



## The Best Fried Chicken Ever?

READY IN



45 min.

SERVINGS



4

CALORIES



932 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 quart buttermilk
- ☐ 1 chicken cut into 8 pieces
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup country ham thick cut into 1/2-inch strips
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup kosher salt for brining (do not use table salt )
- ☐ 1 teaspoon salt
- ☐ 0.5 cup butter unsalted (1 stick)

- ☐ 2 quarts water cold
- ☐ 1 pound frangelico
- ☐ 1 pound frangelico

## Equipment

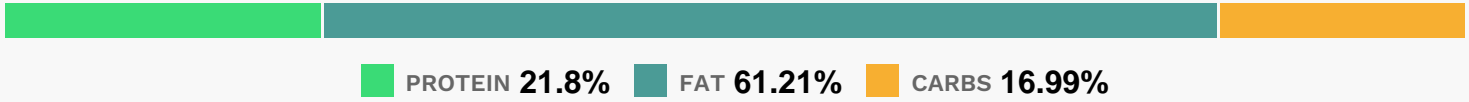
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ wire rack
- ☐ pot
- ☐ wax paper
- ☐ slotted spoon
- ☐ tongs

## Directions

- ☐ To make the brine: Stir kosher salt into cold water until dissolved.
- ☐ Place chicken parts in a nonreactive bowl or pot; add enough brine to cover completely. Refrigerate 8 to 12 hours.
- ☐ Drain the brined chicken and rinse out the bowl it was brined in. Return chicken to the bowl, and pour the buttermilk over. Cover and refrigerate for 8 to 12 hours.
- ☐ Drain the chicken on a wire rack, discarding the buttermilk.
- ☐ Meanwhile, prepare the fat for frying by putting the lard, butter and country ham into a heavy skillet or frying pan. Cook over low heat for 30 to 45 minutes, skimming as needed, until the butter ceases to throw off foam and the country ham is browned. Use a slotted spoon to remove the ham carefully from the fat.
- ☐ Just before frying, increase the temperature to medium-high and heat the fat to 335 degrees. Prepare the dredge by blending together the flour, cornstarch, salt and pepper in a shallow bowl or on wax paper. Dredge the drained chicken pieces thoroughly in the flour mixture, then pat well to remove all excess flour.
- ☐ Using tongs, slip some of the chicken pieces, skin side down, into the heated fat. (Do not overcrowd the pan or the cooking fat will cool. Fry in batches, if necessary.) Regulate the fat

- so it just bubbles, and cook for 8 to 10 minutes on each side, until the chicken is golden brown and cooked through.
- ☐ Drain thoroughly on a wire rack or on crumpled paper towels, and serve.
  - ☐ Fried chicken is delicious eaten hot, warm, at room temperature or cold.

## Nutrition Facts



## Properties

Glycemic Index:34.5, Glycemic Load:20.86, Inflammation Score:-8, Nutrition Score:28.215217237887%

## Nutrients (% of daily need)

Calories: 931.72kcal (46.59%), Fat: 62.78g (96.58%), Saturated Fat: 28.38g (177.36%), Carbohydrates: 39.22g (13.07%), Net Carbohydrates: 38.28g (13.92%), Sugar: 11.65g (12.94%), Cholesterol: 240.71mg (80.24%), Sodium: 15345.31mg (667.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.3g (100.59%), Vitamin B3: 15.81mg (79.03%), Selenium: 51.19µg (73.13%), Phosphorus: 559.97mg (56%), Vitamin B2: 0.84mg (49.33%), Vitamin B6: 0.83mg (41.68%), Vitamin B1: 0.58mg (38.51%), Calcium: 330.25mg (33.03%), Vitamin B12: 1.84µg (30.65%), Vitamin B5: 2.88mg (28.84%), Zinc: 4.13mg (27.57%), Vitamin A: 1367.45IU (27.35%), Vitamin D: 4µg (26.7%), Potassium: 776.11mg (22.17%), Folate: 81.86µg (20.47%), Iron: 3.56mg (19.79%), Magnesium: 78.17mg (19.54%), Manganese: 0.33mg (16.72%), Copper: 0.31mg (15.35%), Vitamin E: 1.48mg (9.86%), Vitamin K: 6.06µg (5.77%), Fiber: 0.94g (3.77%), Vitamin C: 3.05mg (3.69%)