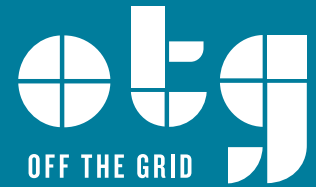


FRIED CHICKEN

From



INGREDIENTS

Makes four pieces

Skinless, Boneless Chicken Thighs 4 pieces
Rice Bran Oil 24 ounces

**any neutral oil will work*

FOR THE BRINE

Buttermilk 2 cup
Salt 2 Tablespoons
Crystal Hot Sauce 2 teaspoons
**any vinegar based hot sauce will work*
Black Pepper ½ teaspoon
Paprika ½ teaspoon
Garlic Powder ½ teaspoon

FOR THE DREDGE

All Purpose Flour 2 cups
Black Pepper 1 Tablespoon
Paprika ½ teaspoon
Onion Powder ½ teaspoon
Garlic Powder ½ teaspoon
Nutmeg ¼ teaspoon
Allspice ¼ teaspoon
Cayenne Pepper ¼ teaspoon
Salt 1 ½ teaspoons

PREPARATION

Whisk together all of the ingredients for the brine. Submerge chicken pieces in brine. Cover tightly with plastic wrap and refrigerate overnight, or for at least 2 hours.

Remove the chicken from the fridge about an hour before you fry the chicken. While the chicken tempers, make the dredge by simply whisking all of the ingredients together until thoroughly combined. Remove the chicken from the brine, allowing some of the brine to drip off the chicken. Lay the chicken down into the dredge and cover well on all sides, using your hands to press the flour mixture into all the nooks and crannies of the chicken pieces.

Meanwhile, heat your oil in a heavy bottomed pot over medium heat until the temperature reaches between 325 - 340°F. Be sure to use a thermometer. Guessing the temperature is not going to give you good results. GENTLY lower the chicken pieces into the hot oil. The temperature should remain around 325°F the whole time, so adjust the heat as necessary. Fry the chicken pieces for about 8 - 9 minutes depending on the thickness of the meat. If you have a meat thermometer, check that the internal temperature of the chicken is at least 165°F.

Let the chicken rest for at least 5 minutes on a rack or strainer. If you lay directly on paper towels, it can start to steam and get soggy.

Enjoy your fresh, hot, crispy chicken!

*** Tips on how to deal with the used oil:** Wait until it is completely cool before handling. Pour into a designated sealable container such as a glass jar. If you don't want to use the oil again, find your local oil recycling location to dispose. Or if no option exists, call your local fire department to see if used oil is accepted. If these options are unavailable to you, you can chill the oil in the fridge or freezer and transfer to a compostable bag then dispose in the garbage.

** source: Earth911.com*