



Fried Chicken Masala

READY IN



45 min.

SERVINGS



4

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups buttermilk
- ☐ 4 servings canola oil for frying
- ☐ 0.3 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

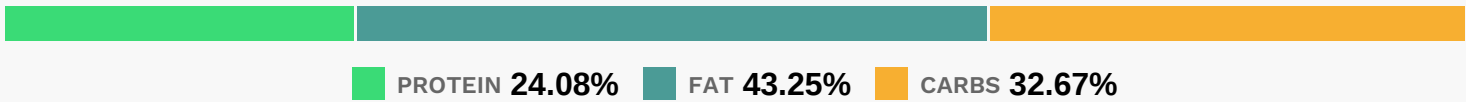
Equipment

- ☐ 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



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 %: 0% (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%)