

DEVON COOKERY SCHOOL

Crispy Fried Chicken

Serves 4

Ingredients

250g plain flour
1 level teaspoon smoked paprika
1 level teaspoon black pepper
1 level teaspoon of onion powder
1 level tsp cayenne powder
½ tsp celery salt
½ tsp garlic powder
½ tsp dried oregano
1 Tablespoon Salt

3 medium free-range eggs
4 free-range chicken portions (two legs and two breasts, each cut in half)
250ml rapeseed oil (or other neutral oil)

Method

1. Mix the dry ingredients together in a roomy bowl.
2. Beat the eggs in a separate bowl.
3. Dust each chicken portion with the flour/spice mix, then coat with the beaten egg. Return each chicken piece to the flour and dust well.
4. Place back in the egg, then into the flour.
5. You have now floured and egged each chicken piece twice.
6. Add the oil to a frying pan large enough to easily accommodate all the chicken pieces (or fry in two batches if your pan can only take four chicken pieces).
7. Bring the oil to a medium-high heat, then add the chicken. Fry for about three minutes, then turn, frying for another three minutes.
8. Turn the heat down to medium-low. Turn the chicken pieces every three minutes until thoroughly cooked through – about twenty minutes (when pricked to the core with a sharp knife and pressed, any juices should run clear).
9. Remove to a plate lined with several layers of paper towel to rest for five minutes.