



Rustic Kitchen

BISTRO & BAR

FRIED CHICKEN

(Serves: 2-4 or makes 8 pieces)

This recipe was created exclusively by Executive Chef Tom Holloway and is frequently served at Rustic Kitchen.

INGREDIENTS FOR FRIED CHICKEN

- 1 3.5-pound Chicken-quartered, rinsed, patted dry and seasoned with salt
- 3 cups buttermilk
- 3 cups all purpose flour
- 2 tablespoons garlic powder
- 4 tablespoons paprika
- 2 tablespoons cayenne pepper
- 3 tablespoons Kosher or Sea Salt
- 1 tablespoon fresh ground black pepper
- 2 tablespoons lemon zest
- 6 – 8 cups vegetable oil for frying

PREPARATION

FABRICATE chicken – using a boning knife first cut out spinal column, then cut through breast bone and with hands crack in half, and then cut away breast meat, drumsticks, wings, and thighs. Discard bones and bloody messy parts. (OR buy a whole chicken already cut into parts!)

MIX flour, paprika, cayenne pepper, garlic powder, salt & pepper and lemon zest.

DREDGE chicken legs in flour mixture

COVER chicken with buttermilk

Then DREDGE again in flour mixture.

Place battered chicken on parchment paper and let stand at room temperature from 1 to 2 hours before frying.

Fry chicken in Canola oil, using oil thermometer at around 350 degrees F (never let oil reach a temp higher than 370 F) for 13 minutes OR meat thermometer reads internal temp of at least 160 degrees F.

Lay chicken on paper towels and let REST for at least 10 minutes or store and chill in refrigerator overnight and serve cold or at room temp the next day, tastes even better!

