

# Crispy Fried Chicken

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## **Servings: 4**

### **BATTER**

*1 cup flour*

*1 cup tepid water*

*1 teaspoon salt*

*1/4 teaspoon pepper (white if available)*

### **SEASONED FLOUR**

#### **COATING**

*1 cup flour*

*1/2 teaspoon salt*

*1/4 teaspoon pepper*

*oil (for frying)*

Cut the chicken into serving -size pieces. Rinse the chicken in cold running water and let set for 20 minutes.

In the meantime, combine the flour, water, salt and pepper. Blend until smooth. In a shallow pan, blend the flour, salt and pepper.

Pour oil into a large heavy skillet or electric frying pan (with a cover), filling half full (1-1/2 inch depth). Heat the pan to 325 degrees.

In the meantime, dip the chicken first into the batter, drain slightly. Then coat with seasoned flour, shaking off the excess.

Place the chicken pieces, skin side down, into the frying pan. Cover and cook for 8 minutes. Remove the cover and cook an additional 10 to 15 minutes, turning the pieces, until the chicken is golden brown and completely cooked.

Lift from the pan. Drain. Place on a paper-lined rimmed flat pan. Keep warm until served.

Per Serving (excluding unknown items): 228 Calories; 1g Fat (calories from fat); 6g Protein; Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 802mg Sodium  
Exchanges: 3 Grain(Starch);