutrients (% of daily need)

Calories: 2198.55kcal (109.93%), Fat: 232.66g (357.94%), Saturated Fat: 36.61g (228.8%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 27.8g (10.11%), Sugar: 4.36g (4.85%), Cholesterol: 8.8mg (2.93%), Sodium: 1342.04mg (58.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.95g (11.9%), Vitamin K: 426.65µg (406.33%), Vitamin E: 19.05mg (126.98%), Selenium: 13.64µg (19.48%), Vitamin B1: 0.29mg (19.26%), Vitamin B2: 0.31mg (18%), Folate: 62.36µg (15.59%), Manganese: 0.3mg (14.8%), Iron: 2.06mg (11.45%), Calcium: 106.94mg (10.69%),

Phosphorus: 106.51mg (10.65%), Vitamin B3: 2.01mg (10.07%), Vitamin A: 433.68IU (8.67%), Vitamin D: 1.04µg (6.93%), Vitamin B12: 0.37µg (6.13%), Potassium: 187.66mg (5.36%), Fiber: 1.22g (4.88%), Vitamin B5: 0.46mg (4.64%), Magnesium: 17.5mg (4.37%), Copper: 0.08mg (4.17%), Zinc: 0.57mg (3.83%), Vitamin B6: 0.06mg (3.03%), Vitamin C: 2.08mg (2.52%)