

Chicken

Best-Ever Fried Chicken

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Servings: 4

Preparation Time: 15 minutes

Cook time: 15 minutes

2 cups all-purpose flour

1 tablespoon dried thyme

1 tablespoon paprika

2 teaspoons salt

1 teaspoon pepper

1/3 cup whole milk

1 egg

2 tablespoons lemon juice

1 (3 to 4 pound) broiler/fryer chicken, cut up

oil for deep-fat frying

In a shallow bowl, mix the flour, thyme, paprika, salt and pepper.

In a separate shallow bowl, whisk the milk, egg and lemon juice.

Coat the chicken pieces, one at a time, with the flour mixture. Dip in the milk mixture then coat again with the flour mixture.

In an electric skillet or deep-fat fryer, heat the oil to 375 degrees.

Fry the chicken, a few pieces at a time, for 6 to 10 minutes on each side or until the chicken juices run clear.

Drain on paper towels.

Per Serving (excluding unknown items): 270 Calories; 3g Fat (9.6% calories from fat); 9g Protein; 51g Carbohydrate; 3g Dietary Fiber; 56mg Cholesterol; 1096mg Sodium. Exchanges: 3 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 1/2 Fat.