

THE FLEXITARIAN COOK

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Buttermilk Fried Chicken

1.5 cups buttermilk

2 Tbsp kosher salt or sea salt (only 1 Tbsp if using regular, fine table salt)

1/2 tsp garlic powder

1/2 tsp thyme

1/4 tsp cayenne pepper

10 to 12 boneless, skinless chicken thighs (much better than breast meat here)

3/4 cup flour

3/4 cup cornmeal

1 cup neutral oil (peanut or canola)

Mix the first five ingredients together and pour in a 9 x 13 dish. Trim the chicken thighs of as much fat as possible, and place in the dish with the marinade. Cover with plastic wrap and refrigerate for at least 4 hours or overnight.

Heat the oil in a large saute pan over medium heat until hot (but not burning). Put the flour and cornmeal in a plastic storage bag (ziploc-style), close and shake to mix. Place drained chicken thighs in the bag two at a time and shake to coat. Remove chicken thighs from the bag and shake to remove excess flour. Place in the hot oil and fry on both sides until cooked, approx. 3 or 4 mn per side (you should cut into a piece to check that it is done). Keep an eye on your chicken pieces: if the cornmeal coating is browning too fast, lower the heat. You don't want to end up with chicken that is underdone inside and dark outside.