



Fried chicken is something you must know how to make. In this recipe you'll learn how to check for doneness and build a tasty, crispy crust. It's the perfect finger food to serve at your next picnic.

ACTIVE TIME

30 mins

TOTAL TIME

1 hr

PORTIONS

6 servings

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INGREDIENTS

- 1 •
- Free-Range Fryer Chicken, 4-5 LBS
- 2 C. •
- Buttermilk or Half and Half
-
- Coarse Kosher Salt
- 1 T. •
- Smoked Paprika
- 1 T. •

- Tabasco Sauce or Hot Sauce
- Canola or Peanut Oil, for frying
- 3 C. • Stone Ground Organic Corn Meal
- 3 C. • All-Purpose Flour
- Freshly Ground Black Pepper
- 3 • Whole Eggs
- 5 • Large Russet Potatoes
- Salt
- 1/2 C. • Heavy Whipping Cream
- 1/2 C. • Unsalted Butter, at room temperature
- Large Cast Iron or Enamel Skillet
- Chef's Knife
- Poultry Shears
- Medium Stockpot or Dutch Oven
- Meat Fork or Metal Tongs
- Large Brown Paper Bag
- Paper Towels
- Rimmed Baking Sheet (optional)
- Large Colander
- Old-Fashioned Potato Masher

RECIPE



STEP 1

With a sharp knife, remove and discard the wing tips from the chicken. Put the buttermilk in a large bowl and set it next to your cutting board, putting the chicken pieces in while you work. Cut the wings from the chicken and transfer to the bowl. Cut the legs off and split into three pieces by separating the leg and then cutting the thigh in half. With kitchen shears, snip off the rear and the back bone. Push down on the bird to break the breast-bone and cut the breasts into 4 pieces. Add the pieces to the bowl.



STEP 2

Season the buttermilk and chicken mixture with a healthy pinch of salt, the paprika and the Tabasco. The chicken can be cooked right away or marinated overnight. Fill the oil to ¾-inch (2cm) deep in a large, heavy-bottomed pot or Dutch oven over medium-high heat.



STEP 3

For the mashed potatoes, peel the potatoes, cut into large chunks and add to a large pot of simmering salted water. Simmer until tender, 35 to 45 minutes.



STEP 4

Mix together the cornmeal, flour, ½ tablespoon (9g) salt and a generous amount of black pepper in a strong paper bag. Remove the chicken pieces from the buttermilk marinade and transfer to the paper bag. Shake the chicken in the bag to coat thoroughly.



STEP 5

Whisk the eggs into the remaining marinade and add the floured chicken back into the marinade. In batches, transfer the chicken pieces back into the paper bag, shake to coat with the flour mixture again.



STEP 6

Fry the chicken pieces in the hot oil until cooked through and golden brown, 18 to 20 minutes, turning every 5 minutes.



STEP 7

Transfer the chicken to paper towel-lined plate and season with salt. Repeat with the remaining pieces. Transfer the freshly fried pieces to a 300 degree oven, to crisp up the skin. Serve the chicken hot or at room temperature.



STEP 8

Remove the remaining chicken pieces from the oil, as they finish cooking.



STEP 9

Drain the potatoes and keep 1 cup (240ml) of the cooking liquid in the pot. Add the cream and butter, bring to a simmer, and mix with an old-fashioned potato masher.



STEP 10

Mound the mashed potatoes on a rimmed platter and serve with the fried chicken.

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