Fried Chicken

Grandma Maudice and Grandpa Bill Gentry cut chicken into 12 or 14 pieces, including the chicken back and the delectable nuggets of flesh and skin hugging the bones. If the breast halves are big, cut them in half. Grandma's "trick" with fried chicken occurs in the final 10 minutes of frying, with the addition of butter, which turns the chicken a burnished copper color. Mindful of healthful cooking, she says, "It's all right if you don't add it."

INGREDIENTS:

☐ 1 chicken, 4 pounds, cut into 12 equal portions
☐ 2 tablespoons coarsely ground black pepper
☐ 1 tablespoon garlic salt, with parsley (California garlic salt)
☐ 2-3 cups all-purpose flour
☐ Vegetable oil for deep frying
☐ 2 tablespoons butter

INSTRUCTIONS: Rinse and dry chicken pieces. Combine the pepper and garlic salt. In a large work bowl, thoroughly sprinkle chicken pieces with the garlic salt and pepper mixture. Cover and set aside for from 1 to 2 hours at room temperature chicken for a longer time, but be sure to refrigerate it. Remove from refrigerator 1 hour before frying.

Place flour in a paper bag and set aside.

Pour ¾ inch of oil into a large 12-inch skillet (preferably cast iron) with at least 2-inch deep sides. Heat the oil on medium-high to 365°.

In three batches, coat the chicken pieces by shaking them in a bag with the flour. Carefully slide the chicken into the hot oil without crowding the pieces. You may have to fry in two batches, depending on the size of your frying pan, but it is best long fork, turn the chicken when the first side is golden brown, at 15 to 20 minutes. Occasionally test the heat of the oil and adjust the flame accordingly. Fry the second side about 10 to 15 minutes.

About 10 minutes before chicken is done, place the 2 tablespoons of butter into the oil. This turns the chicken a beautiful copper color and gives it additional aroma. Remove the chicken and drain on paper towels.

Serves 4 to 6

PER SERVING: *445 calories, 39 g protein, 13 g carbohydrate, 25 g fat (7 g saturated), 119 mg choles-*