

Garlic-Chipotle Southern Fried Chicken

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 24 hours

Chef's Notes

Use a thermometer to make sure the oil is at the correct temperature. It shouldn't be too hot or the food will burn before it cooks. Also, if the oil is too cold, the chicken will just soak up the fat and be greasy.

Any cut of chicken can be used for this recipe; we prefer chicken breasts.

Use a wire or oven-proof, non-stick cooling rack. By elevating the chicken, it will not sit in fat while baking. The hot air of the oven will circulate underneath and keep it crunchy on all sides.

Marinating the Chicken

To make the marinade, mince the garlic and place into a bowl, along with the chipotle pepper puree and tabasco sauce. Squeeze the lime and add the salt. Add the eggs and whisk together. To finish, whisk in the half and half and set aside.

Lay the chicken breast-side down. Using a heavy chef's knife, carefully cut down the middle through the breast bone. Trim off the rib bones and any excess fat. Cut the breast in two. As you cut each breast, add the pieces to the marinade.

Stir to coat. Cover and let marinate for at least 6 hours, preferably 24 hours. Half way through marinating, give it a toss to evenly coat.

Step 1: Marinating the Chicken

- 1 tbsp garlic
- 1 to 2 tsp chipotle pepper puree
- 1/2 to 1 tsp tabasco sauce (or chipotle tabasco sauce)
- 1 lime (juice of)
- 1 tsp sea salt
- 2 large eggs
- 1/3 cup half and half (10 percent milk fat)
- 2 whole, bone-in, skin-on chicken breasts

Step 2: Making the Coating

- 1 cup all-purpose flour
- 1 1/2 tbsp kosher salt
- 1 tbsp freshly ground black pepper
(or to taste)

Place the flour, salt and pepper into a shallow bowl. Mix well and set aside.

Step 3: Shallow-Frying the Chicken

- oil for frying

Preheat your oven to 375°F/190°C. Line a large baking sheet with foil and place a heat-proof cooling rack over top. Lightly coat with cooking spray.

In a large deep fry pan, preheat about an inch or so of oil over medium-high heat, until it reaches 375° degrees Fahrenheit. Remove the chicken from the marinade and coat with the seasoned flour.

Gently lay each piece into the frying pan, skin-side down. As you add each piece to the oil, you may have to increase the heat slightly, as the cold chicken will bring down the temperature of the oil.

Once all the pieces have been dredged, place your baking sheet next to the fry pan. Clean your tongs, but be sure to dry them completely before inserting back into the oil. You'll get the best color on the first side, so don't be tempted to turn them over too soon.

Once the chicken has been turned over and each piece is fully golden, remove it from the oil and place onto the rack. Bake for approximately 10-15 minutes, or until the thickest part of the chicken is cooked through. Serve immediately.