



Southern Style Deep-Fried Chicken

READY IN



160 min.

SERVINGS



4

CALORIES



635 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 chicken thighs bone in
- 1 teaspoon cayenne pepper
- 2 skin-on chicken drumsticks
- 1 eggs beaten
- 0.8 cup flour all-purpose
- 3 cups milk
- 1 tablespoon salt
- 2.3 cups solid vegetable shortening for frying

Equipment

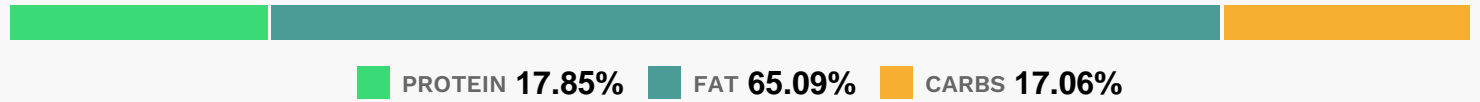
- bowl
- frying pan
- paper towels
- sauce pan
- pot
- plastic wrap
- kitchen towels
- dutch oven
- tongs

Directions

- In a medium pan, place chicken and cover with milk. Cover with plastic wrap and refrigerate for 2 hours to overnight. This helps tenderize the meat, but is optional
- In a large saucepan over a medium-high heat, using tongs, transfer chicken into pot, then pour in the milk. Bring milk to a boil, then reduce heat to medium-low allowing to simmer until the chicken is cooked through entirely, about 20 minutes.
- Remove the chicken from the milk, and place on a rack to cool. Allow them to sit until warm about 15 minutes, and then pat dry using a kitchen towel.
- Heat vegetable shortening in a Dutch oven over high heat just until it's nearly at the smoking point around 325 degrees F.
- In a large zip-lock bag, add salt, flour, cayenne pepper, shake to combine.
- In a medium bowl, beat 1 egg.
- Place each piece of chicken, 1 at a time, in the bag and shake to coat the chicken. Then dip chicken into the egg to coat.
- Place the chicken back into the flour to coat for a second time. Repeat this method on remaining 3 pieces of chicken.
- Gently drop each piece of chicken into hot oil, allowing the skin to crisp and turn golden brown in color, about 1 minute per side.
- Remove from the oil and transfer to a paper towel-lined plate.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.25, Glycemic Load:16.23, Inflammation Score:-6, Nutrition Score:18.922174079263%

Nutrients (% of daily need)

Calories: 634.72kcal (31.74%), Fat: 45.8g (70.46%), Saturated Fat: 13.73g (85.81%), Carbohydrates: 27.02g (9.01%), Net Carbohydrates: 26.25g (9.54%), Sugar: 8.96g (9.95%), Cholesterol: 168.51mg (56.17%), Sodium: 1925.81mg (83.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.26g (56.52%), Selenium: 35.7µg (51%), Phosphorus: 410.38mg (41.04%), Vitamin B2: 0.58mg (34.22%), Vitamin B3: 6.81mg (34.07%), Vitamin B12: 1.76µg (29.28%), Vitamin B6: 0.53mg (26.33%), Vitamin B1: 0.38mg (25.42%), Calcium: 246.38mg (24.64%), Vitamin B5: 2.24mg (22.36%), Zinc: 2.7mg (18.02%), Potassium: 557.72mg (15.93%), Vitamin D: 2.34µg (15.62%), Vitamin K: 15.79µg (15.03%), Vitamin E: 2.01mg (13.38%), Folate: 51.89µg (12.97%), Vitamin A: 637.68IU (12.75%), Magnesium: 50.54mg (12.63%), Iron: 2.07mg (11.51%), Manganese: 0.2mg (10.14%), Copper: 0.11mg (5.33%), Fiber: 0.77g (3.08%)