

## **Fried Chicken Masala**



## Ingredients

5 cups buttermink
4 servings canola oil for frying
O.3 teaspoon ground pepper
3.5 pounds chicken cut into 8 serving pieces
2 cups flour all-purpose
2 teaspoons garam masala
2 teaspoons ground coriander
0.5 teaspoon ground ginger
0.5 teaspoon kosher salt

	0.5 teaspoon paprika	
	2 tablespoons sugar	
	1 teaspoon turmeric	
	2 teaspoons peppercorns	
Equipment		
	bowl	
	frying pan	
	paper towels	
	whisk	
	ziploc bags	
	tongs	
Directions		
	To make the brine, mix the buttermilk with all of the spices in a large bowl.	
	Transfer to a gallon-sized resealable plastic bag.	
	Add the chicken, turn to coat, and refrigerate overnight.	
	Heat 1 inch of canola oil in a large heavy-bottomed high-sided skillet over medium-high heat until it reaches 375°F. In a shallow bowl, whisk the flour with the spices and add the chicken pieces. Turn to coat in the flour and let the chicken rest in the flour until the oil gets hot. Tap off the excess flour and add as many pieces of chicken to the skillet as you can. Fry until browned, 6 to 8 minutes. Turn the chicken over and fry until the chicken is deeply browned on the other side, about another 6 to 8 minutes. Using tongs, transfer the chicken pieces to a paper towel-lined plate to drain.	
	Serve while warm or at room temperature.	
	From American Masala: 125 New Classics from My Home Kitchen by Suvir Saran with Raquel Pelzel. Published by Clarkson Potter/Publishers, a division of Random House.	
Nutrition Facts		

PROTEIN **24.08% F**AT **43.25%** CARBS **32.67%** 

## **Properties**

Glycemic Index:65.02, Glycemic Load:41.72, Inflammation Score:-10, Nutrition Score:29.765651972398%

## **Nutrients** (% of daily need)

Calories: 812.76kcal (40.64%), Fat: 38.57g (59.34%), Saturated Fat: 12.01g (75.04%), Carbohydrates: 65.56g (21.85%), Net Carbohydrates: 62.44g (22.71%), Sugar: 15.02g (16.69%), Cholesterol: 162.68mg (54.23%), Sodium: 616.29mg (26.8%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 48.32g (96.64%), Vitamin B3: 16.94mg (84.7%), Selenium: 55.88µg (79.82%), Phosphorus: 511.03mg (51.1%), Vitamin B2: 0.86mg (50.63%), Vitamin B1: 0.7mg (46.43%), Manganese: 0.9mg (44.95%), Vitamin B6: 0.78mg (39.22%), Folate: 135.66µg (33.92%), Iron: 5.37mg (29.83%), Vitamin B5: 2.73mg (27.3%), Calcium: 256.36mg (25.64%), Zinc: 3.74mg (24.91%), Vitamin B12: 1.42µg (23.64%), Potassium: 736.17mg (21.03%), Magnesium: 79.06mg (19.76%), Vitamin D: 2.72µg (18.14%), Vitamin A: 750.97IU (15.02%), Copper: 0.27mg (13.63%), Fiber: 3.11g (12.45%), Vitamin E: 1.37mg (9.16%), Vitamin K: 9.55µg (9.1%), Vitamin C: 3.49mg (4.23%)