

FRIED CHICKEN, FULLY



THE COOKFUL

Edited by Christine Pittman and Heather McCurdy

Fried Chicken, Fully

Say hello to Fried Chicken! We can't wait for you to try these these crispy comfort food creations. You're going to love them!

We've researched methods and tested classic favorites to bring you the very best fried chicken recipes that will become part of your regular cooking rotation.

We just know these recipes are going to become a delicious part of your life.

OK, let's get fried! Ha!

Christine



THE COOKFUL

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Why America Loves Fried Chicken

By Kevin Kessler

There's no question about it, Americans love their fried chicken. Crunchy breaded exterior with juicy moist meat. But why do they love it so much?

Americans love fried chicken. Don't believe me? Check the title of this article. It's not a question. It's a statement. Or mention fried chicken at any social gathering that's not a vegan club and see what kind of reactions you get.

The term "as American as fried chicken" is fairly common, even though the apple pie variant of that statement is more popular. But the fact remains that fried chicken is one of the most popular comfort foods in the history of this country.

What's interesting about the rise of fried chicken is that it's closely tied with the rise and evolution of America as a nation.

Have I intrigued you? Read on to learn something!

WHERE DID FRIED CHICKEN COME FROM?

Fried chicken is incredibly American, particularly Southern, but it wasn't always the case. Fried chicken was actually created abroad, though precisely where it first came from differs based on who you ask.

While most of the world was dead set on baking or broiling chicken, it was the Scottish who decided "throw it in some fat!" and they began deep frying it. It is believed by many that this was the birth of fried chicken as we know it, and it came over to America with Scottish immigrants.

West Africans also have a tradition where they fry food in hot oil, so some surmise that the custom of frying up chicken came to the South through African slaves who attempted to produce something from their homeland.

Either way, fried chicken came to America, either from European settlers or from Africa, and it continued to grow in popularity.

FRIED CHICKEN SPREAD THROUGH SLAVERY AND SEGREGATION

It's unfortunate that one of the best foods in the world has its history entangled in one of the most shameful periods of American history.

Why America Loves Fried Chicken

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Fried chicken became incredibly popular among African slaves because chickens were one of the few animals they were permitted to keep and raise. It became relatively common for these slave families to fry up chicken on special occasions.

Prior to World War II, fried chicken was only prepared for holidays and other big occasions. It certainly wasn't available with the frequency that we enjoy today. That's because, at the time, spring chickens were fairly scarce. Because of the amount of fat needed for the frying, plus the lengthy prep time, it was also rare to find fried chicken on a restaurant menu.

Fast forward to the time of racial segregation, and fried chicken became a convenient food for African American commuters because it traveled exceptionally well in the era before everyone had a refrigerator in their home and workplace.

Why was this needed? Most restaurants were segregated, and thus closed off to African Americans. More people started preparing fried chicken and it surged in popularity, first out of necessity, then out of desire.

The descendants of former slaves began to use their family recipes to successfully branch out and become entrepreneurs, making fried chicken a more common food around the country.

FRIED CHICKEN VARIATIONS

As fried chicken came to evolve, new variations of it started sprouting up.

Chicken Fried Chicken

Take chicken fried chicken for example. The name of the food seems almost oxymoronic. There's some debate in the food world about this version of fried chicken and how it differs from regular old fried chicken.

First, there's chicken fried steak, which is a steak cutlet that is dredged, dipped in egg and flour coated before being fried. Chicken fried steak contains no actual chicken. It gets its name because it's breaded and fried the way of fried chicken.

That stands to reason that chicken fried chicken is....chicken that is fried like fried chicken? Isn't that just fried chicken!?

Well, it turns out that chicken fried steak differs from fried chicken in a couple of ways. First, it is boneless whereas fried chicken is usually on the bone. Second, it is often served with a gravy. So then, chicken fried chicken is chicken that is served like chicken fried steak. That is, it is boneless chicken that is breaded and fried and then served with gravy.

Why America Loves Fried Chicken

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Chicken and Waffles

One of the more common versions of fried chicken is chicken and waffles. It's exactly what it sounds like. A few pieces of fried chicken served alongside some buttery golden waffles.

So, whose idea was this, anyway? Seems like an odd couple, right? Again, there are differing opinions.

A lot of food scholars believe that chicken and waffles, despite being a Southern staple food, owes its origins to the North. Specifically, to Harlem, NY.

In the 1930s a restaurant in Harlem known as the Wells Supper Club started serving fried chicken thighs alongside some deep-pocketed batter. Hence, chicken and waffles.

Others believe that it has been around since the 1600s and originated from the Pennsylvania Dutch. I've also heard it attributed to German settlers throughout the 19th century.

Then there are those who believe that chicken and waffles began through slavery. Enslaved Africans were mixing rice flour batter and cooking it, creating waffles that they served with blackberry preserves alongside fried chicken.

IN CONCLUSION

While the origins of fried chicken come from dark times in this country, the food surged in popularity and evolved as the country began to age.

Americans love fried chicken despite how it began because it's a food that evolved along with us. Also, it's delicious! It's the ultimate American comfort food and it's here to stay.

