

Ken`s Favorite Fried Chicken

Sally Kiko - Billings, MT

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Servings: 4

*1 frying chicken, cut up
3 cups water
1 tablespoon salt
2 teaspoons poultry seasoning
1 teaspoon sage
2 teaspoons seasoned salt
2 teaspoons onion powder
2 teaspoons instant chicken broth
1/4 teaspoon pepper
1 cup flour
vegetable oil (for frying)*

Preparation Time: 40 minutes

Bake Time: 30 minutes

Cover the chicken with water and salt.
Refrigerate for at least one hour.

In a plastic bag, combine the flour, salt, poultry seasoning, sage, seasoned salt, onion powder and pepper.

Heat oil in a heavy deep saucepan or deep fat fryer to 375 degrees.

Remove the chicken from the salted water two pieces at a time. Shake the chicken in the flour mixture until thickly coated.

Deep fat fry the chicken, two pieces at a time, for 5 to 10 minutes or until nicely browned.

Line a 13x9-inch baking pan with several layers of brown paper and drain the chicken. When all the pieces are fried, bake the chicken at 350 degrees for 30 minutes or until done.

Per Serving (excluding unknown items): 122 Calories; trace Fat (3.2% calories from fat); 3g Protein; 26g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2289mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.