

Judy Hesser's Oven-Fried Chicken

Thanks to my sister for sharing this gem with me — a recipe from [Amanda Hesser's](#) mom. It's only been in my life for a few months, but I've made it multiple times. It's super easy — you just have to remember the morning step. I know some of you may judge me for making this on the regular, since it's not exactly low sodium. But I'm willing to take that criticism if it means sharing it with others, because it's such a delight — and the leftovers are awesome.

Makes: 4 servings

Ingredients

- 3 tablespoons sea salt (divided, plus more for serving)
- 8 bone-in, skin-on chicken thighs
- 2 tablespoons unsalted butter
- 1/2 cup all-purpose flour
- 1 teaspoon coarsely ground black pepper (plus more for serving)

Instructions

1. In the morning, combine 2 tablespoons salt and about a cup of warm water in a large bowl or container. Stir to dissolve the salt. Trim the chicken of excess skin and fat. Add the chicken to the bowl. Cover with very cold water and add a tray of ice cubes. Swish around with your hand to disperse them. Chill in the refrigerator until dinner time.

2. Preheat your oven to 400°F (200°C). Remove the chicken from the fridge and pat dry completely with paper towels. Put the butter in a roasting pan large enough to fit the chicken in one layer (But remember, Judy says, "You don't want to crowd it or then it'll stew, like mushrooms"). Place the pan in the oven. In a 1-gallon freezer bag, pour in the flour, remaining 1 tablespoon salt and the pepper. Give it a good shake. Add the chicken pieces two at a time and shake them until thoroughly coated. As you lift them out of the bag, shake them off vigorously. This is vital. You do not want a gummy coating. Line them up on a plate, and repeat with the rest.

3. Lay the chicken pieces in the roasting pan, skin side down, and oven-fry until a chestnut brown and crisp on the bottom, about 40 minutes (sometimes it takes as long as an hour). Don't flip them until this happens. Use a thin spatula to scrape them up off the pan and turn them; cook the other side until the bottom is browned, which will take less time, around 20 minutes. Remove the pieces from the oven as they finish cooking, and place on a plate lined with paper towels. Just before serving, grind fresh pepper over top and sprinkle lightly with sea salt.