



Fried Chicken and Cole Slaw Sandwiches

READY IN



120 min.

SERVINGS



8

CALORIES



2549 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoon pepper black freshly ground
- 1 cup buttermilk
- 2 large eggs
- 2 cups flour all-purpose
- 8 hawaiian rolls soft toasted
- 8 servings kosher salt
- 1 tablespoon paprika
- 2 quarts vegetable oil; peanut oil preferred
- 8 chicken thighs boneless skinless

- 8 servings sugar

Equipment

- bowl
- paper towels
- whisk
- wok
- dutch oven
- deep fryer

Directions

- Combine 1/4 cup kosher salt and 1/4 cup sugar with 1 quart water and stir to dissolve.
- Place chicken thighs in a gallon-size zipper-lock bag.
- Add brine and seal bag, pressing out as much air as possible.
- Let chicken brine at least 6 hours and up to overnight.
- Meanwhile, combine black pepper, paprika, and 2 tablespoons kosher salt in a small bowl. Set aside.
- When ready to fry, whisk together eggs, buttermilk, and half of spice mixture in a large bowl until homogenous.
- Whisk together flour and remaining half of spice mixture in a separate bowl.
- Drizzle 4 tablespoons of egg mixture into flour and pinch with fingers until combined.
- Remove chicken from brine and pat dry with paper towels.
- Transfer to buttermilk mixture and turn to coat. Working one piece at a time, allow excess milk mixture to drip off then transfer to flour mixture. Turn to coat, pile extra mixture on top of thigh, and press down firmly to adhere as much mixture as possible to the meat. Lift thigh, shake off excess flour, then transfer to a rack set in a tray and let rest for 10 minutes.
- Meanwhile, preheat oil to 350°F in a large wok, deep fryer, or Dutch oven.
- Carefully lower chicken into hot oil and cook, turning thighs occasionally until golden brown and crisp on all sides, and chicken is cooked through, about 6 minutes total.
- Transfer to a paper towel-lined plate.

Place 1/4 cup of slaw on bottom half of each bun and top with a piece of chicken.

Serve immediately.

Nutrition Facts

PROTEIN 4.96% **FAT 85.68%** **CARBS 9.36%**

Properties

Glycemic Index:35.64, Glycemic Load:39.17, Inflammation Score:-7, Nutrition Score:25.678260925023%

Nutrients (% of daily need)

Calories: 2548.54kcal (127.43%), Fat: 245.6g (377.85%), Saturated Fat: 42.56g (265.99%), Carbohydrates: 60.33g (20.11%), Net Carbohydrates: 58.02g (21.1%), Sugar: 16.8g (18.67%), Cholesterol: 157.15mg (52.38%), Sodium: 557.67mg (24.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.01g (64.02%), Vitamin E: 37.91mg (252.7%), Selenium: 52.98µg (75.68%), Vitamin B3: 10.1mg (50.47%), Vitamin B1: 0.6mg (40.27%), Vitamin B2: 0.61mg (35.68%), Phosphorus: 343.86mg (34.39%), Manganese: 0.68mg (33.99%), Vitamin B6: 0.6mg (29.94%), Folate: 110.19µg (27.55%), Iron: 4.47mg (24.81%), Vitamin B5: 1.84mg (18.41%), Vitamin B12: 1.06µg (17.64%), Zinc: 2.61mg (17.38%), Potassium: 460.66mg (13.16%), Magnesium: 51.38mg (12.85%), Calcium: 127.17mg (12.72%), Vitamin A: 583.73IU (11.67%), Copper: 0.2mg (9.94%), Vitamin K: 10.38µg (9.88%), Fiber: 2.3g (9.21%), Vitamin D: 0.64µg (4.27%)