



### **Dirty Fried Chicken**

Featured on June 8th, 2018 for “Exploring the South” demo with Chef Edward Lee

### **Dirty Fried Chicken**

#### **Ingredients**

##### **Vinegar Brine**

- 2 ½ cups white vinegar
- 2 ½ cups water
- 3 garlic cloves
- 4 bay leaves
- ½ tablespoon whole black peppercorns
- ¼ cup soy sauce
- 1 teaspoon salt

##### **Chicken**

- 2 pounds chicken, thighs and drumsticks, deboned and cut into nuggets
- 4 teaspoons salt
- 2 cups buttermilk
- 1 cup all-purpose flour for coating
- 1 teaspoon salt
- 1 teaspoon paprika
- ½ teaspoon black pepper
- 2 to 3 quarts vegetable oil for frying
- Extra salt for seasoning

##### **Dirty Sauce**

- 1 cup gochujang (fermented Korean chili paste)
- ½ cup apple juice
- 2 tablespoon sesame oil
- 2 tablespoons white vinegar
- 4 tablespoons soy sauce
- 4 tablespoons honey

#### **Directions**

For the vinegar brine, in a medium-sized sauce pot, combine all the ingredients and bring to a simmer over medium heat. Cook for 5 minutes, turn off heat and let the brine cool to room temperature. Transfer the brine to a non-reactive bowl. Add the chicken parts to the brine and cover tightly. Leave in the fridge and let brine for 10 hours or overnight.

The next day, remove the chicken pieces from the brine and pat dry with paper towels.

Pour the buttermilk and salt into a bowl, and in a separate bowl, combine the flour with the salt, paprika and black pepper.

Dip each chicken piece in the buttermilk, then shake off any excess liquid. Immediately dredge in the flour mixture and transfer to a plate. Repeat this step with the remaining pieces of chicken. Leave all the dredged chicken pieces on a plate at room temperature for 15 minutes. The floured surface will turn a little soft.

Meanwhile, fill a large cast-iron skillet about half full with vegetable oil. Heat the oil to 365° F. Cook the chicken pieces for 3 to 4 minutes, turning it every minute, depending on how thick the cut of chicken is. Be careful to keep the oil temperature at around 350 to 365° F. The chicken is cooked when the internal temperature of it reaches at least 165° F.

To make dirty sauce, mix all sauce ingredients with a whisk until smooth.

Using tongs, lift the chicken out of the oil and drain the pieces immediately on paper towels. Toss in a bowl with the dirty sauce. Serve immediately.



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