



Double-Fried Chicken With Lemons and Jalapenos

READY IN



720 min.

SERVINGS



4

CALORIES



8910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon pepper black freshly ground
- ☐ 4 cups buttermilk
- ☐ 2 jalapeno sliced into 1/2" coins
- ☐ 4 servings kosher salt
- ☐ 1 optional: lemon seeds removed very thinly sliced
- ☐ 3.5 tablespoons old bay seasoning divided
- ☐ 1 tablespoon paprika
- ☐ 1 gallon vegetable oil; peanut oil preferred

- ☐ 1 tablespoon all the tabasco sauce you handle
- ☐ 1 large chicken whole cut into 8 pieces (4 to 5 pounds)
- ☐ 3 cups wondra quick-mixing flour
- ☐ 2 tablespoons worcestershire sauce

Equipment

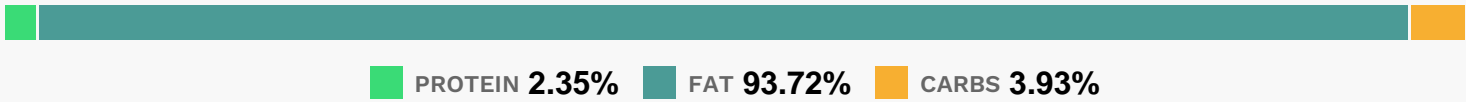
- ☐ bowl
- ☐ paper towels
- ☐ wok
- ☐ dutch oven
- ☐ tongs

Directions

- ☐ Place chicken pieces, buttermilk, 1 1/2 tablespoons Old Bay, Tabasco and Worcestershire in a resealable bag. Seal tightly and shake to combine. Refrigerate at least eight hours and up to 12 hours.
- ☐ Preheat oil to 325°F in a wok, deep-fryer, or Dutch oven. In a large bowl, combine Wondra, remaining 2 tablespoons Old Bay seasoning, pepper and paprika.
- ☐ When oil comes to temperature, remove one thigh at a time, using tongs. Shake off excess liquid from marinade and dredge in flour on all sides. Shake off extra flour and dredge again, gently dropping pieces into hot oil one at a time. As the oil returns to temperature, repeat the dredging process with drumsticks. Now, add drumsticks to the fryer, too, and cook all four pieces for eight minutes, until nearly cooked through.
- ☐ Remove thighs and drumsticks and drain on paper towels. Repeat process with breasts, cooking for 7 minutes, and wings, cooking for 6 minutes.
- ☐ While the chicken rests, toss lemons and jalapenos in the remaining flour mixture.
- ☐ Add them to oil and quickly fry until golden and crisp (2 to 3 minutes).
- ☐ Remove from oil and drain on paper towels.
- ☐ When oil reaches 325°F again, return all chicken to fryer. Fry until it becomes a perfect, golden brown, another 2 to 4 minutes.
- ☐ Remove chicken from oil, drain on papers towels and allow to cool slightly.

Serve family-style, topping with fried lemons, fried jalapenos and a sprinkle of salt.

Nutrition Facts



Properties

Glycemic Index:33.88, Glycemic Load:4.31, Inflammation Score:-9, Nutrition Score:38.1230436408%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 8910.15kcal (445.51%), Fat: 944.26g (1452.7%), Saturated Fat: 166.23g (1038.95%), Carbohydrates: 89.1g (29.7%), Net Carbohydrates: 83.97g (30.53%), Sugar: 13.86g (15.4%), Cholesterol: 169.23mg (56.41%), Sodium: 778.53mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 53.16g (106.33%), Vitamin E: 144mg (960.02%), Vitamin B3: 18.44mg (92.19%), Vitamin B2: 1mg (58.88%), Selenium: 36.88µg (52.69%), Phosphorus: 508.21mg (50.82%), Vitamin B1: 0.71mg (47.57%), Vitamin B6: 0.89mg (44.74%), Iron: 7.62mg (42.35%), Vitamin K: 42.21µg (40.2%), Folate: 154.97µg (38.74%), Vitamin C: 29.63mg (35.92%), Calcium: 356.47mg (35.65%), Vitamin A: 1714.16IU (34.28%), Vitamin B12: 1.69µg (28.24%), Vitamin B5: 2.78mg (27.76%), Potassium: 885.08mg (25.29%), Zinc: 3.74mg (24.92%), Vitamin D: 3.5µg (23.34%), Manganese: 0.43mg (21.31%), Fiber: 5.13g (20.51%), Magnesium: 78.81mg (19.7%), Copper: 0.23mg (11.73%)