

BOUCHAINE

N A P A V A L L E Y ♦ C A R N E R O S

Boonfly's Fried Chicken

BY CHEF AARON MENEGHELLI OF CARNEROS RESORT AND SPA, NAPA

Fried Chicken Ingredients

1 bird broken into 10 pieces
for frying

Marinade Ingredients

1 cup buttermilk
1 cup Franks Red Hot or
other buffalo wing sauce
1 tbsp. onion powder
1 tbsp. garlic powder
½ tbsp. paprika
1 tbsp. chili powder
Pinch of cayenne pepper

Flour Dredge Ingredients

2 cups all purpose flour
2 tbsp. kosher salt
½ tbsp. ground black pepper
½ cup crushed corn flakes
½ tbsp. paprika

Equipment Needs

Deep stock pot
Candy thermometer
Spider or hand strainer
to remove the chicken from
the oil
Sheet tray with seasoning
rack to allow the chicken
to rest after the fryer

Directions

After the chicken has been butchered into the ten pieces, place in marinade for 12 to 24 hours and keep in the refrigerator.

Pre heat canola oil to 325°F and keep on a medium heat in a deep sauce or stock pot. You want to be sure the pot is deep enough to hold the chicken without overflowing. If needed, fry the chicken in smaller batches to avoid the overflow. Remove from the refrigerator and drain from the marinade. Thoroughly coat the chicken pieces with the flour dredge and you are ready to go to the fryer. Gently submerge the chicken into the hot oil one piece at a time and allow to cook for 13 minutes, keeping an eye on the temperature of the oil.

The new classic, Chicken and Waffles, is a great option for your brunch at home. Get your favorite waffle recipe and have those ready to enjoy with maple syrup and powdered sugar.