

Baked Fried Chicken with Biscuits

Recipe by: Chef Jonathan Poyourow, RD, LD
Yield: 4 servings of chicken, and about 20 biscuits

Ingredients:

For the chicken:

12 chicken thighs
1 cup all-purpose flour
Salt and pepper, to taste
3 eggs
1 cup Italian seasoned bread crumbs
½ cup vegetable oil
1 teaspoon paprika

For the biscuits:

2 cups all-purpose flour
4 teaspoon baking powder
1/4 teaspoon baking soda
3/4 teaspoon salt
2 tablespoon butter
1 cup buttermilk



Method of Preparation:

For the chicken

1. Preheat oven to 350 degrees.
2. For the standard breading procedure, you will need three separate plates/bowls. You will line-up your three containers in the following order – 1). Place flour in a shallow plate or bowl and season with salt and pepper to taste; 2). Beat the eggs in another bowl; and, 3). Place the bread crumbs in another shallow plate or bowl. You are now ready to bread the chicken.
3. Before you begin the breading procedure, prepare your baking dish by pouring the oil into a 9-inch by 13-inch baking dish. Place dish near your workspace.
4. Using one piece of chicken at a time, first dredge the piece in the flour mixture, then dip it into the egg mixture to coat, then place the coated piece of chicken into the bread crumbs making sure the entire piece is coated. Place each breaded piece of chicken into the oiled baking dish. Sprinkle with paprika to taste.
5. Bake in the preheated oven for 30 minutes, then turn pieces over and bake for another 30 minutes. Remove from oven and drain on paper towels before serving.

For the biscuits

1. Preheat the oven to 450 degrees.
2. In a large mixing bowl, combine flour, baking powder, baking soda and salt. Using your fingertips, rub butter into dry ingredients until mixture looks like crumbs. (The faster the better, you don't want the fats to melt.)
3. Make a well in the center and pour in the chilled buttermilk. Stir just until the dough comes together. The dough will be very sticky.
4. Turn dough onto a floured surface, dust top with flour and gently fold dough over on itself 5-6 times. Press into a 1-inch thick round.

5. Using a 2-inch cutter, cut biscuits out of the dough, making being sure to push straight down through the dough. Place biscuits on a baking sheet so that they just touch.
6. Bake until biscuits are tall and golden brown, around 15-20 minutes.