How to Reheat Fried Chicken

By Kevin Kessler

We know it's highly unlikely you'll ever have leftover Fried Chicken, but if you do, you definitely need to know how to reheat it for perfect results.

As we already discovered, fried chicken is America's comfort food. It's almost impossible not to love it, especially if you're from the South.

There's nothing better than getting a hot juicy bucket of fried chicken and feeling the moist explosion of flavor as you sink your teeth in for that first memorable first bite. Fried chicken can be an amazing culinary experience, especially when paired with the right sides.

But what about the next day? Have you ever tried to reheat fried chicken only to find that it lacks that zesty juicy crispy goodness which wowed you the first time? While it's true that some foods never quite taste the same after being reheated (lookin' at you, [French fries](#)) surely there must be some way to recapture the magic of your fried chicken a day or two later.

So what are the best ways to reheat fried chicken? How can you make the most out of your leftovers? Read on to find out, then thank me later!

MICROWAVE

I know, right now you're probably like "duh, Kev" but hear me out on this one. Sure, most of you microwave your leftover fried chicken and that's where you're getting the weird tasting remnants we spoke about above. That's because you're not microwaving your chicken the right way.

First, take the chicken out of the refrigerator and set it on the counter for 10 or so minutes. You want to make sure that it's at room temperature before you start trying to heat it. Why should you do this? You're trying to prevent the chicken from losing all its moisture when it's heating in the microwave. This way it doesn't have to be in the microwave for as long AND it will heat more evenly so that it's warm on the inside and outside, not cold inside and warm outside.

Once the chicken is at a nice room temperature, cover the entire plate with a paper towel. This will keep the chicken from getting soggy by allowing the towel to soak up a lot of the excess moisture.

Microwave it in short 30 second bursts. Check the chicken after each run to see if it's at the desired temperature (165°F). If you overheat it, the chicken will dry out and that is never a fun meal.

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So be careful!

CONVENTIONAL OVEN

Rejoice! There are reheating options that don't involve "nuking" your chicken in the microwave. You can reheat food right in your oven, which a lot of people never realize.

First, you're going to preheat said oven to 400°F.

Then, take out your chicken and let it sit on the counter for about 10 minutes until it gets to room temperature. This is going to be a fairly common occurrence throughout our heating methods.

Arrange the chicken on a foil lined baking sheet.

Now, take another sheet of foil and place it on top of the sheet, fully covering the chicken.

Bake for 20 minutes and then remove the chicken. You'll want to let it sit for about five minutes, but if all has gone well you'll have some perfectly crisped second-day fried chicken to enjoy.

TOASTER OVEN

Here's another very popular method of reheating fried chicken. Your toaster oven! It combines the microwave technique with the oven technique to create some crispy leftover fried chicken.

First things first, line the baking sheet of the toaster oven with foil. Then, you'll set your toaster oven's temperature to 400°F. Let the chicken sit out for 10 minutes so that it gets to room temperature. (I'm sure you saw that coming)

Arrange the chicken pieces on a plate and cover that plate with a paper towel. Place the chicken in the microwave and microwave it for one minute and 45 seconds. Take the chicken out and place it on the baking sheet in the now heated toaster oven.

Bake for two to three minutes. Remove the chicken and let it sit for about five minutes before serving it up.

AIR FRYER

Come on, it wouldn't be a modern food blog post without at least mentioning an air fryer. These popular appliances allow us to cook fried foods in our homes without having to get a

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deep fryer and dealing with pools of boiling oil.

But did you know that you can and should be reheating foods in your air fryer? This includes fried chicken.

First, (say it with me now) let the chicken sit out for about 10 minutes until it reaches room temperature.

Next, arrange the chicken pieces inside the basket of your air fryer.

Turn your air fryer to somewhere between 350 and 400°F. Cook for no longer than four minutes. Honestly, three minutes should do it.

The end result will be some perfectly warm and perfectly crisp fried chicken!

IN CONCLUSION

It's not impossible to have great crispy fried chicken on the second or third day. Follow these important tips and bite into your leftover fried chicken like it's the first time!



Classic Fried Chicken

By Ilona Orzechowska

You really can make Classic Deep Fried Chicken like Gramma used to make. Check out our tips for making it without a ton of prep work. No dip in this egg batter then dip in that flour mixture mess here!

There's always a bit of a mess when it comes to deep frying chicken but we're making homemade fried chicken as simple as possible. You can totally buy a whole chicken and cut it up into 10 pieces – 2 wings, 2 thighs, 2 legs, and each breast gets cut in half for a total of 4 breast pieces. Or, you can save yourself the time and hassle and buy 4 pounds of whatever cut of chicken you want. Like all chicken drumsticks. Or thighs. Or breasts. Yup, that means you can make a whole batch of your favorite pieces of fried chicken. You're the one making it so make it the way you like it best!

You'll start by marinating the chicken pieces in buttermilk and hot sauce for a minimum of 3 hours (or better, marinate them overnight or all day while you're at work). Once they've been marinated you'll coat each piece in delicious seasoning with spices like paprika, garlic powder

Classic Fried Chicken

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and nutmeg.

