

Southern Fried Chicken

Recipe by Chef Marvin Woods

Yield: Makes 4 servings

Ingredients

- 1/2 cup canola oil
- 3 eggs whites
- 1/2 cup water
- 1 teaspoon red pepper flakes
- 1/2 teaspoon cayenne
- 1/2 teaspoon chili powder
- 1/2 teaspoon black pepper
- 1 teaspoon paprika
- 2 tablespoon Dijon mustard
- 1/4 cup white vinegar
- 2 cups self-rising flour
- 1 teaspoon pepper –
- 1 2 1/2lb chicken cut into 8 pieces
- 1 teaspoon salt

Instructions: In a medium size bowl, beat the egg whites. In another bowl add water, spices, mustard and vinegar. Add 1/2 of the hot sauce mixture to the egg mixture. In another bowl, place flour. Season the chicken with salt. Place half the liquid spice mixture in a large zip lock bag. Place chicken in the bag to marinate for 6 to 8 hours. Place bag in refrigerator. Remove chicken from the bag, dredge through egg whites and roll in flour. Shake excess flour off.

Preheat the oven to 400 degrees.

Heat the oil to 350 degrees F in large sauce pot. Place a few pieces of chicken in the oil and cook for 2 to 3 minutes on both sides. Remove the chicken from the oil and place on a baking tray. Place chicken in the oven and bake for 15 to 20 or until the internal temperature reaches 165 on a kitchen thermometer

Note: You may substitute chicken breast instead of using whole chicken. In this case, follow the same steps to make marinade, but only marinate for 2 to 4 hours. Follow cooking step and cook for 10 minutes or until the internal temperature reaches 165 (Nutritional analysis used 4 boneless, skinless chicken breast halves)



Total Nutrition Facts (per serving)

Calories:	528.2
Total Fat	30.4g
Saturated Fat	7.8g
Trans Fat	0.2g
Cholesterol	129.4mg
Sodium	877.3mg
Total Carb.	24.2g
Dietary Fiber	1.1g
Sugars	0.2g
Protein	36.6g

Boneless skinless Breasts

Total Nutrition Facts (per serving)

Calories:	406.8
Total Fat	17.8g
Saturated Fat	4.2g
Cholesterol	92.8mg
Sodium	847.9mg
Total Carb.	24.2g
Dietary Fiber	1.1g
Sugars	0.2g
Protein	34.8g