

Maple Fried Chicken



Although not the healthiest of choices, every once in awhile it is okay to enjoy some greasy food. From fried chicken, pizza, nachos and french fries to bacon and hash brown potatoes, we all like a treat in our regular diet. This recipe is better than Ganny's fried chicken!

INGREDIENTS

MARINADE OR BRINE

4 cups buttermilk
2 cups pure maple syrup
1/2 cup cider vinegar
2 tablespoons kosher salt
1 tablespoon TABASCO® brand Sauce
2 chicken thighs
2 chicken legs
2 Chicken wings

FLOUR MIXTURE

2 cups all-purpose flour
1 teaspoon cayenne pepper
1 teaspoon paprika
1 tablespoon salt
1 tablespoon garlic powder
1 teaspoon black pepper
2 cups vegetable oil, for frying

PREPARATION

Combine the buttermilk, syrup, salt and spices and mix well.

Put the chicken into a zip-top freezer bag and pour the buttermilk, pure maple syrup, salt and spice mixture over, getting out as much air as possible in the process. Leave to marinate for at least an hour, preferably overnight.

Take the chicken out of the bag with tongs, lay in the flour mixture then turn over.

Take 2 legs, 2 thighs and 2 wings out to coat with this flour mixture.

Rub the flour into the chicken with your hands, don't shake off the excess and place in a pan to get ready for frying.

Heat the oil to about 300°F to 325° in a black frying pan, and place the chicken in being careful not to splash the oil.

Leave the chicken alone for 10 - 12 minutes. When you start to see some blood being forced out of the chicken (this means that the chicken is cooking), carefully turn them over. Leave another 10 - 12 minutes. The second side should be well colored.

Take them out with tongs letting them drain back into the pan prior to placing on paper towels.

To make a crispier chicken, change the way you flour the pieces. Get 3 bowls going. One with the seasoned flour, the next with beaten egg and milk, and the third with seasoned flour. Dredge the chicken in the seasoned flour, then the egg mixture, then the seasoned flour again.

Serve while hot.

October 25th is National Greasy Food Day