

Virginia Buttermilk Fried Chicken



- 1 large high side cast iron skillet (Griswald)
- 6 all natural/whole chickens (2 ½ to 3 ½ pounds)
- 1 gallon heavily salted and sugared cold water, some ice
- 2 quarts buttermilk
- 3 cups King Arthur all purpose flour
- ½ cup Frank's hot sauce or favorite brand
- 1 tablespoon medium grind fresh black pepper
- 2 pinches cayenne pepper
- 1 teaspoon sea salt
- 1 cup peanut or canola oil
- 1 cup rendered duck fat
- 1 tablespoon Bistro chicken spice mix or favorite herbs and spices

How to Prepare:

Cut up whole chicken in parts, halve breasts, wings, thighs, legs. Soak in iced brine water for 3-4 hours. Drain, rinse, and pat dry. In mixing bowl add buttermilk, hot sauce and Bistro Spice mix or (favorite herbs & spice mix) add chicken & refrigerate over night. Combine flour, cayenne pepper, sea salt and black pepper together. Dust or dredge buttermilk chicken in flour mix, shaking off excess flour. Lay on parchment paper sheet pan until all are floured. Refrigerate one hour to let set. Bring duck fat and oil to medium heat add chicken in batches, they should not touch. Oil mix should be $\frac{2}{3}$ to $\frac{3}{4}$ covering chicken so not to float, but touching the bottom of the cast iron skillet. Cover for the first five minutes to "broast" (this soaks in the juices). Keep on medium to medium low heat to brown evenly. About 20 minutes (10 minutes on each side). Drain chicken on paper towels, let rest 5-10 minutes and serve.

Yield: 6 Servings



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