



Herb-and-Spice Southern Fried Chicken

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons bay leaves (use a spice mill or blender)
- ☐ 2 vegetable oil for frying
- ☐ 1 teaspoon ground cumin freshly ground
- ☐ 2 teaspoons basil dried crumbled
- ☐ 2 teaspoons sage dried crumbled
- ☐ 2 teaspoons thyme dried crumbled
- ☐ 8 large cloves garlic chopped
- ☐ 0.5 teaspoon ground pepper

- ☐ 1 teaspoon ground ginger
- ☐ 0.5 teaspoon mace
- ☐ 4 cups yogurt plain
- ☐ 1 teaspoon nutmeg freshly grated
- ☐ 2 teaspoons oregano dried crumbled
- ☐ 1 teaspoon paprika
- ☐ 8 servings vegetable oil; peanut oil preferred for frying
- ☐ 1 teaspoon pepper black
- ☐ 1 teaspoon salt
- ☐ 3 cups flour all-purpose

Equipment

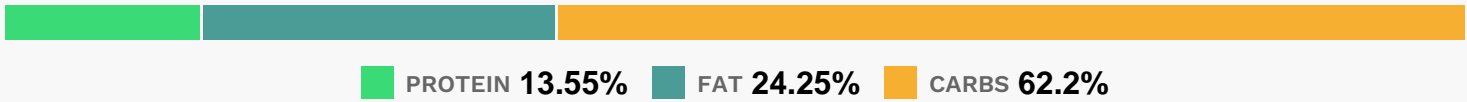
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ One: Wash the chicken and pat dry.
- ☐ Put the chicken pieces in a large non reactive glass or stainless steel bowl. Stir the garlic into the buttermilk or yogurt.
- ☐ Pour it over the chicken and turn until coated and submerged in the liquid. Marinate for at least 30 minutes or up to an hour, refrigerated. Meanwhile, combine the spices, herbs, and salt in a bowl and stir until they are evenly blended.
- ☐ Put the flour in a paper or large Zip-lock plastic bag and sprinkle the spice-herb mixture over it. Close the bag and shake until the seasoning is well-distributed.

- ☐ Two: If you plan to serve the chicken hot, preheat the oven to 150°F. Fit a wire cooling rack on a cookie sheet and set aside. Fill a Dutch oven or deep-fat fryer with enough lard or oil to come halfway up the sides. Over medium-high heat, bring the fat to 375°E (hot but not smoking).
- ☐ Three: Beginning with the dark meat, lift the chicken pieces out of the marinade one at a time, allowing the excess to flow back into the bowl, and drop them into the bag with the seasoned flour. Close the bag and shake until the chicken is well coated. Lift out of the flour, shake off the excess, and slip enough of pieces into the fat to fill the pan or fryer without crowding it. Deep-fry until the outside is a rich brown and the chicken is tender, maintaining the temperature at 365°F about 15 to 20 minutes, turning the chicken once, if necessary.
- ☐ Remove the pieces as they are done, drain well, and place on the wire rack set in a cookie sheet. If you want to serve it hot, keep the finished chicken in the warm oven while you fry the second batch.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database

Nutrition Facts



Properties

Glycemic Index:35.38, Glycemic Load:27.35, Inflammation Score:-8, Nutrition Score:12.63173911105%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 283.18kcal (14.16%), Fat: 7.62g (11.72%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 43.97g (14.66%), Net Carbohydrates: 41.9g (15.24%), Sugar: 6.02g (6.69%), Cholesterol: 15.93mg (5.31%), Sodium: 349.83mg (15.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.16%), Manganese: 0.59mg (29.33%), Vitamin B1: 0.42mg (27.77%), Selenium: 19.25µg (27.51%), Vitamin B2: 0.42mg (24.84%), Folate: 97.84µg (24.46%), Iron: 3.35mg (18.63%), Calcium: 185.05mg (18.51%), Phosphorus: 177.45mg (17.75%), Vitamin B3: 3.01mg (15.05%), Vitamin K: 13.38µg (12.75%), Fiber: 2.07g (8.27%), Potassium: 288.19mg (8.23%), Magnesium: 32.76mg (8.19%), Zinc: 1.18mg (7.88%), Vitamin B12: 0.45µg (7.55%), Vitamin B5: 0.72mg (7.17%), Vitamin A: 325.45IU (6.51%), Vitamin B6: 0.12mg (6.02%), Copper: 0.11mg (5.66%), Vitamin E: 0.81mg (5.38%), Vitamin C: 1.86mg (2.25%)