Instead of having you dip chicken pieces in flour then egg, we've put the flour and spices in a bag and you just add the chicken to that and shake. Just like shake 'n bake but this is flour instead of crumbs, so you get that crispy classic coating that you crave daily. You know you do. Mmmmm.

I always recommend using a thermometer when you deep fry chicken so you know the oil is the right temperature (350°F) to cook the inside of the chicken without burning the outside crust. Then, to know that the chicken is cooked through, use a different kind of thermometer, an instant-read thermometer. You'll be golden! Ha!

Yield: 10 pieces

Prep Time: 3 hours, 20 minutes

Cook Time: 25 minutes

Total Time: 3 hours, 45 minutes

Ingredients:

4 lbs. whole chicken (cut into 10 pieces, breast cut in half)
2 and 1/2 cups buttermilk
2 tsp. hot sauce
1 and 1/2 tsp. salt, divided
2 cups all-purpose flour
1 tsp. sweet paprika
1/2 tsp. garlic powder
1/8 tsp. black pepper
1/8 tsp. nutmeg
3–4 cups vegetable oil

1. In a large glass container mix together buttermilk, hot sauce and 1/2 teaspoon of salt. Place chicken pieces into the buttermilk and cover. Refrigerate and leave it for at least 3 hours or overnight.
2. Before frying, in a zip top bag, mix flour with remaining 1 teaspoon of salt, sweet paprika, garlic powder, black pepper and nutmeg. Close and shake it well to mix.
3. Remove chicken pieces from buttermilk, letting the excess buttermilk drip off. Place 2 pieces in the bag and shake it well, until the chicken is thoroughly coated. Remove and place on the wire rack. Repeat for remaining pieces of chicken.
4. In a medium pan heat oil until it reaches 350°F.
5. Place chicken in the oil and fry for about 20–25 minutes, turning halfway through. Once the chicken is dropped into the oil the temperature will lower to 300°F – 325°F. Be careful not to burn the crust. Lower the heat if the exterior of the chicken seems to be cooking faster than the interior. Keep the stove on low–medium heat.
6. Chicken is done when internal temperature is 165°F or higher on an instant-read thermometer.



Oven Fried Chicken

By Brittany Poulson

When you're craving fried chicken but don't want to deal with the frying, Oven Fried Chicken will satisfy your craving – minus the excess fat.

Fried chicken is a delicious finger lickin' food, but it can also be very messy and less than healthy. While we love to indulge in our easy Classic Deep Fried Chicken, sometimes it's nice to have some lighter fare to fill those cravings. This oven fried chicken does just that. You get the flavor and crispiness of regular fried chicken, but baked in the oven.

One of our secrets to this is to brush our oven “fried” chicken with olive oil before breading it with a panko and parmesan cheese mixture. Then we put it in the oven to bake and crisp up.

Our second secret is in how we bake it. Instead of baking the chicken right on the sheet pan, we put a wire rack between the two. This allows for nice, even baking on both sides of the chicken. Sure, you don't have to use the wire rack – but then you'd have to flip the chicken over half way through – adding an extra step. And who wants more steps when you can have

Oven Fried Chicken

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crispy juicy oven fried chicken in 30 minutes?

Yield: 6 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

Ingredients:

2 Tbsp. olive oil
2 egg whites
3/4 cup panko bread crumbs
1/3 cup finely shredded
parmesan cheese
1 tsp. Italian seasoning
1/2 tsp. salt
1/4 tsp. ground black pepper
2 lbs. boneless, skinless
chicken breasts, pounded
to 1/2-inch thickness and
cut into tenders

1. Preheat oven to 400°F. Line a baking sheet with a silicone mat or parchment paper then set a wire rack on the sheet and spray with nonstick cooking spray.
2. Pour the olive oil in a small bowl. In a separate bowl, whisk the egg whites together. In another medium bowl, combine the panko, parmesan cheese, Italian seasoning, salt and pepper.
3. Pat chicken tenders dry with a paper towel then brush them with olive oil, coating evenly. Dip in the egg whites, then dredge each chicken tender in the panko cheese mixture, gently pressing it onto the chicken, then place on the prepared wire rack/baking sheet. Drizzle any extra olive oil over top the chicken tenders.
4. Bake for 20-25 minutes or until the chicken reaches an internal temperature of 165°F on an instant-read thermometer. Remove from the oven and allow to rest 5 minutes before serving.



Panko Fried Chicken

By Allie Doran

Panko breadcrumbs are the perfect thing to coat chicken with for frying because they crisp up so beautifully without adding too much bready flavoring. A simple egg wash binds it all together for the crispiest fried chicken ever.

Panko breadcrumbs are Japanese style breadcrumbs that are really just made from bread without crust. That's why they're so light and airy – it's all the inside goodness of bread, with none of the dry crust included in the crumb.

It's popular to use in place of breadcrumbs when frying food because of the texture it gets when it hits the oil and has a chance to crisp up. Because panko is so light and airy, it gets a ridiculous amount of crunch which is the key to all good fried food.

We happen to think that Panko Fried Chicken is one of the best variations of fried chicken out there. All it takes is a simple egg wash to coat the chicken and bind the breadcrumbs to it.

