

KENTUCKY FRIED CHICKEN EXTRA CRISPY RECIPE

F MEDIUM

Last Modified: 01/15/2018

PREP: 24+ Hrs
COOK: 45 Min
DEEP FRYER OR OVEN

BAR & RESTAURANT COPY

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	4 Pound	Frying Chickens (Bone-In)	Cut-Up
OR			
2	5 Pound	Roasting Chickens (Bone In)	Cut-Up
1	Cup	Buttermilk	
6	Cups	Crisco Shortening (340 Degrees)	Deep Frying
1	Large	Egg	Beaten
1	Cup	Whole Milk	
4	Tbsp	Corn Starch	
2	Cups	All Purpose Flour	Dredge

THE CHICKEN MARINADE

4	Tbsp	Sea Salt	
4	Tbsp	MSG	
1/4	Tsp	Garlic Powder	
1	Tbsp	Chicken Base (Superior Touch)	
3	Cups	Warm Water	

THOSE 11 HERBS & SPICES

1	Tsp	Sea Salt	
1	Tbsp	MSG	
1 1/2	Tsp	Dried Thyme	
1 1/2	Tsp	Dried Basil	
4	Tbsp	Hungarian Paprika	
1	Tsp	Ground Oregano	
1	Tbsp	Celery Salt	
2	Tbsp	Garlic Salt	
1	Tbsp	Ground Black Pepper	
1	Tbsp	Ground Mustard	
1	Tbsp	Ground White Pepper	
1	Tbsp	Ground Ginger	

PREPARATION

FACTOID	<p>What makes KFC Extra Crispy Recipe so GOOD? Unfortunately, it's SALT & MSG! ONE Chicken Breast contains 85% of an adults daily recommended Salt intake. KFC also cooks their Chicken in a commercial "Pressure Fryer" which none of us can afford. Why make your own KFC when it's available just down the street? It's much cheaper and the current Chickens KFC uses are nearly Peeps, you get to use Chicken pieces that are normal sized. This recipe comes extremely close because of the Marinade and double dredging of the Chicken Pieces before frying.</p>
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MSG YES? NO?	Monosodium Glutamate (MSG) Is basically a flavor enhancing, salty additive for foods. The U.S. Food and Drug Administration (FDA) has classified MSG as a food ingredient that's generally recognized as safe. But its use is still debated. Researchers have found no clear proof of a reactionary link from MSG. Researchers admit, though, that a small number of people may have short-term reactions to MSG. Symptoms are often mild and don't need to be treated.
TOOLS	1) Spice Grinder 2) Dutch Oven & Lid 3) 2 Medium Mixing Bowls 4) Aluminum Half Sheet Pan & Wire Rack 5) Deep Frying Thermometer 6) Instant Read Probe Thermometer
PREP	If your Chicken is not already cut-up, cut each Chicken into 4 Breasts (Halving each whole Breast piece for equal weights), 1 Back (Ribs attached), 2 whole Wings (Tips removed), 2 Thighs, & 2 Drumsticks. Trim off any excess Skin & Fat. (See Picture).
1	THE DAY BEFORE - MARINADE: In a large Zip Lock bag, add in the warm water and the Chicken Base, seal and shake until the Base completely dissolves. Add in the Salt, MSG, and Garlic Powder, seal & shake until the Salt completely dissolves. Refrigerate until COLD. Add in the Chicken Pieces seal & squeeze to coat. Allow to Marinate while refrigerated for a minimum of overnight to a maximum of 24 hours.
2	FRYING DAY: In a medium mixing bowl, beat the Egg until there are no white streaks visible, Stir in the Milk.
3	In medium mixing bowl, mix in those 11 Herbs & Spices, Flour and Corn Starch.
4	Remove the Chicken Pieces from the Marinade and place them on a few layers of paper towels to drain. Do NOT pat dry.
5	Breading one piece at a time: Roll each piece in the Egg Mixture and then roll in the Flour Mixture, carefully roll the piece in the Egg Mixture again and then recoat generously with the Flour Mixture. Pat the piece on all sides lightly with your hands in order to adhere the Breading.
6	Place each Chicken Piece after coating on a wire rack over a sheet pan to dry while heating the Crisco (Remembering the order). This will help to keep the breading attached during frying.
7	OVEN METHOD: IF you have an aversion to fried foods, you may optionally preheat the oven to 350 degrees with a rack near the center. Spray each Chicken Piece on all sides with non-stick cooking spray, Bake the Chicken for 30 minutes and check a Breast for 165 degrees with an instant read probe thermometer. This will NOT be KFC, but still TASTY!
	OR
CAUTION	Attempt to keep the Crisco at 340 degrees. CAREFUL - Crisco burns & tastes BAD at 380 degrees!
7	DEEP FRIED METHOD: In a dutch oven over medium high heat, bring the Crisco (or Oil) up to 340 degrees. Using tongs, gently lower the Chicken Pieces into the Oil (In the order they were coated) DO NOT CROWD. Deep fry until GB&D (Golden Brown & Delicious). Deep fry about 10 minutes for Wings, 15 minutes for Legs and 18 minutes for Breasts. Place each fried Chicken Piece to drain on a paper towel lined sheet pan in a 200 degree preheated oven to keep them hot.
SERVE	Serve while hot.