

Betty's Fried Chicken with Crust



Uploaded on 13 Oct 2010

In this video, Betty demonstrates how to make Fried Chicken with Crust. I usually make a very light crust for fried chicken, so that it does not soak up a lot of fat. In this case, I decided to imitate the fried chicken that you may have seen on our recent field trip to the 21st Annual Chicken Festival that we attended in London, Kentucky. At that festival, I ate fried chicken that was fried in the "World's Largest Skillet," and I am reproducing that type of chicken here. (Note: I used boneless, skinless chicken breast, whereas the chicken at the festival still had the fatty skin and some bone in it.)

Ingredients:

4 uncooked boneless, skinless chicken breast halves (I trimmed mine to make them equal in size, but normally you will have different sizes.)
salt, to taste
ground black pepper, to taste
1 egg, well beaten
½ cup milk
1 cup all-purpose flour (Self-rising flour is okay, too.)
½ teaspoon garlic powder
½ teaspoon paprika
peanut oil for frying

Trim any excess fat from 4 boneless, skinless chicken breast halves. Sprinkle chicken with salt and pepper, to taste, and place in a shallow bowl. In another bowl, whisk together 1 well-beaten egg and ½ cup milk. Pour over chicken, turning pieces to coat. Let stand 5 to 10 minutes. Combine 1 cup flour, ½ teaspoon garlic powder, and ½ teaspoon paprika in a heavy duty zip-lock bag. Drop 1 chicken breast half at a time into bag; close the bag at the top and shake to coat. Pour peanut oil to a depth of 1 inch in a heavy skillet. Heat oil to 350 degrees. Add chicken and cook, uncovered, 10 to 20 minutes (depending on the thickness of the chicken), turning as needed. Drain on paper toweling. Transfer to a nice serving platter and serve immediately while hot and crispy! I usually serve these with mashed potatoes and gravy and vegetables. This time I served the Fried Chicken with Crust with Quick Tip Gravy, Hot and Saucy Baked Beans, Pepper Jack Cheesy Mac, Peanut Butter Bon Bons and iced tea. It turned out to be a great dinner! I hope you enjoy it! --Betty ♥♥♥♥♥