Panko Fried Chicken

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Once the oil is hot, you let it bubble until the panko is a deep golden color and the chicken is cooked through. Are you ready for this juicy, crispy, fried bite of heaven?

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

2 cups vegetable oil

1 lb. boneless skinless chicken breasts

1 cup unseasoned panko breadcrumbs

1 tsp. salt

1 tsp. garlic powder

1/2 tsp. paprika

1/4 tsp. pepper

1 egg

1. Heat the oil over medium heat in a large skillet or a stock pot to 300°F. Use a thermometer like this one to keep your oil at the right temperature.
2. Meanwhile, butterfly the chicken breasts by slicing them in half lengthwise.
3. In a medium-sized bowl, mix together the panko, salt, garlic powder, paprika and pepper.
4. Crack the egg into a small bowl and beat it until it's an even color.
5. Dip each piece of chicken in the egg and allow any excess to drain off back into the bowl. Then dip the chicken in the panko mixture, covering completely. Repeat until all the chicken is coated.
6. When the oil is hot, add a few pieces of the chicken to the pan, being sure to not crowd them. They shouldn't touch.
7. Fry for about 4-5 minutes per side, or until the chicken is golden brown and the internal temperature reaches 165°F on an instant-read thermometer.
8. Transfer the cooked chicken to a wire rack with a paper towel underneath to drain the oil. Serve while warm.



Air Fryer Fried Chicken

By Emily Dingmann

Pull out that air fryer. We're making Air Fryer Fried Chicken for dinner – and we still get all the crispy goodness. Score!

Everyone loves fried chicken, but the mess and the oil often leave us wondering if it's worth it. It's a tough call, but when you're craving our Classic Fried Chicken without the mess, or don't feel like heating up the house to make Oven Fried Chicken, you've got to try this Air Fryer Fried Chicken. It's the perfect solution. The chicken cooks up quickly and there's no oil splatter. Just make sure you eat the chicken nice and hot while it's still crispy, or learn how to reheat fried chicken perfectly over here!

AIR FRYER FRIED CHICKEN TIPS:

- Use cornstarch. Cornstarch mixed with the flour helps give your chicken a crispy crust.
- Don't crowd the air fryer. This is a key piece of advice for the air fryer. Without space, the

Air Fryer Fried Chicken

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chicken won't cook properly and it won't get crispy.

- Cover the air fryer basket with foil before heating then put the chicken on the foil. This is to make it easier to get the chicken out and so the crispy crust doesn't get stuck behind on the air fryer basket.
- Spray chicken with cooking spray. Because the air fryer doesn't actually use any oil, if you don't coat the chicken with an oil mister or cooking spray, there will be dry flour spots, which is not ideal. Even when you give the chicken pieces a good coating of oil, you'll still be using far less than traditional frying.

Yield: 4 servings

Prep Time: 4 hours, 5 minutes

Cook Time: 20 minutes

Total Time: 4 hours, 25 minutes

Ingredients:

1 and 1/2 lbs. chicken legs
(thighs and drumsticks)
1 cup buttermilk
3/4 cup all-purpose flour
4 Tbsp. corn starch
1 tsp. paprika
1/4 tsp. cayenne pepper
1 tsp. salt + some for
sprinkling
Cooking spray

1. Combine chicken and buttermilk together in a bowl. Refrigerate for at least four hours, or up to 24 hours.
2. Take chicken out at least a half hour before cooking.
3. Whisk together flour, corn starch, cayenne pepper and 1 teaspoon of the salt in another large bowl.
4. Dredge chicken through flour mixture. Repeat with all pieces of chicken.
5. Meanwhile, line air fryer basket with foil and preheat air fryer for a few minutes.
6. Spray chicken pieces with oil mister or cooking spray.
7. Cook chicken at 380°F. for 15 minutes and then increase heat to 400°F. and cook an additional 3 minutes, or until chicken reaches an internal temperature of 165°F. (Larger pieces will take longer, as will dark meat.)
8. Remove chicken and let rest on a wire drying rack. Sprinkle with salt.



Copycat Shake and Bake Chicken

By Allie Doran

Homemade Shake and Bake Chicken is super quick to make, and this copycat shake and bake breading makes the chicken flavorful and crispy.

Our sister site, Cook the Story, recently published a recipe for [Homemade Shake and Bake mix](#). Once we read what was actually in Shake and Bake, we wondered why anyone even bothered to buy it pre-made from the store in the first place.

Shake and Bake is simply a mixture of breadcrumbs, herbs and seasonings that most of us always have in the pantry. It's really fast to throw it together in a bowl, whisk together and then add to meat, like chicken.

You can use this recipe for any cut of chicken – thighs, drumsticks, even wings. You'll just need to adjust the cook time accordingly. Our favorite cut of chicken for Shake and Bake is breast meat. It gets really crispy and the breading locks in the moisture. The seasonings in the Shake and Bake mix also pair perfectly with poultry.

Copypat Shake and Bake Chicken

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We guarantee you'll add this non-boring chicken recipe to your meal rotation on a regular basis. Now let's get cooking!

