
Mama`s Fried Chicken

The Essential Southern Living Cookbook

Preparation Time: 30 minutes

Start to Finish Time: 3 hours

1 (three- to four-pound) whole chicken, cut into pieces

1 teaspoon table salt

1 teaspoon black pepper

2 cups buttermilk

self-rising flour

vegetable oil

Sprinkle the chicken with salt and black pepper. Place the chicken in a shallow dish or zip-top plastic bag. Add the buttermilk. Cover or seal. Chill for at least two hours.

Remove the chicken from the buttermilk, discarding the buttermilk. Dredge the chicken in the flour.

Pour oil into a deep skillet or Dutch oven to a depth of 1-1/2 inches. Heat to 360 degrees. Add the chicken, a few pieces at a time. Cover and cook for 6 minutes. Uncover the chicken. Cook for 9 minutes. Turn the chicken. Cover and cook for 6 minutes. Uncover and cook until a meat thermometer inserted into the thigh registers 170 degrees, 5 to 9 minutes, turning the chicken for the last 3 minutes for even browning, if necessary.

Drain on paper towels. Sprinkle lightly with the salt while the chicken is hot, if desired.

Yield: 4 to 6 servings

Chicken

Per Serving (excluding unknown items): 2431 Calories; 159g Fat (60.5% calories from fat); 208g Protein; 26g Carbohydrate; 1g Dietary Fiber; 959mg Cholesterol; 3573mg Sodium. Exchanges: 0 Grain(Starch); 26 Lean Meat; 2 Non-Fat Milk; 15 Fat.