



Dad Perkins' Southern Fried Chicken

Excerpt from: "[The Home Chef: Transforming the American Kitchen.](#)"

(Print Friendly – [See recipe with photos, here.](#))

Serves: 10

Brine:

- 1/2 gallon cold water
- 2 cups hot water
- 1/2 cup fine sea-salt
- 1/4 cup brown sugar, or dark molasses
- 2 bay leaves, crushed

Combine spices and sugar in a 4-cup microwave safe bowl. Add 2 cups of hot water. Microwave 2-3 minutes until VERY hot. Whisk to combine. Pour 1/2 gallon of cold water into your brining container, add the spiced hot water, and stir well. Add cut up chicken (and more cold water to cover, if needed), cover, and refrigerate 24 hours.

4 hours before cooking, remove the chicken from the brine, pat each piece dry, and set on a plate (single level) and refrigerate 2 hours, uncovered. This allows the skin to dry back out a bit, so it gets good and crunchy.

2 hours before cooking, move the chicken to the counter to take the chill off.

Chef Perry P. Perkins

Chicken:

- 2 whole chickens, cut and brined
- 2 cups cake flour
- 1 cup rice flour
- 1/4 cup seasoned salt
- 2 tablespoons garlic powder
- 2 tablespoons black pepper
- 4 cups lard (you can use shortening, or veggie oil, but I promiseí it won't be as good!)

Melt the lard in large cast iron skillet over medium heat

Place flour and all spices in a paper grocery bag and shake well to mix.

Add chicken, a few pieces at a time, to bag and shake well to coat evenly, let sit 5 minutes, then shake again. Set aside.

Fry chicken, turning to brown evenly 12-15 minutes. Be sure to leave some space between the pieces, or the resulting steam will keep the skin soggy.

That's a chicken liver, frying to perfection, in the middle of the skillet. If God made anything better than THAT, He kept it for himself.

If you like what I'm posting, please share! If you LOVE what I'm posting, and want to help me feed the hungry, and teach at-risk and special needs kids to cook for themselves, please consider becoming a patron at my Patreon page!

Chef Tip: You should be cooking this much chicken in batches, so start with the breasts, so they have the most time to finish in the oven.

Place chicken on a wire rack in a baking dish, as they come out of the oil. Place in oven, pre-heated on lowest heat to stay warm. I crack the door just a bit so it won't hold in the moisture and soften the skin.

Serving Ideas: Serve with garlic mashed potatoes, chicken gravy, and my favorite corn dish: Southern Maque Choux.

Oh, and if you want to save this recipe, without all the pesky pictures, click [here](#), for the print-friendly version!

Enjoy!

~Chef Perry

chefperryperkins.com

PS ó If you like chicken livers (and any southerner worth their grits LOVES chicken livers) this is probably the best version of them I've ever had. Personally, I feel that the Good Lord skimmed a bit, only giving up one liver per bird, so I always buy extras so I have a little something to snack on while finishing dinner.

I married a dern yankee, so I don't even have to share!

Chef Perry P. Perkins

PPS ó Don't throw away all of that lovely chicken-laden lard either! It's perfect for frying up a batch of hush-puppies, or making some lovely chicken gravy for those mashed taters!

You're welcome.

We are entering the age of the "Home Chef", a title that's available to nearly everyone, regardless of age, or financial standing.

That's what this book is about because something amazing has begun to happen in the last two decades, something that has never before happened in the history of cooking— instead of growing wider, the gap between the home cook and the professional chef has actually begun to narrow, and continues to narrow exponentially with each passing year.

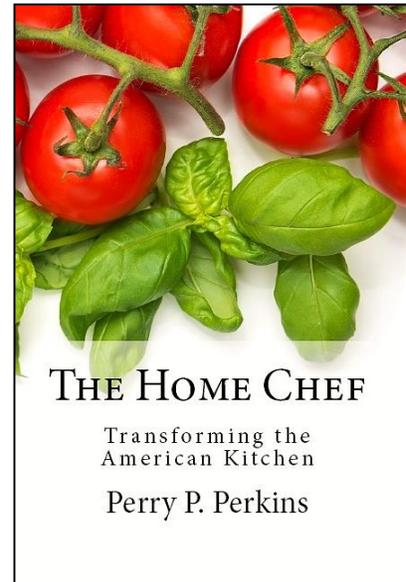
The time when these specialized skills were limited to those who could afford the cost and time required for culinary school are quickly passing into history.

A time when the sole requirement to elevate your cooking skills to this level— passion— is emerging.

It's an amazing time to become a Home Chef— and if you have that passion, I'll show you how.

Welcome!

Chef Perry P. Perkins



For more of Chef Perry's recipes, check out his cookbooks at:

www.perryperkinsbooks.com

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