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 35 minutes

Total Time: 40 minutes

Ingredients:

1 batch of [Homemade Shake and Bake](#)

1 lb. boneless, skinless chicken breasts

1 Tbsp. oil (olive or vegetable works)

1. Preheat the oven to 375°F.
2. Prepare the homemade shake and bake according to the directions [in this post](#).
3. Add the chicken to a plastic bag. Pound the chicken out so it is an even thickness.
4. Add the oil to the bag. Coat the chicken with the oil thoroughly.
5. Add the shake and bake and shake well, until all the chicken is covered.
6. Lay the chicken on a shallow, greased baking sheet and bake for about 35 minutes, or until the breading is browned and the chicken has reached 165°F internally.



Chicken Fried Chicken

By Emily Dingmann

Chicken Fried Chicken anyone? We're showing you how to make this favorite comfort food right at home. You'll thank us after your first bite.

Chicken Fried Chicken ranks right up there with Classic Fried Chicken as a family favorite comfort food and for good reason. It has a crispy, salty crust and a tender, juicy interior. Then it gets even better because we top it with gravy. This is not a light lunch-type meal. It sticks to ya in the best type of way.

Typically, chicken breasts are used for chicken fried chicken but we used thighs in this recipe for two reasons. Reason number one, the dark meat yields a juicier chicken – and it's also harder to over-cook and dry out. Reason number two, the uneven surface area of a chicken thigh means there are a lot more spots for the flour to stick to and that is a good thing. More flour = more crispy bites.

Traditionally, Chicken Fried Chicken is served with mashed potatoes, but because this meal

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is so rich, a mustardy coleslaw and pickles would also be a great side. And if you've got any leftovers? Fried chicken sandwiches are always a good idea.

Yield: 4 servings

Fried Chicken

Prep Time: 4 hours, 10 minutes

Cook Time: 15 minutes

Total Time: 4 hours, 25 minutes

Ingredients:

Fried Chicken

1 and 1/2 lbs. boneless,
skinless chicken thighs
1 cup buttermilk
Oil for frying (like canola,
vegetable, or peanut)
3/4 cup all-purpose flour
1 tsp. paprika
1/4 tsp. cayenne pepper
1 tsp. salt + some for
sprinkling

Gravy

1 cup whole milk
2 Tbsp. all-purpose flour
1 tsp. salt
1/2 tsp. black pepper

1. Combine chicken and buttermilk together in a bowl. Let sit in refrigerator for at least four hours, or up to 24 hours.
2. Take chicken out of refrigerator at least a half hour before cooking.
3. Heat oil in a large cast iron skillet over medium-high heat. You want it to be about 1 inch deep.
4. Whisk together 3/4 cup of the flour, paprika, cayenne pepper and 1 teaspoon of the salt in another large bowl.
5. Dredge a chicken piece through flour mixture so that it is lightly coated in flour. Shake off excess. Transfer to a plate. Repeat with all pieces of chicken.
6. Put some of the chicken pieces in the oil. Don't crowd the pan. Fry for about 4-5 minutes, then flip over and fry for another 4-5 minutes, or until it reaches an internal temperature of 165°F. (Larger pieces will take longer.)
7. Remove chicken from oil and rest on a drying rack while frying remaining chicken in batches. Sprinkle fried chicken lightly with salt.
8. When done frying chicken, scoop out 2 tablespoons of the oil to use in the gravy.

Gravy

1. Heat 2 tablespoons of the reserved cooking oil and sprinkle in 2 tablespoons of the flour.
2. Whisk together until smooth and golden in color. Pour in milk slowly while continuously whisking.

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3. Bring to a boil, then lower heat. Let thicken, about 1-2 minutes, and remove from heat.
4. Season with salt and pepper to taste and serve over chicken. (It will taste a little bland on its own, but is perfect on the chicken so be careful to not over-salt.)



Keto Fried Chicken

By Emily Dingmann

Finally! A diet that lets you enjoy fried chicken. You're going to love this Keto Fried Chicken, and it's easy to make.

Missing Classic Fried Chicken on your low carb diet? Keto Fried Chicken is the answer! Instead of using flour or bread crumbs, which are far too high in carbohydrates, we're using almond flour for a low carb alternative. We're also skipping the buttermilk (high in carbs) and using heavy whipping cream instead. While you might be tempted to just skip this step, don't do it. The cream helps brine the chicken and keep it nice and juicy.

TIPS FOR MAKING KETO FRIED CHICKEN:

- Season the flour. Adding paprika and cayenne pepper to the almond flour helps give it a traditional fried chicken flavor.
- Double flour dredge. Almond flour doesn't stick to the chicken as well as all-purpose flour,

Keto Fried Chicken

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so adding the egg wash and an additional dredge in flour ensures that the almond flour sticks to the chicken.

- Use smaller pieces of chicken so the chicken cooks relatively quickly. Almond flour burns easier than regular flour, so you want to make sure the chicken cooks fast enough.
- Remove chicken from the refrigerator about half an hour before you fry it. This helps the oil stay hotter and not drop too much in temperature once you add the chicken.

Just like that, there will be some crunchy and crispy Keto Fried Chicken is in your future.

