

# Fried Chicken



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Recipe by: Laura Vitale

*Serves 4 (2 pieces per person) or 8 (1 piece per person)*

**Prep Time: 10 minutes**  
**Cook Time: 30 minutes**

## Ingredients

- \_\_ 1 3lb Fryer, cut into 8 pieces, the breast cut in half
- \_\_ 2 cups of Buttermilk
- \_\_ Squirt of Hot Sauce, I used about ¼ cup of sriracha
- \_\_ Salt and Pepper, to taste
- \_\_ 1 Tbsp of Paprika
- \_\_ 2 Tbsp of Salt Free Steak Seasoning Blend
- \_\_ 2 ½ cups of Flour
- \_\_ 1 Tbsp of Granulated Onion
- \_\_ 1 Tbsp of Granulated Garlic
- \_\_ Peanut Oil for frying

1) In a large measuring cup, whisk together the buttermilk, hot sauce, paprika, salt and pepper.

2) Place the chicken pieces in a large bowl, pour the buttermilk mixture all over the top, cover with plastic wrap and pop it in the fridge overnight.

3) Take the chicken out about 45 minutes before getting ready to cook it so it can come to room temperature.

4) Place a cooling rack on a large baking sheet.

5) In a shallow bowl, mix together the flour, onion, garlic, salt and pepper.

6) Using tongs, take each piece out of the buttermilk and shake as much of the buttermilk off as you can. Dredge each piece well in the flour mixture and place it on the baking rack topped baking sheet.

7) Let the chicken sit at room temperature for about 20 minutes.

8) Place enough oil in a cast iron skillet to come half way up the sides of the skillet and allow the oil to come up to temperature at about 350 degrees.

9) Take the chicken out of the fridge 10 minutes before frying.

10) Add a few pieces of chicken at a time (skin side down) and let them cook for 4 to 5 minutes or until golden brown and crispy, meanwhile, make sure to preheat your oven to 375 degrees.

11) Place a wire rack on a baking sheet and place the cooked chicken right on top. Pop them in the oven and let them cook for about 10 to 15 minutes or until fully cooked through and reads 165 degrees when tested with a thermometer.

