

KENTUCKY FRIED CHICKEN ORIGINAL RECIPE

F MEDIUM

Last Modified: 01/15/2018

PREP: 20 Min
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
2	Cups	All Purpose Flour	Dredge

THOSE 11 HERBS & SPICES

2	Tsp	Sea Salt	
OR OPTIONALLY			
1	Tsp	Sea Salt	
AND			
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 Original 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 and was printed in the Chicago Tribune: The Source - Claudia's hand written Recipe (the Colonel's second wife), Hell, the whole business may have been based on her Recipe!.</p>
TOOLS	<ol style="list-style-type: none"> 1) Spice Grinder 2) Dutch Oven & Lid 3) Gallon Zip Lock Bag 4) Pie Tin 5) Aluminum Half Sheet Pan & Wire Rack 6) Deep Frying Thermometer 7) Instant Read Probe Thermometer

KENTUCKY FRIED CHICKEN ORIGINAL RECIPE

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	KFC doesn't do this, BUT since we are deep frying here rather than pressure frying, the Chicken will tend to be slightly drier. Soaking the Chicken Pieces in Buttermilk will create a moister fried Chicken. Add the Chicken Pieces into a zip Lock bag add in 1/2 cup of Buttermilk, seal & squeeze to coat. Allow to marinate while refrigerated for a minimum of 30 minutes to overnight. Do NOT perform step #2 if marinating!
2	If you didn't marinate the pieces in Buttermilk, rinse them in water, shake and immediately dredge each piece completely in the Flour and Spice mixture.
3	If you did marinate the pieces in Buttermilk, remove them from the bag, shake and immediately dredge each piece in the Flour and Spice mixture.
4	Place each Chicken Piece after coating on a wire rack over a sheet pan to dry (Remembering the order). This will help to keep the breading attached during frying.
5	OVEN METHOD: IF you have an aversion to deep 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 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!
5	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.