Yield: 4 servings

Prep Time: 4 hours, 10 minutes

Cook Time: 10 minutes

Total Time: 4 hours, 20 minutes

Ingredients:

1 and 1/2 lbs. chicken legs
(drumsticks)
3/4 cup heavy whipping
cream
1 cup almond flour
1 tsp. paprika
1/4 tsp. cayenne pepper
1 tsp. salt + some for
sprinkling
2 eggs
Oil for frying (like canola,
vegetable, or peanut)

1. Combine chicken and whipping cream together in a bowl. Refrigerate for at least four hours, or up to 24 hours.
2. Take chicken out of refrigerator at least half an hour before cooking.
3. Heat pot of oil to 350°F.
4. Whisk together almond flour, cayenne pepper and salt in another large bowl.
5. Whisk together eggs in a medium bowl.
6. Dredge chicken through flour mixture, then through egg wash, then through flour mixture again. Repeat with all pieces of chicken.
7. Fry chicken for about 5-10 minutes, or until it reaches an internal temperature of 165°F. (Larger pieces will take longer, as will dark meat.)
8. Remove chicken from oil and let rest on a wire drying rack. Sprinkle with salt.



Pickle Fried Chicken

By Sam Ellis

That's right! Pickle juice is the secret to a popular fried chicken sandwich everyone loves. Now you know and can totally make it yourself.

If you've been paying attention to the fried chicken trends lately (who hasn't), you've noticed an uptick in pickle brined fried chicken. This is supposedly the way Chick-Fil-A serves their chicken, and KFC even had a stint with pickle chicken. Big name food magazines like Food & Wine even shared their own versions of it, showing that it's not just a hack, but a respected way of cooking fried chicken. Naturally that means it belongs in our lineup of the best Fried Chicken recipes out there.

You want to know why? Science! The pickle juice does a few things to the chicken while it's brining. The salt and vinegar in the pickle juice helps create the perfect environment for a few things. The first is an osmosis reaction where the flavors of the pickle juice are flowing into the chicken making sure each bite is moist and flavorful. The salt and vinegar also helps break down the molecules in the protein to make it nice and tender.

Pickle Fried Chicken

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Timing on how to do this depends on the thickness of the chicken. With the chicken cut into smaller halves, an hour was perfect for getting all those reactions without curing the chicken for hours. If you're using thicker pieces of chicken, consider letting it sit a little longer.

Now enough of this chit chat. Let's get this science experiment started so we can eat some tasty fried chicken.

Yield: 8 servings

Prep Time: 1 hour, 30 minutes

Cook Time: 30 minutes

Total Time: 2 hours

Ingredients:

3 lbs. chicken breasts

1 (24 oz.) jar mini hamburger
dill chips

1 cup buttermilk

1 egg

1 and 1/2 cup flour

1 tsp. paprika

1 tsp. salt

1/2 tsp. garlic powder

1/2 tsp. pepper

Peanut oil

Hamburger buns, to serve

Optional: white vinegar

*Optional: If you'd like to save the
remaining hamburger dill chips
left in the jar, top it off with
white vinegar.*

1. Butterfly the chicken breasts lengthwise. For larger pieces, cut the butterflied chicken piece in half.
2. Place in a gallon bag and pour in 1 cup pickle juice from the dill chips. Close the bag and let rest in a flat layer in the refrigerator for 1 hour, flipping halfway between.
3. While the chicken is resting, combine buttermilk and egg in one bowl, whisking until incorporated.
4. In another large bowl, sift together flour, paprika, salt, garlic powder and pepper. Line a large plate with paper towels.
5. When the chicken is done in the brine, heat a 12" skillet with high edges over medium high heat with peanut oil filling the skillet about 1/2" full. Use a thermometer to determine when the oil reaches 350°F.
6. While the peanut oil is heating, dip chicken pieces in dry mixture, covering entirely, then the wet mixture and back into the dry mixture. Set these aside on another plate until ready to fry.
7. Carefully place chicken in the peanut oil, not crowding the skillet. Check the temperature of the oil once the skillet is full and adjust temperature if needed.
8. Cook on both sides about 5-6 minutes or until the internal temperature of the chicken reaches 165°F.
9. Remove from skillet and place on paper towel lined plate. Serve immediately on a hamburger bun with dill chips.



Chicken and Waffles

By Sam Ellis

Chicken for breakfast?! Oh yeah! Chicken and Waffles is a classic comfort food breakfast, and we're showing you the best way to make it.

The origins of chicken and waffles are hotly contested. Some think it's from jazz clubs like the Wells Supper Club in Harlem in the 1930s. To think that the likes of Sammy Davis Jr. or Duke Ellington were enjoying the same dish makes it an instant time traveller, which is probably the coolest part of the dish regardless of its origins.

Others think it's a classic from the south created by African-Americans. Frying chicken was a classic Sunday dish. This was usually eaten with different types of quick bread like biscuits or corn bread which lends its way into waffles.

Yet others think it could be from the Los Angeles based restaurant, Roscoe's House of Chicken and Waffles, from the 1970s.

Some even think it's from the Pennsylvania Dutch which is actually an entirely different type

Chicken and Waffles

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of chicken and waffles than we're used to. They typically make it with pieces of chicken in a creamy brown gravy rather than frying it. While it's tasty, when it comes to chicken and gravy, I recommend our Chicken Fried Chicken with a delicious white gravy instead.

