

# Southern Oven Fried Chicken



My version of fried chicken soaks the chicken in buttermilk overnight, dredge it in well~seasoned flour, fry until crispy and then bake until done

Serves 6

6 boneless~skinless  
chicken breasts

1 quart buttermilk

1t cayenne pepper

2c all~purpose flour

1T kosher salt

1T black pepper

1T garlic powder

1/4t cayenne pepper

Vegetable or canola oil for  
frying

Place chicken in large zip~lock bag. Add buttermilk and 1t cayenne pepper. Mix well, seal bag and refrigerate overnight.

Preheat oven to 350. Combine flour, salt, pepper, garlic and cayenne in large bowl. Remove chicken from buttermilk and place buttermilk in bowl. Dredge chicken in flour. Let sit for 10 minutes. Dunk chicken in buttermilk again and dredge in flour again. Let sit 20 minutes.

Preheat oil to 350. Working in batches, fry chicken for 3 minutes on each side until batter is crispy and light golden brown. Remove chicken from the oil and place on metal rack placed on baking sheet. Bake 30 minutes or until chicken is cooked throughout.

**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)