

Fried Chicken (African-American)

Recipe Submitted by Lynne Foster Comtek Product Development Director

Ingredients:

- 1 ½ Tbsp. Lawry's Season Salt
- ½ tsp. Black Pepper
- 2 Tbsp. Frank's Hot Sauce
- 2 two- to three-pound chickens, each cut into 8 pieces for frying
- 1 Small onion peeled and sliced
- Flour for dredging about 2 to 3 cups in zip-lock bag
- 2 Tbsp. baking powder, add to flour
- Vegetable oil for frying

Cut chicken into pieces or use already cut chicken, rinse in cold water, pat dry with paper towels (make sure chicken is completely dry).

Place 8 pieces of chicken in a large zip-lock baggie add Season Salt, Black Pepper, and Hot Sauce. Massage chicken so spices thoroughly coat chicken, set aside. (Hint: Chicken tastes best when this is done the day before and refrigerated.)

In a large cast- iron skillet pour enough vegetable oil so that it fills the pan to 2 inches. Heat oil until wavy lines appear and the oil is hot, flame is medium. Dredge chicken 2 to 3 pieces at a time and tap off excess flour. Place chicken, meat side down into hot oil until pan is full but not crowded. Add a few slices of onion to pan for flavoring. Brown chicken on both sides until golden, if chicken begins to burn reduce heat.

To test if chicken is fully cooked, insert the tip of a small paring knife into chicken, when you feel the bone slightly turn the knife so you can see the chicken is completely cooked and there's no sign of red near the bone. As onion begins to brown remove from pan. Drain chicken and onion on paper towels. Repeat these steps until all chicken and onion are cooked.

Cook dark meat, which takes a bit longer apart from white meat to ensure doneness.

Cooks Note:

Although fried chicken is often considered unhealthy, the amount of oil absorbed during frying is actually very small. For example, sixteen pieces of fried chicken will absorb a total of 2 ¾ tablespoons of oil, or about 1/2 teaspoon per piece.