

Chicken

Fried Chicken

Chef Lindsay Autry - West Palm Beach, FL
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Servings: 4

The recipe calls for one whole chicken cut into 10 pieces; two wings, two legs, two thighs and two breasts cut in half. You can also substitute ten pieces of your favorite cuts of chicken.

A small deep fryer can be used for frying the chicken, but using a large cast-iron skillet will give you better results.

1 whole chicken, cut into ten pieces
2 cups buttermilk
zest of two lemons
1 tablespoon dried Greek oregano (or fresh oregano)
2 tablespoons Dijon mustard
1 teaspoon granulated garlic or (garlic powder)
1 teaspoon ground black pepper
1 tablespoon fresh thyme leaves
2 cups all-purpose flour
1 cup cornstarch
1 teaspoon Kosher salt
1 quart pure canola oil (for frying)
DIPPING SAUCE
1/2 cup Florida honey
2 tablespoons favorite hot sauce
1 tablespoon fresh thyme leaves, chopped roughly

In a blender, combine the buttermilk, lemon zest, oregano, Dijon mustard, garlic powder, black pepper and thyme. Blend until well combined.

Place all of the chicken pieces in a large resealable plastic bag and pour the buttermilk mixture over the chicken. Refrigerate for at least 2 hours or up to overnight to get the best flavor. Remove the chicken from the buttermilk brine. Drain well and discard the liquid.

In a large bowl, combine the all-purpose flour, cornstarch, Kosher salt and pepper. Use a whisk or fork to combine well. Place the chicken into the flour mixture and press into the flour, making sure to coat well. Allow the chicken to sit in the flour mixture while the oil is preheating.

Preheat a large cast-iron skillet over medium heat with the canola oil until it reaches 315 degrees. Shake off the excess flour from the chicken pieces and gently place in the skillet.

Fry the chicken for 4 minutes on each side until golden brown. Use a thermometer to test the internal temperature of the chicken, making sure that it is at 165 degrees.

Drain the chicken on a rack or paper towels, seasoning with the Kosher salt as they come out of the fryer.

While the chicken is cooling, combine the honey, hot sauce and thyme leaves in a small bowl and whisk to combine.

Serve the chicken with the dipping sauce.

Per Serving (excluding unknown items): 964 Calories; 41g Fat (39.1% calories from fat); 59g Protein; 84g Carbohydrate; 2g Dietary Fiber; 240mg Cholesterol; 880mg Sodium. Exchanges: 5 Grain(Starch); 6 1/2 Lean Meat; 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.