

Cornmeal Fried Chicken



PREPARATION TIME

10 minutes



COOKING TIME

20 minutes



PERFECT PARTNER

butter milk biscuits



After frying the chicken, strain the oil to remove food particles; cool thoroughly. Place the oil in a covered container and store in the refrigerator for up to 1 month for the next time you fry chicken.

SHOPPING LIST

- chicken • buttermilk
- cornmeal

ON HAND

- flour • salt • pepper • oil

Cornmeal Fried Chicken

INGREDIENTS

- Vegetable oil for frying
1/2 cup yellow cornmeal
1/2 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
4 skinless, boneless chicken breasts (4 ounces each)
1/2 cup buttermilk

SERVES 4

COOKIN'
Express

- Save on cleanup time by draining chicken on a wire rack lined with paper towels. Also, spread paper towels underneath the rack to catch drips.
- If you rarely use fresh buttermilk, keep dried buttermilk powder on hand. It will take 1/8 cup dried buttermilk plus 1/2 cup water to yield the 1/2 cup buttermilk needed for this recipe.

Make Ahead

Double the recipe to have extra fried chicken on hand for a cold picnic lunch. Wrap chicken in paper towels, then loosely in foil to keep it crispy and not soggy.

VARIATION

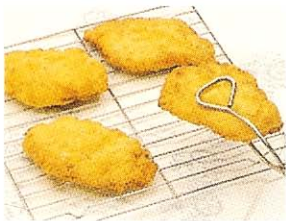
Spice up this never-fail traditional recipe by adding 1/2 teaspoon cayenne pepper to the batter in step 2.

1 Pour 1/4 inch of oil into a large heavy skillet. Heat over medium-high heat to 350°F or until a cube of white bread dropped in oil browns evenly in 1 minute.



2 Combine cornmeal, flour, salt and pepper in shallow dish; mix well. Dip chicken in buttermilk, turning to coat.

3 Roll chicken in cornmeal mixture, coating evenly. Place in hot oil. Do not allow pieces to touch.



4 Fry chicken, turning several times, for about 20 minutes or until golden brown and crisp. Drain on a wire rack. Serve immediately.