

# THOMAS KELLER'S BUTTERMILK FRIED CHICKEN COOKING CLASS

March 30, 2019

## Thomas Keller's Buttermilk Fried Chicken

### For the Brine

3 lemons, halved  
6 bay leaves  
1 bunch (4 oz) flat-leaf parsley  
1 bunch (1 oz) thyme  
½ cup honey or agave  
1 head garlic, halved through the equator  
¼ cup black peppercorns  
1 cup coarse kosher salt  
16 cups water

Combine all ingredients in a large pot, cover and bring to a boil. Boil for 1 minute, stirring to dissolve the salt. Remove from heat and cool completely, then chill before using. The brine can be refrigerated up to 3 days.

### For Dredging and Frying

Peanut or Canola oil for deep-frying  
1 quart full fat buttermilk  
Kosher salt and freshly ground pepper

### For the Coating

6 cups all-purpose flour  
¼ cup garlic powder  
¼ cup onion powder  
1 Tbsp plus 1 tsp Paprika  
1 Tbsp plus 1 tsp cayenne  
1 Tbsp plus 1 tsp kosher salt  
1 tsp freshly ground black pepper

### For the Chicken

6 lbs boneless skinless chicken cutlets

### For the Spicy Mayo

1 cup mayonnaise  
3 Tbsp Sriracha

Pour the brine into a container large enough to hold the chicken pieces, add in the chicken, and refrigerate for 12 hours (no longer, or the chicken may become too salty).

Remove the chicken from the brine (discard the brine) and rinse under cold water, removing any herbs or spices sticking to the skin. Pat dry with paper towels, or let air-dry. Let rest at room temperature for 1 ½ hours or until it comes to room temperature.

Pour oil into a large pot, making sure you have at least two inches, but it comes no more than one-third of the way up the sides of the pot. Heat to 320 degrees. Set a cooling rack over a baking sheet. Line a second baking sheet with parchment paper.

Meanwhile, combine all the coating ingredients in a large bowl. Transfer half the coating to a second large bowl. Pour the buttermilk into a third bowl and season with salt and pepper. Set up a dipping station: the chicken pieces, one bowl of coating, the bowl of buttermilk, the second bowl of coating, and the parchment-lined baking sheet.

Just before frying, dip the chicken into the first bowl of coating, turning to coat and patting off the excess; dip them into the buttermilk, allowing the excess to run back into the bowl; then dip them into the second bowl of coating. Transfer to the parchment-lined pan.

Carefully lower a few pieces into the hot oil. Adjust heat as necessary to return the oil to the proper temperature. Fry for 2 minutes, then carefully move the pieces around in the oil and continue to fry, monitoring the oil temperature and turning the pieces as necessary for an even cooking – 11 to 12 minutes until the chicken is a deep golden brown, cooked through and very crisp. Transfer to the cooling trays and allow to rest for 7 to 10 minutes. If the chicken has rested for more than 10 minutes, put the tray in a 400 degree oven for a minute or two to ensure the crust is crisp and the chicken is hot.

### **Smitten Kitchen's Kale and Quinoa Salad with Ricotta Salata**

#### For the Dressing

1 1/2 tsp white wine or champagne vinegar  
3 Tbsp olive oil  
3 tsp Dijon mustard  
2 tsp honey  
Salt and freshly ground black pepper to taste

#### For the Salad

1/2 cup uncooked white quinoa (or 1 1/2 cups cooked)  
1/2 cup slivered almonds, very well toasted and cooled  
8 oz Lacinto Kale  
1/3 cup dried cherries, chopped a bit  
2 to 3 scallions, thinly sliced  
2 teaspoons chopped fresh dill  
2 ounces ricotta salata, crumbled or finely grated

Rinse quinoa well in a small colander. This is essential to remove bitterness. Place quinoa and 1 1/2 cups water in a small saucepan and bring to a simmer with a couple pinches of salt. Simmer at a very low temperature for 15 to 20 minutes, until tender. Drain any un-absorbed liquid from cooked quinoa. Spread quinoa on a plate to cool quickly.

Wash your kale and dry it well. Then, with a knife, remove the rib from each stalk, leaving long strips of kale leaves. Stack the leaves in small batches, roll them tightly the long way, and cut the roll crosswise into thin ribbons. Add the kale ribbons to a large salad bowl. Add remaining salad ingredients to kale and toss to mix.

Whisk dressing ingredients together in a small dish, then pour the dressing over the salad. Season with salt and pepper to taste, then dig in.