



Buttermilk Fried Chicken

Recipe by Chelsea Goodwin



Serves 4



Prep: 15 minutes +
marinating time
Cook: 20 minutes

INGREDIENTS

- 800g chicken tenderloins or breast fillet
- vegetable oil, to fry

BUTTERMILK MARINADE

- 1 cup (250ml) milk
- 1 tablespoon white vinegar
- 2 teaspoons salt
- 1/2 teaspoon paprika
- 1/2 teaspoon cayenne pepper

COATING

- 2 cups (300g) plain flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 3/4 teaspoon ground black pepper
- 1/2 teaspoon cayenne pepper
- 5 tablespoons buttermilk marinade

DIRECTIONS

PREP

1. To make the buttermilk marinade, combine the milk and vinegar in a shallow bowl or container. Stir and set aside for 5 minutes to separate (curdle). Add the salt, paprika and cayenne pepper and stir together.
2. If using breast fillet, cut into tenderloin-sized strips. Add chicken to the marinade, cover and refrigerate for 1 hour or up to 24 hours.



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DIRECTIONS

1. Remove the chicken from the fridge.
2. For the coating, mix the flour, baking powder, salt, paprika, garlic powder, black pepper, and cayenne pepper together in a shallow bowl. Remove chicken from fridge and add 5 tablespoons of the marinade to the flour mixture. Stir through and use your hands or a fork to mix it until there are even clumps throughout.
3. Working in batches, place the chicken into the coating mixture and turn to coat well on both sides. Transfer to a plate or tray.
4. Pour at least 5 cm of oil into a large deep pan or wok. Heat over high heat until hot, then reduce heat to medium-high.
5. Fry the chicken a few pieces at a time for around 8 minutes, turning with tongs once the bottom side is golden brown. Transfer to a wire rack or plate lined with paper towel. Serve with your sides of choice.



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