FRIED CHICKEN

Cynthia Lobe

This chicken is a huge hit. It is a meal worthy of sharing with company.

I suggest you start frying about 1 1/2 hours before you are ready to serve. I set up my fryer on a utility table in the garage so that when it cooks, it can be ventilated to the outside. My fryer is one that heats to 375°. Cleanup is easier if you prepare the chicken the day before. I bone the breast and cut it into thirds to make equally sized pieces. Breading the chicken, the day before also helps the flour to glue itself to the chicken and it does not fall off when frying. If done the same day, give it at least a half an hour to set up.

Coating mixture:

This cannot be easier.

5 Cups Plain Flour   
1 TBS fresh ground black pepper.

2 TBS Lawry’s Salt

Coat each piece of chicken and place in a single layer on a sheet pan lined with foil. (Foil makes for easy clean up).

Heat frier and Peanut Oil to 375°. Bring temperature back to 375° between batches.

Meanwhile heat oven to 275°and line 2 additional sheet pans with foil. Place a draining rack on the pans (I start with two) on each sheet pan.

Add no more than 5 pieces of chicken to the fryer at a time. Gently shake the basket to prevent the pieces from sticking to the bottom of the basket.   
Start with drumsticks, followed by thighs, then breasts followed by wings.   
Fry the chicken, turning once, for 8 minutes or before it turns too dark. (The chicken is only half done at this point)

Remove chicken from the oil and place it on the draining rack. Finish cooking it in the oven until the temperature reaches 160°.

For barbecue chicken:

Place about 2 Cups barbecue sauce (See homemade version in book) into a shallow mixing bowl. Dip the fried chicken pieces to fully coat with sauce. Place the rack lined sheet pan into the oven to finish cooking.

I serve all pieces together on a large platter. Words cannot describe how good this is. I usually barbecue most of mine. Good luck if you were hoping for leftovers.

My most memorable FRIED CHICKEN dinner was on 1/20/2013. The meal included sides of potato salad, baked beans, fruit salad, sauerkraut, beef kielbasa, celery carrots cucumbers slices, left - over spaghetti, and soda. Dessert was chocolate mint brownies and zucchini bread.   
It was a momentous day as the San Francisco 49rs beat the Cardinals for the play offs. We had wonderful company to boot. Guests included:  
Jeff, Cindy, and Kevin Lobe.

Kyle, Jodi, and Ryan Eger from church.

Niki, Kelly, and Rory, her 4-year-old daughter, and our new neighbors Bill and Colleen.   
The best part of the day, besides the delicious meal, happened when Rory pointed to Bill while looking at her mommy and said, "Mommy, that man has no hair!” (Uproarious laughter followed), then immediately following, Jodi growled at the TV and scared Rory. Rory pulled Barbie’s head off. Meanwhile Kevin, Jeff, Niki, and Bill continued to play Barbies with Rory.