

Tim's Recipes and Cooking Stuff

http://tim.rocketry.org/cooking/fried_chicken/



Fried Chicken

February 26, 2006

I've always wanted to try my hand at making homemade fried chicken, and this was my first attempt. After checking out numerous other recipes and tips I bought the stuff and gave it a try. I think it will take some more practice to make it like the Colonel, but it turned out ok for a first attempt.

I also wanted to note that the cost goes down as you make more chicken, since the buck and a half worth of shortening could have made a ton more.

Ingredients:

6 Chicken Legs
1 1/2 cups Flour
2 tsp Salt
1 tsp Garlic Powder
1 tsp Cayenne Pepper
3 tsp Black Pepper
16 oz Crisco® Shortening

Cost to Make (about \$4.00)

\$2.29 Chicken Drumsticks
15¢ All-purpose Flour
1¢ Salt
2¢ Garlic Powder
2¢ Cayenne Pepper
2¢ Black Pepper
\$1.49 Crisco® Shortening

Cooking Instructions:

1. Soak chicken pieces in buttermilk overnight. (optional, but I wouldn't skip this step)
2. Whisk together all-purpose flour, salt, garlic powder, cayenne pepper and black pepper.
3. Dredge chicken pieces (legs, thighs or wings) through flour mixture.
4. Melt shortening and heat to 360 (use a deep-fry thermometer!).
5. Gently place chicken pieces in heated oil and cook for 8 to 10 minutes.
6. Turn pieces and continue cooking for another 8 to 10 minutes.
7. Remove and drain on a cooling rack or some paper towels.



Fried Chicken Ingredients

Here are our basic ingredients. Some chicken pieces that have been soaked in buttermilk (6 to 24 hours is good), flour, salt, pepper, cayenne pepper, garlic powder and Crisco® shortening..



Flour and Spices

Add the salt, pepper, garlic powder and cayenne pepper (optional) to the flour and whisk together well.



"Dredge" the Chicken Pieces

Dredge the chicken pieces through the flour mixture and coat thoroughly..

When I was done I set them in the fridge to rest for a bit while I got the cooking oil going.



Melt and Heat the Shortening

I melted about 1/3 (16 oz) of a 48 oz tub of Crisco® shortening and then heated it up to about 360°.

Note: When working with hot oil or shortening always make sure your fire extinguisher is charged up and nearby.

And in the unlikely event you ever do have a grease fire never throw water on it! Be careful kids..



Add Chicken to Shortening

Gently ease the chicken pieces into the hot shortening using a pair of tongs so there's no splashing.



Cook First Side

Cook the chicken for 8 to 10 minutes.



Turn Chicken Pieces

Carefully turn chicken pieces with a pair of tongs.



Cook Second Side

Cook chicken another 8 to 10 minutes on the other side.



Remove and Drain Chicken

Remove the chicken pieces and drain on a rack or some paper towels.

Although mine didn't come out looking as good as a southern grandma's fried chicken it tasted ok!

I think I might try to fry some in my cast iron skillet next time, I've seen a few suggest doing that online.

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