



Fried Chicken Finger Lickin

By Mick Matthews

I have tried to do fried chicken a few times in the past and it has always been tasty but chewy then I saw a version or rather Nigella and found what seems to be a fool proof recipe for tender succulent tasty fried chicken!

First get hold of a free range corn fed bird better still raise your own kill pluck and clean or remove from wrapper as required. Then joint into drumsticks thighs breast & wings etc place pieces into oven proof dish with a quartered onion two or three crushed cloves of garlic a mixture of fresh herbs sage thyme parsley cover with milk and a lid or foil place in preheated oven gas mark 6 for 20 min then turn down to setting 1 or slow cook for 2 hours at least. mean while prepare your coating you will need some flour self raisings fine and some seasonings, salt garlic powder, onion powder, black pepper, celery seed, ground coriander , paprika dried sage chilli powder cinnamon & thyme or do what I do and use TEXAS JAMAICAN JERK SEASONING mix the flour and seasoning in a large food bag just shake. Now beat some eggs in a shallow bowl then remove the chicken portions from the milk drain but do not allow to dry place the pieces 1 at a time in the bag and shake put to one side until all the pieces are coated then dip in the egg and repeat the process deep fry in clean oil until golden brown and enjoy

Ps don't throw away the milk use for stock for mushroom or celery soup !