

Lordy's Fried Chicken

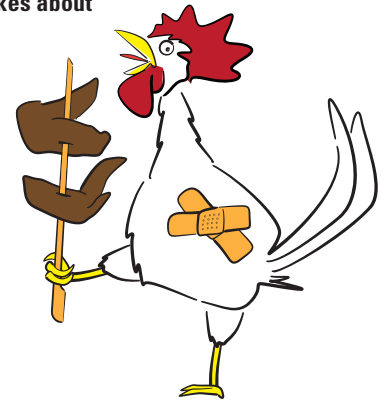
20 minutes prep time plus 4-8 hours of brining

WHAT YOU NEED:

- 1 whole chicken, cut into 8 pieces
- 1 cup kosher salt
- ½ cup white sugar
- 8 cups (2L) water
- 1L buttermilk
- ¼ cup Crystal Hot Sauce or more to taste (Frank's will do in a pinch more if you want it spicier)
- 1 tbsp black pepper
- 3 cups all purpose flour
- 1 cup potato starch
- 3-4 tbsp Old Bay Seasoning
- 2 tbsp Kosher salt
- Big brown paper bag (big enough to toss 8 pieces of chicken in while closed)
- Canola oil for frying

HOW TO DO IT:

1. Combine the kosher salt, sugar, and water and stir to dissolve. Submerge the chicken in the brine and refrigerate for 4-8 hours.
2. Add hot sauce and pepper to buttermilk. Stir to combine.
3. Remove chicken from the brine, pat dry and add to buttermilk hot sauce mixture.
4. While the chicken is taking a buttermilk bath — add the flour, potato starch, Old Bay, and salt to the paper bag. Give it a shake to combine.
5. One piece at a time, remove the chicken from buttermilk (letting the excess drip off) and add to the paper bag. Once all of the chicken is in the bag, fold the top closed and shake for about 30 seconds to evenly coat everything.
6. Put your biggest skillet or frying pan on medium-high heat and add a ½ inch of oil. Test the oil before adding the chicken by shaking a little flour into the pan. It should sizzle a little instead of instantly burning or sinking to the bottom. Should be around 375°F if you're fancy enough to have a thermometer.
7. Add the chicken to the pan, one piece at a time, making sure not to overcrowd the pan. Do in batches or get a second pan if necessary.
8. Move and turn the chicken around often, let the oil get into all of the little cracks and crags of the skin. It usually takes about 15-20 minutes to cook the chicken straight through (internal temperature of 165F).



Yakitori Taré

20 minutes prep time plus 2-3 hours of simmering

WHAT YOU NEED:

- Bones from 1 chicken (rib cage/body broken into 4-5 pieces), roasted at 375F until brown
- 1 cup mirin
- 1 cup sake
- 2 cups usukuchi (light soy sauce)
- 1" knob of ginger, roughly chopped
- 3-4 large cloves garlic, roughly chopped
- 1 bunch green onions, roughly chopped

HOW TO DO IT:

Combine the roasted bones with everything else and bring to a simmer. Let cook for 2-3 hours and strain through a fine mesh strainer.

YAKITORI TIPS:

- Soak your skewers before assembling. The wet wood is less likely to burn on the grill.
- A traditionalist would keep the white and dark meat separate, mix them up if you like.
- If you are grilling without a grate, try using squarish skewers or double up on round ones to prevent your skewers from flipping over on their own.
- Put your tare in a tall container or glass so you can dunk the skewers in the sauce instead of having to brush it on.
- Charcoal is best for yakitori. The flavour and temperature control is second to none. If you can't get traditional binchotan or a Thai-style charcoal, I prefer lump charcoal to briquettes.
- Invest in a charcoal chimney. Lighter fluid or chemical starters impart an unpleasant flavour on your food.