



CS Fried Chicken

Serves: 4-6 **Source:** adapted from
food.com Bob and Robin Young, Boise, ID, *The
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Ingredients:

1 whole Chicken, cut into 10 pieces or 10 Thighs
4 c Water, for soaking chicken
3 t Celtic Sea Salt, for soaking chicken
1 c Buttermilk, or to make your own 1 T lemon juice in 1 c whole milk
2 Eggs
1 T Celtic Sea Salt
1 c All-Purpose Flour
2 T Cornmeal
2 T dried Oregano
3 T chopped fresh Sage leaves
1 T fresh Thyme Leaves, stems removed
2 t Celtic Sea Salt
Vegetable Oil or Shortening for frying

Directions:

Soak chicken in water and salt at least 2 hours in the refrigerator.

Mix buttermilk, eggs and salt and dip chicken pieces in this mixture.

Combine flour, corn meal, oregano, sage, thyme and salt in a bag. Drop two pieces of dipped chicken in the bag at one time. Shake to coat. Place on wire rack to rest.

Heat a shallow layer of oil or shortening to 360° F in a jumbo chicken cast iron skillet. Place the chicken in the pan, trying not to crowd the pieces. Cover for the first five minutes. Check the chicken. When golden brown, turn. Cover for the next five minutes.

Remove cover and cook uncovered, turning occasionally, as needed for a total of an additional 20 minutes or until cooked through. Watch carefully, and don't allow it to get too dark. If it's frying too fast, reduce heat slightly.

Note: The key is to cover in the beginning to start the cooking process inside the chicken, but to uncover during the last part of the cooking time to get the outside nice and crispy and golden brown.