



## Southern Fried Chicken with Country Gravy

READY IN



45 min.

SERVINGS



4

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 cup buttermilk
- ☐ 2.5 lb chicken
- ☐ 2 tsp flour all-purpose plus more for dredging
- ☐ 2 tsp tarragon fresh chopped
- ☐ 1 Tbsp mustard
- ☐ 4 servings salt and pepper freshly ground
- ☐ 4 servings vegetable oil for pan-frying
- ☐ 1 cup milk whole warmed

## Equipment

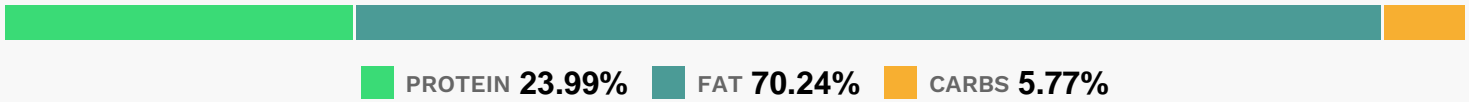
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ziploc bags
- ☐ slotted spoon

## Directions

- ☐ Cut the chicken into serving pieces. Trim the pieces of excess fat and season well with salt and pepper.
- ☐ Whisk together the buttermilk, mustard, and tarragon in a large bowl to make a marinade.
- ☐ Put the marinade and chicken pieces in a resealable plastic bag, close, and squeeze until coated evenly.
- ☐ Place in the refrigerator and marinate for at least 4 hours and up to 12 hours, turning occasionally.
- ☐ Preheat the oven to 300°F.
- ☐ Remove the chicken from the marinade, allowing any excess to drip off. Dredge in the flour.
- ☐ Pour the oil into a skillet to a depth of 1/2 inch.
- ☐ Heat over medium heat until it registers 350°F on a deep-frying thermometer.
- ☐ Add the legs and thighs to the hot oil, in batches as needed. Pan-fry until golden brown on the first side, 6–7 minutes, then turn and fry on the second side until golden, 7–8 minutes more.
- ☐ Place on a rack in a baking pan and put in the oven. Use a slotted spoon to remove browned bits from the oil and let the oil return to 350°F. Continue frying the breast pieces in the same way, then add to the pan in the oven.

- ☐ Bake until the chicken is opaque throughout and an instant-read thermometer inserted into the thickest parts registers 180°F for thigh and leg portions, about 25 minutes, and 170°F for breast portions, about 10 minutes.
- ☐ Meanwhile, make the gravy. Use the slotted spoon to remove any browned bits from the oil in the pan and pour off all but 2—3 tsp.
- ☐ Add the 2 tsp flour and cook, stirring frequently with a wooden spoon, to make a blond roux, 2 minutes.
- ☐ Add the milk to the roux, stirring well to remove all lumps. Cook over low heat, stirring and skimming as necessary, until thickened to a saucelike consistency, 5—10 minutes. Taste and season with salt and pepper. Strain the gravy and serve with the chicken.
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## Nutrition Facts



## Properties

Glycemic Index:61.5, Glycemic Load:2.79, Inflammation Score:-4, Nutrition Score:15.283043457114%

## Nutrients (% of daily need)

Calories: 498.41kcal (24.92%), Fat: 38.63g (59.42%), Saturated Fat: 10.3g (64.38%), Carbohydrates: 7.14g (2.38%), Net Carbohydrates: 6.89g (2.51%), Sugar: 5.92g (6.58%), Cholesterol: 115.98mg (38.66%), Sodium: 416.99mg (18.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.36%), Vitamin B3: 9.52mg (47.62%), Selenium: 24.62µg (35.18%), Phosphorus: 320.28mg (32.03%), Vitamin B6: 0.56mg (27.87%), Vitamin K: 28.21µg (26.87%), Vitamin B2: 0.37mg (21.69%), Vitamin B12: 1.03µg (17.12%), Vitamin B5: 1.71mg (17.09%), Calcium: 170.74mg (17.07%), Zinc: 2.32mg (15.49%), Potassium: 460.58mg (13.16%), Vitamin D: 1.72µg (11.49%), Magnesium: 45.34mg (11.33%), Vitamin E: 1.64mg (10.93%), Vitamin B1: 0.16mg (10.73%), Iron: 1.61mg (8.95%), Vitamin A: 424.59IU (8.49%), Manganese: 0.12mg (5.87%), Copper: 0.09mg (4.54%), Folate: 15.45µg (3.86%), Vitamin C: 2.59mg (3.14%)