No matter where you think Chicken and Waffles came from, I'm just glad this delicious dish exists.

Yield: 8 servings

Prep Time: 30 minutes

Cook Time: 30 minutes

Total Time: 1 hour

Ingredients:

Waffles:

2 cups flour
2 Tbsp. sugar
4 tsp. baking powder
1/2 tsp. salt
2 eggs
1 and 1/2 cup milk
1/2 cup vegetable oil
1 tsp. vanilla extract
Non-stick spray

Chicken:

3 lbs. chicken breasts
1 cup buttermilk
1 egg
1 and 1/2 cup flour
1 tsp. paprika
1 tsp. salt
1/2 tsp. garlic powder
1/2 tsp. pepper
Vegetable oil
Maple syrup, to serve

Waffles:

1. Sift together flour, sugar, baking powder and salt in a bowl.
2. Separate egg whites and yolks. Put egg whites in a small bowl and egg yolks in a large bowl.
3. In bowl with the egg yolks, mix milk, vegetable oil and vanilla extract.
4. Using a hand mixer or stand mixer with a whisk attachment, beat egg white into stiff peaks.
5. Slowly incorporate the dry ingredients into the wet ingredients. Once combined, fold in the egg whites.
6. Heat a waffle iron over medium heat. Once heated, spray with non-sticky spray and add in about 1 cup of the mixture depending on the size of the iron and cook through according to waffle iron. Continue until batter is used. Set waffles aside.

Chicken:

1. Butterfly the chicken breasts lengthwise. Cut each into long strips and set aside.
2. While the chicken is resting, combine buttermilk and egg in one bowl, whisking until incorporated.
3. In another large bowl, sift together flour, paprika, salt, garlic powder and pepper.

Chicken and Waffles

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4. Line a large plate with paper towels.
5. Heat a 12" skillet with high edges over medium high heat with vegetable oil filling the skillet about 1/2" full. Use a thermometer to determine when the oil reaches 350°F.
6. While the vegetable oil is heating, dip chicken pieces in dry mixture, covering entirely, then the wet mixture and back into the dry mixture. Set these aside on another plate until ready to fry.
7. Carefully place chicken in the vegetable oil, not crowding the skillet. Check the temperature of the oil once the skillet is full and adjust temperature if needed. Cook on both sides about 5-6 minutes or until the internal temperature of the chicken reaches 165°F. Remove from skillet and place on paper towel lined plate.
8. Serve chicken pieces on waffles and top with maple syrup. Serve warm.



Nashville Style Hot Chicken

By Allie Doran

Nashville Style Hot Chicken takes classic, buttermilk marinated, fried chicken and covers it in a sweet, tangy and spicy cayenne glaze. Serve alone or in a bun!

From Chicken Fried Chicken to Chicken and Waffles, fried chicken is a southern tradition and Music City has its own increasingly popular spin on it. Nashville Hot Chicken takes classic, buttermilk marinated chicken and dredges it in a spicy flour mixture. The chicken is fried and then it gets brushed with a hot and tangy honey butter glaze. You're going to want to stock up on the cayenne for this one.

Marinating chicken in buttermilk before frying is a great way to add flavor and moisture to the meat. A lot of Classic Fried Chicken recipes use this technique. We marinated our chicken overnight and dredged it in a flour mixture that we flavored with cayenne and garlic powder. The chicken got another dip in the buttermilk, and again in the flour for a double dredge, which results in a crispier crust.

Nashville Style Hot Chicken

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While the chicken is frying, you'll melt together plenty of butter, some honey, apple cider vinegar and more cayenne. Once the chicken is done frying, brush each piece liberally with the glaze.

You can serve the chicken alone or in a bun but make sure to serve some pickled jalapenos or pickles on the side.

Yield: 6 servings

Fried Chicken

Prep Time: 8 hours, 15 minutes

Cook Time: 25 minutes

Total Time: 8 hours, 40 minutes

Ingredients:

Fried Chicken

1 and 1/2 lbs. boneless
skinless chicken breast
1 cup buttermilk
1 Tbsp. and 2 tsp. cayenne
pepper powder, divided
2 cups vegetable oil
1 cup flour
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. pepper

Honey Butter Glaze

1 cup butter
2 Tbsp. honey
1 tsp. apple cider vinegar

1. Butterfly the chicken breasts by slicing them in half lengthwise and add them to a bowl or a large plastic bag.
2. Add the buttermilk and 1 teaspoon of cayenne to the chicken. Make sure all the chicken is coated and covered with the buttermilk and marinate for 8 hours, or overnight.
3. When you're ready to cook, remove the chicken from the fridge and let it come to room temperature for 20 minutes while you prepare the flour dredge and heat the oil.
4. Add the oil to a large stock pot or skillet over medium heat and heat to 300°F.
5. Whisk together the flour, garlic powder, salt, pepper and 1 teaspoon of the cayenne.
6. Dip a piece of chicken into the flour mixture, back into the buttermilk, and then back into the flour mixture, shaking any excess flour off and making sure the entire piece of chicken is covered in the dredge. Repeat with each piece of chicken.
7. Fry the chicken pieces, about 4-5 minutes per side until golden brown and the internal temperature reaches 165°F. You may need to do this in batches as you don't want to crowd the chicken – make sure the chicken pieces are not touching as they fry.
8. Remove the chicken and let it drain on a wire rack with a

Nashville Style Hot Chicken

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paper towel underneath.

