

Fried Chicken



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Start to Finish Time: 2 hours 40 minutes

Preparation Time: 2 hours

Cooking Time: 35 minutes

Serving Ideas: For a Sunday Dinner, serve with mashed potatoes and chicken gravy. Green peas, too.

Servings: 6

Categories: Main Dish - Chicken

Description: Real Southern style fried chicken.

Source: Inspired by Curtis Aikens, Southern Living

Ingredients

4 lbs Chicken parts

1 t Sea Salt

1 t fresh ground

Tellicherry Black Pepper

2 c Buttermilk

2 t Sage, dry

Martha White Self-Rising

Flour

Crisco Vegetable Oil

Directions -

Sprinkle chicken with salt and pepper. Place chicken in a shallow dish or zip-top plastic bag, and add buttermilk. Cover or seal, and chill at least 2 hours.

Remove chicken from buttermilk, discarding buttermilk. Dredge chicken in flour that has been mixed with the sage, sea salt and pepper.

Pour oil to a depth of 1 1/2 inches in a deep skillet or Dutch oven; heat to 360°. Add chicken, a few pieces at a time; cover and cook 6 minutes. Uncover chicken, and cook 9 minutes. Turn chicken; cover and cook 6 minutes. Uncover and cook 5 to 9 minutes, turning chicken the last 3 minutes for even browning, if necessary. Drain on paper towels. Let rest for 5 minutes.