



COOKING CLASSES
AT SUR LA TABLE

FROM-SCRATCH FRIED CHICKEN

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- ☐ 1 whole chicken (3 to 4 pounds)

Produce

- ☐ 4 cups baby arugula
- ☐ 2 cups seedless watermelon
- ☐ 1 bunch mint
- ☐ 1 bunch thyme

Dairy

- ☐ 1/2 cup feta
- ☐ 1 large egg
- ☐ 5 cups buttermilk

Pantry Items

- ☐ Balsamic vinegar
- ☐ Extra-virgin olive oil
- ☐ Kosher salt
- ☐ Freshly ground black pepper
- ☐ All-purpose flour
- ☐ Paprika
- ☐ Dried oregano
- ☐ Dried sage
- ☐ Baking soda
- ☐ Baking powder
- ☐ Bay leaves
- ☐ Vegetable oil for frying

Dry/Canned Goods

- ☐ 1/3 cup Kalamata olives

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Cutting board
- ☐ Chef's knife

Hand Tools/Gadgets

- ☐ Mixing bowls (various sizes)
- ☐ Whisk
- ☐ Tongs
- ☐ Pepper grinder
- ☐ Deep-fry thermometer
- ☐ Instant-read thermometer

Cookware

- ☐ Cast-iron saucepan or Dutch oven
- ☐ Small saucepan

Bakeware

- ☐ Large baking dish
- ☐ Rimmed baking sheet
- ☐ Wire baking rack

Tabletop

- ☐ 2 serving platters

Other

- ☐ Paper towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Skillet-Fried Chicken

1. If starting with a whole chicken, break it down into 10 pieces.
2. 3 to 8 hours before class prepare the marinade, pour over the chicken pieces and refrigerate.
3. 30 minutes before class, remove the chicken from the marinade and transfer to a wire rack set over a baking sheet. Drain thoroughly. Allow the chicken to come to room temperature.

Watermelon Salad with Feta and Fresh Mint

1. Wash and dry produce.

SKILLET-FRIED CHICKEN

Yield: 4 to 6 servings

Cast iron is perfect for pan-frying chicken because it keeps consistent, even heat throughout the cooking process. The other key is to use a pan that doesn't crowd the chicken (use two or cook in batches if necessary). The chicken should sizzle merrily in the oil but it shouldn't brown too quickly, or the outside will be done before the inside is fully cooked.

Marinade:

1 (3 to 4 pounds) whole chicken, cut into 10 serving pieces, each breast split in half

4 cups buttermilk

12 fresh thyme sprigs, roughly chopped

3 bay leaves

2 tablespoons kosher salt

2 teaspoons freshly ground black pepper

Seasoned flour:

2 cups all-purpose flour

2 tablespoons kosher salt

2 teaspoons freshly ground black pepper

1 tablespoon paprika

2 teaspoons dried oregano

2 teaspoons dried sage

Buttermilk coating:

1 cup buttermilk

1 large egg

1 teaspoon baking powder

1/2 teaspoon baking soda

Vegetable oil, for frying

Fine kosher salt

1. ***To prepare the marinade:*** Arrange the chicken in a large baking dish and set it aside in the refrigerator. To a large mixing bowl, add the buttermilk, thyme, bay leaves, salt and pepper. Whisk to combine and pour over the chicken. Cover and marinate the chicken in the refrigerator for at least 3 hours or for up to 8 hours. (Alternatively, use a vacuum sealer or instant marinator to reduce the marinating time by half.)

2. Place a wire rack over a baking sheet. Remove the chicken from marinade, set on the rack and drain thoroughly. Pat away any excess with paper towels and bring the chicken to room temperature, about 30 minutes.
3. To a large mixing bowl, whisk together the flour, salt, pepper and spices; set aside.
4. To another large mixing bowl, whisk together the buttermilk, egg, baking powder and baking soda. The mixture will bubble and foam as the baking powder reacts with the liquid, creating aeration in the batter by releasing carbon dioxide.
5. To a cast-iron skillet set over medium heat, add 1" of oil. Heat until the oil registers 350°F on an instant-read thermometer. If your skillet is smaller, use two or fry the chicken in batches.
6. Dredge the marinated chicken pieces in the seasoned flour, making sure all the creases are well-coated. Dip the chicken in the buttermilk coating, shaking off any excess and then dredge back in the seasoned flour, shaking off any excess.
7. **To fry the chicken:** Add the coated chicken to the hot oil carefully, skin-side down. (Always place food in hot oil away from your body to avoid splashes to your skin and clothes.) Once all the chicken is in the oil, adjust the heat so that the oil temperature returns to 350°F and continue to adjust the heat as needed to maintain the temperature throughout the frying process. After about 15 minutes, check the chicken. If a rich brown crust has developed, turn each piece. If the chicken still looks just golden, cook for a few more minutes before turning.
8. Continue frying the chicken until well-browned on both sides and the meat is cooked through, about 30 to 40 minutes total. Continue to fry until an instant-read thermometer inserted into the thickest part of the chicken registers 165°F. If cooking the chicken in batches, remember to return the oil temperature to 350°F before proceeding with the next batch.
9. **Fry-oven method:** Brown the chicken on all sides in the frying oil heated to 350°F. Transfer the browned chicken to a wire rack set over a rimmed baking sheet and place in a preheated 350°F oven. Roast for approximately 10 to 15 minutes until an instant-read thermometer inserted into the thickest part of the chicken registers at 165°F.
10. Transfer the chicken to a wire cooling rack set over a rimmed baking sheet. Immediately sprinkle lightly with salt and serve.

Recipe notes:

- Ask your grocery butcher to break down the whole chicken into 10 pieces. You may also find chicken already broken down in the meat section of your grocery store.

Recipe variations:

- Like it hot? Add the pepper sauce of your choice (hot sauce, sriracha and sambal oelek) to the marinade and the buttermilk coating.
- For a lighter crust, substitute the all-purpose flour with rice flour.

WATERMELON SALAD WITH FETA AND FRESH MINT

Yield: 4 servings

1 cup balsamic vinegar
4 ounces baby arugula leaves, washed and dried
1 1/2 tablespoons extra-virgin olive oil
Kosher salt and freshly ground black pepper
2 cups seedless watermelon, cut into a 1" dice
1/2 cup feta cheese, finely crumbled
1/3 cup Kalamata olives, drained and pitted
10 mint leaves, cut into ribbons

1. ***To prepare dressing:*** To a small saucepan set over medium heat, add balsamic vinegar. Simmer until vinegar is reduced by a third, about 15 minutes. Allow to cool to room temperature.

2. ***To prepare salad:*** To a medium bowl add arugula and olive oil, toss to combine. Season with salt and pepper. Transfer dressed arugula to a serving platter. Top arugula with watermelon, feta, and olives. Garnish with mint and drizzle with reduced balsamic dressing.

Recipe variations:

- Try other fruit and cheese pairings like figs and manchego, pears and blue cheese, or cantaloupe and ricotta salata.