Honey Butter Glaze

1. While the chicken is frying, melt the butter, honey, apple cider vinegar and the remaining tablespoon of cayenne in a small saucepan.
2. When all the chicken has fried, brush the chicken liberally with the spicy honey butter glaze.



Copycat KFC Chicken

By Ilona Orzechowska

We're giving away the secret recipe for Copycat KFC Chicken. Now you can make your own fast food style chicken at home.

Thanks to a reporter from the Chicago Tribune we all know (or think we know) what spices KFC uses in their chicken. Do we really have the family secret or is it still truly a mystery? Is the KFC copycat chicken the real deal? Give it a try and decide for yourself. The one thing we have to mention is that while our copycat recipe tastes authentic, our homemade KFC chicken doesn't contain MSG. Win!

To make this deep fried chicken taste perfect, we marinate the pieces in a buttermilk and egg mixture for 1 hour. Then, they're coated in flour and an 11-spice seasoning – the same one that reportedly is used on KFC's very own chicken. While the coating contains all 11 of those spices, we're not sure the measurements they use so we taste tested ours to get the right combo. Hard life, huh?

Copypat KFC Chicken

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Yield: 10 servings

Prep Time: 1 hour, 20 minutes

Cook Time: 25 minutes

Total Time: 1 hour 45 minutes

Ingredients:

4 lbs. chicken pieces (legs, thighs, breasts, wings)
1 and 1/2 cups buttermilk
1 egg
2 cups all-purpose flour
2 Tbsp. sweet paprika
2 Tbsp. white pepper
1 Tbsp. garlic salt
1 Tbsp. celery salt
1 Tbsp. dried mustard
1 and 1/2 tsp. salt
1 and 1/2 tsp. dried thyme
1 and 1/2 tsp. dried basil
1 and 1/2 tsp. dried oregano
1 and 1/2 tsp. ground ginger
1/2 tsp. black pepper

1. In a large glass container mix buttermilk with egg. Add chicken pieces. Marinate for 1 hour.
2. In a zip top bag mix flour with sweet paprika, white pepper, garlic salt, celery salt, dried mustard, salt, dried thyme, dried basil, ground ginger and black pepper. Shake it well.
3. Remove chicken pieces from buttermilk letting it drip off.
4. Place 2 pieces of chicken into the zip top bag. Shake it well. Remove and put on wire rack. Repeat for the remaining chicken pieces.
5. In a medium pan heat oil until it reaches 350°F.
6. Put chicken pieces in the oil and fry for about 20-25 minutes, turning halfway. Once the chicken is dropped in the oil the temperature will lower to 300°F – 325°F. Be careful not to burn the crust. Lower the heat if necessary.
7. The internal temperature of the chicken should be 165°F.

Contributors

Many thanks to our writers for this edition of The Cookful.



Christine Pittman, editor

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Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Emily Dingmann

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Emily is a Nutritionist and Recipe Developer who creates easy and healthy recipes for busy families on My Everyday Table. She drinks coffee in the morning, wine at night, and sometimes a green juice in between!



Sam Ellis

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Sam blogs at The Culinary Compass where she loves to try new recipes and ingredients from around the world. She thinks trying new dishes and spices is the easiest way to travel! She loves coffee so much that she often goes to bed excited for a fresh cup in the morning.



Kevin Kessler

Kevin J. Kessler is an experienced professional writer and published author living in Orlando Florida. With a lifelong passion for food, this sandwich loving Italian boy enjoys exploring unanswered questions about the foods we all know and love so well. Kevin's foodie lifestyle was born through his love of Walt Disney World and the Epcot International Food and Wine Festival. A lover of stories, he enjoys trying new dishes from all over the world and learning everything there is to know about where food comes from, how it's prepared, and what variations on it exist.

Contributors

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Allie Doran

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Allie Doran is the photographer, recipe developer and creator of Miss Allie's Kitchen, a recipe website that serves up real food recipes from the heart. Allie is a small town girl who loves meals packed with veggies & even wild game but her favorite dessert is definitely pie (with a side of red wine).



Ilona Orzechowska

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Ilona blogs at Ilona's Passion where she focuses on sweet and savory party recipes. She believes in making recipes from scratch and not very sweet desserts. She likes to experiment with flavors while cooking in her Canadian kitchen. She has lived in three countries and loves to explore the world with her two boys and a husband. While not cooking or traveling she designs printable invitations and party decorations.



Brittany Poulson

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As a self-proclaimed foodie, Brittany loves to cook, bake and of course, eat! This love of food led her to become a registered dietitian and food blogger at Your Choice Nutrition, where she encourages you to live a healthy life in your unique way. For Brittany, this often includes her favorite foods, such as fresh strawberries or a square of dark chocolate!

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with how-tos, innovative recipes and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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