

Crispy Nashville-Style Chicken

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Servings: 9

12 chicken drumsticks`

MARINADE

1 tablespoon Kosher salt

1 tablespoon pepper

1 tablespoon granulated sugar

*4 teaspoons vinegar-based hot sauce
(Tabasco)*

1 teaspoon dried oregano

3 cups buttermilk

COATING

1 cup buttermilk

2 eggs

2 1/2 cups all-purpose flour

1 teaspoon salt

1 teaspoon pepper

1/2 teaspoon cayenne pepper

1 cup peanut oil (for frying)

HOT CHICKEN SPICE

MIXTURE

1/2 cup butter, melted

*1/4 cup vinegar based hot sauce
(Tabasco)*

pickle slices (for serving)

Preparation Time: 50 minutes

Marinate: 4 hours

Make the Marinade: In a bowl, toss together the chicken, salt, pepper, sugar, hot sauce and oregano. Pour in the buttermilk. Stir to combine. Cover and refrigerate for at least four hours and up to overnight.

Make the Coating:: In a bowl, whisk together the buttermilk and eggs. In a separate bowl, whisk together the flour, salt, pepper and cayenne.

Remove the chicken from the marinade. Shake off the excess. Discard the marinade. Dredge each drumstick in the flour mixture and then in the buttermilk mixture and finally in the flour mixture again. Let stand for 10 minutes.

Using an electric skillet. Preheat to 450 degrees for about 10 minutes before cooking. Fry the chicken, turning once, for about 20 minutes or until the juices run clear and an instant-read thermometer inserted in the thickest part of the drumstick registers 165 degrees. Place the chicken on a paper towel-lined tray to drain.

Make the Hot Chicken Spice Mixture: In a bowl, combine the melted butter and hot sauce. Brush over the chicken to taste.

Serve with bread and pickle slices.

TIP: For a milder chicken, omit the hot sauce in the marinade and adjust the cayenne pepper in the coating and the hot sauce in the spice mix to your taste.

Per Serving (excluding unknown items): 286 Calories; 13g Fat (40.0% calories from fat); 9g Protein; 34g Carbohydrate; 1g Dietary Fiber; 79mg Cholesterol; 1099mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.