

Breakfast Buttermilk Fried Chicken

Brown Sugar Kitchen | makes 4 servings
serve with Breakfast buttermilk cornmeal waffles

Ingredients:

1 whole chicken, cut into 8 pieces
¼ cup blackening spice
(ingredients below)
1 tablespoon dried tarragon
2 tablespoons minced fresh parsley
1 cup buttermilk
1-½ cup all-purpose flour
1 tablespoon kosher salt
1 tablespoon freshly ground pepper

Canola or rice bran oil for deep-frying (amount depends on the size of the pot being used)



Blackening spice:

1 teaspoon cayenne pepper
1 tablespoon sweet paprika
1 teaspoon dried thyme
1 teaspoon dried oregano

1 teaspoon freshly ground black pepper
1 tablespoon onion powder
2 teaspoons garlic powder
2 teaspoons kosher salt

Instructions:

1. Place chicken in a large bowl and rub with blackening spice.
2. Add the dried tarragon and freshly chopped parsley and toss to coat.
3. Pour in the buttermilk, cover the bowl with plastic wrap, and refrigerate at least 4 hours or up to overnight.
4. Preheat the oven to 350°F.
5. In a deep enameled cast-iron pot, add oil to a depth of 3-4 in and heat the oil to 350°F.
6. Set a wire rack on top of a rimmed baking sheet.
7. In a large wide bowl, combine the flour, 1 tbs salt, and 1 tbs black pepper.
8. One piece at a time, transfer the chicken from the marinade to the flour mixture. Dredge the chicken in the flour mixture, shaking off the excess.
9. Fry the chicken, a few pieces at a time, taking care not to crowd the pot and turning occasionally, until crisp and browned, 5 to 7 minutes. Transfer to the rack over the baking sheet to continue cooking in the oven until the internal temperature registers 165°F, about 20 minutes. Remove from the oven and allow to rest for 5 to 10 minutes.
10. Repeat with the remaining chicken. Serve immediately to accompany Cornmeal Waffles.