

Crispy Juicy Buttermilk Fried Chicken



For every 4 pieces of chicken you will need:
(easily multiplied for a larger quantity)

Brine Ingredients

2 tbsp. kosher salt
2 tsp. granulated sugar
1 cup water
2 cups ice
½ tsp. Peppercorns
1 -2 sprigs rosemary
1-2 cloves of garlic, crushed only

Marinade Ingredients

2 cups buttermilk
¼ tsp. salt
¼ tsp. ground black pepper
¼ tsp. paprika
Flour as needed for coating (at least 2 cups)
Vegetable or canola oil for frying (at least 2 quarts)
Salt for seasoning, if desired.

Procedure

1. Prepare the brine: combine salt, sugar, and water. Bring to a boil until salt has dissolved. Remove from heat. Add rosemary, peppercorns, garlic. Add ice and stir until brine has cooled down.
2. Place chicken in a sealable bag, or narrow container. Cover with brine. Make sure meat is completely covered. Remove all air and seal or cover, and refrigerate for 24 hours.
3. Remove chicken from brine, remove any spices that may have stuck on. Pat dry with paper towels.
4. Mix together all the ingredients for the marinade in a large bowl.
5. In a separate bowl, add flour. Slightly season (salt, ground pepper, and granulated garlic, or use seasoned salt).

6. Working in batches, add the dried chicken to the buttermilk mixture, completely coating, then put in the seasoned flour, tossing to coat completely. If needed, repeat with buttermilk and flour coatings.
7. When all chicken is completely coated, lay it out on a pan or plate so it doesn't touch, and let it rest for at least 15 minutes at room temperature.
8. In the meantime, heat the oil to 325°F in a wide deep pot, such as a rondeau or stock pot. You can also use a deep fryer
9. When the oil is hot, carefully submerge the chicken in the oil. Make sure you only do a few pieces at time so the oil doesn't bubble over, or the chicken doesn't drastically change the temperature of the oil. Also, make sure the chicken in the pot doesn't touch each other. You can fry the chicken in batches, as long as the oil has a chance to come back to 325 °F in between batches.
10. Fry until an internal temperature of the chicken is 165 °F. If the outside of the chicken is getting too brown before the inside gets cooked thoroughly, you could put on a rack over sheet pan and bake at 350 °F.
11. After removing from heat, season gently with salt or other seasonings, if desired.

-Four pieces of chicken are enough for 2 people with side dishes

©2017 Chef Jennifer M. Denlinger www.FloridaCheff.net