



Fried Chicken

READY IN



165 min.

SERVINGS



4

CALORIES



917 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 1 quart buttermilk
- ☐ 2 teaspoons cayenne
- ☐ 3 pound meat from a rotisserie chicken
- ☐ 2 tablespoons chili sauce hot (recommended: Srirachi)
- ☐ 3 cups flour all-purpose
- ☐ 0.3 bunch sage fresh
- ☐ 0.3 bunch thyme leaves fresh
- ☐ 0.5 head garlic smashed

- ☐ 2 tablespoons garlic powder
- ☐ 4 servings kosher salt
- ☐ 4 servings lemon wedges for serving
- ☐ 2 tablespoons onion powder
- ☐ 4 servings vegetable oil; peanut oil preferred for frying
- ☐ 3 big sprigs rosemary fresh
- ☐ 2 tablespoons paprika sweet

Equipment

- ☐ bowl
- ☐ pot
- ☐ kitchen towels
- ☐ skimmer

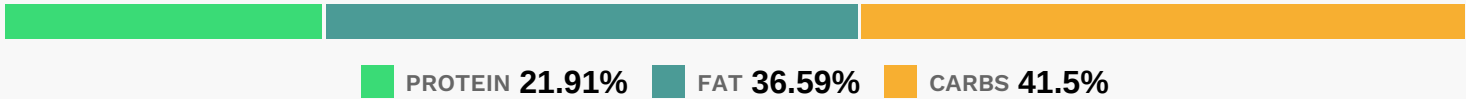
Directions

- ☐ Put the chicken pieces into a large bowl. Cover the chicken with water by 1 inch; add 1 tablespoon of salt for each quart of water used. Cover and refrigerate at least 2 hours or overnight.
- ☐ In a large shallow platter, mix the flour, garlic powder, onion powder, paprika, and cayenne until well blended; season generously with salt and pepper. In another platter combine the buttermilk and hot sauce with a fork and season with salt and pepper.
- ☐ Drain the chicken and pat it dry. Dredge the pieces, a few at a time, in the flour mixture,
- ☐ then dip them into the buttermilk; dredge them again in the seasoned flour. Set aside and let the chicken rest while you prepare the oil.
- ☐ Put about 3 inches of oil into a large deep pot; it should not come up more than half way.
- ☐ Add the thyme, rosemary, sage, and garlic to the cool oil and heat over medium-high heat until the oil registers 350 to 365 degrees F on one of those clip-on deep-fry thermometers. The herbs and garlic will perfume the oil with their flavor as the oil comes up to temperature.
- ☐ Once the oil has reached 350 to 365 degrees F, working in batches, carefully add the chicken pieces 3 or 4 at a time. Fry, turning the pieces once, until golden brown and cooked through, about 12 minutes. Total cooking time should be about 30 minutes. When the chicken is done,

take a big skimmer and remove the chicken pieces and herbs from the pot, shaking off as much oil as you can, and lay it on a tea towel or brown paper bag to soak up the oil.

- ☐
- Sprinkle all over with more salt and a dusting of cracked black pepper. Repeat with the remaining chicken pieces. Once all the chicken is fried, scatter the fried herbs and garlic over the top.
- ☐
- Serve hot, with big lemon wedges.

Nutrition Facts



Properties

Glycemic Index:72.63, Glycemic Load:56.02, Inflammation Score:-10, Nutrition Score:42.197391240493%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 916.81kcal (45.84%), Fat: 36.96g (56.86%), Saturated Fat: 12.33g (77.03%), Carbohydrates: 94.35g (31.45%), Net Carbohydrates: 88.94g (32.34%), Sugar: 13.65g (15.17%), Cholesterol: 148.49mg (49.5%), Sodium: 667.41mg (29.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.79g (99.58%), Copper: 2.29mg (114.54%), Selenium: 66.4µg (94.86%), Vitamin B3: 17.49mg (87.47%), Vitamin B1: 1.01mg (67.32%), Vitamin B2: 1.14mg (67.02%), Phosphorus: 594.71mg (59.47%), Vitamin A: 2844.86IU (56.9%), Folate: 201.92µg (50.48%), Manganese: 0.99mg (49.34%), Vitamin B6: 0.95mg (47.43%), Iron: 7.37mg (40.96%), Calcium: 346.4mg (34.64%), Vitamin B5: 2.97mg (29.7%), Zinc: 4.21mg (28.07%), Potassium: 964.24mg (27.55%), Vitamin B12: 1.59µg (26.58%), Magnesium: 95.92mg (23.98%), Vitamin D: 3.4µg (22.68%), Fiber: 5.41g (21.64%), Vitamin E: 2.65mg (17.69%), Vitamin C: 7.66mg (9.29%), Vitamin K: 7.85µg (7.47%)