

Cameron's Kitchen



Fried Chicken

Everyone loves fried chicken. To lower the calorie count, I prefer cooking mine in two stages: Fry the chicken ahead of time and reserve, then bake just before serving.

Ingredients – Serves 4

- 1 cup buttermilk
- 2 chicken thighs, bone in, skin on
- 2 chicken legs, bone in, skin on
- 2 chicken breasts, bone in, skin on, halved
- Salt and freshly ground pepper
- 2 cups flour
- 2 tbsp. paprika
- 1 tbsp. fresh thyme
- 2 tbsp. coarsely ground pepper
- 2 tsp. kosher salt
- Pinch cayenne
- 1/3 cup vegetable oil

Steps

1. Place buttermilk in a large bowl or resealable bag and add chicken thighs, legs and breasts. Marinate overnight in the fridge. Drain. Season chicken with salt and pepper.
2. Combine flour, paprika, thyme, coarsely ground pepper, salt and cayenne in a resealable plastic bag. Working in batches, add chicken, seal bag and toss with flour mixture until chicken is lightly coated. Shake off any excess flour.
3. Preheat oven to 400°F. Heat oil in a large skillet over medium-high heat. Add chicken a few pieces at a time, being careful not to crowd the pan, and fry until golden (about 2 to 3 minutes per side, 6 or so minutes total). Place chicken on a baking sheet and bake until juices run clear (about 15 to 20 minutes for breasts, 20 to 25 minutes for legs and thighs).

