



Fun Friday
SOUTHERN FRIED CHICKEN

- 12 chicken pieces
- 3 cups buttermilk, optional
- 2 eggs, beaten
- ½ cup milk
- 2 cups flour
- 1 tablespoon garlic powder
- 2 teaspoons sea salt
- 2 teaspoons pepper
- safflower oil

1. Place chicken & buttermilk in a large bowl, then refrigerate for 2 hours. Remove chicken from buttermilk & pat dry with paper towels. In a bowl, whisk together eggs & milk. In a plastic bag combine flour, garlic powder, salt & pepper.
2. In a large heavy skillet, heat 2-inches of oil on medium-high heat (350 degrees). Working in 2 batches, coat chicken in egg mixture first. Then coat chicken in flour mixture.
3. Fry the first batch of chicken for 15-18 minutes, turning once halfway through cooking time. Smaller pieces of chicken take less time to cook. Remove chicken from oil & drain on paper towels.

servings: 12 / prep time: 2 hours / cook time: 40 minutes