



## Fried Chicken with Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 0.1 teaspoon pepper black to taste
- ☐ 4 tablespoons beef pasta skillet meal
- ☐ 0.3 cup flour all-purpose
- ☐ 2 cups water (the McCollums don't)
- ☐ 0.5 teaspoon salt to taste
- ☐ 1 tablespoon water
- ☐ 1 can vegetable oil for frying (Mrs. McCollum used lard)
- ☐ 3 pound frangelico for frying (see Note above)
- ☐ 3 pound frangelico for frying (see Note above)

## Equipment

- ☐ frying pan
- ☐ whisk
- ☐ gravy boat

## Directions

- ☐ Arrange the pieces of chicken, not touching and one layer deep, in a shallow baking dish or nonreactive pan.
- ☐ Sprinkle with the salt, cover, and refrigerate overnight.
- ☐ When ready to fry the chicken, drain off all accumulated juices and pat the chicken dry on several thicknesses of paper toweling.
- ☐ Sprinkle the chicken with the pepper, then dredge by shaking a few pieces at a time in the flour in a plastic zipper bag. As you remove the chicken from the dredging flour, shake off the excess flour.
- ☐ Pour the oil into a large iron skillet until about an inch deep, set over moderate heat, and as soon as steam begins to rise from the oil, add the pieces of chicken, skin side down. Fry slowly for 30 minutes, keeping the heat at moderate or moderately low so that the chicken doesn't overbrown; turn and fry 30 minutes more.
- ☐ Add the 1 tablespoon water (the oil will spit and sputter), cover the skillet, and let stand until the spitting stops.
- ☐ Remove the chicken to several thicknesses of paper toweling to drain, arranging so the pieces don't touch one another. Also lay a sheet of paper toweling on top.
- ☐ Pour the oil and drippings from the skillet, then spoon 4 tablespoons of them back into the skillet. Blend in the flour, and cook and stir over moderately low heat for about 5 minutes or until a nice rich brown.
- ☐ Whisk in the water, salt, and pepper, then cook, whisking constantly, for about 5 minutes or until thickened, smooth, and no raw starch taste lingers. Taste for salt and pepper and adjust as needed.
- ☐ Pour the gravy into a heated gravy boat.
- ☐ Pile the chicken onto a heated platter and serve. Pass the gravy along with a basket of fresh-baked biscuits.

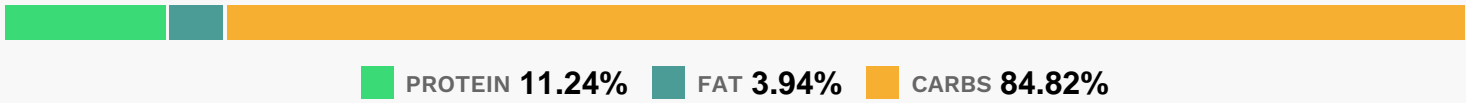
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# Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:5.76, Inflammation Score:-1, Nutrition Score:2.3252173941582%

## Nutrients (% of daily need)

Calories: 89.35kcal (4.47%), Fat: 0.38g (0.59%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 17.86g (6.49%), Sugar: 0.95g (1.06%), Cholesterol: 0mg (0%), Sodium: 671.3mg (29.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.94%), Vitamin B1: 0.19mg (12.36%), Vitamin B3: 1.36mg (6.78%), Vitamin B2: 0.1mg (5.82%), Selenium: 3.54µg (5.05%), Folate: 19.07µg (4.77%), Iron: 0.82mg (4.58%), Manganese: 0.08mg (3.99%), Fiber: 0.76g (3.03%), Copper: 0.04mg (1.78%), Potassium: 39.76mg (1.14%), Phosphorus: 11.35mg (1.13%)