

Buttermilk fried chicken with spiced brown butter glaze

By Nick Stanton, Leonards House of Love

Serves 1

Chef
Nick Stanton
Leonards House of Love



Ingredients

2 chicken thighs
4 egg whites
40ml buttermilk
40g cornflour
200g plain flour
Salt

Spiced brown butter glaze

180g butter
2 tbsps smoked paprika
1 tbsps cayenne pepper
40ml hot sauce
Pinch of salt

Method

Spiced brown butter glaze method

1. Make the glaze first. Place butter in pan on medium heat and cook until butter starts foaming and you can see the milk solids going golden brown.
2. Add smoked paprika, cayenne pepper, hot sauce and a pinch of salt, mix and then turn heat off and set aside.

Fried chicken method

1. Set deep fryer to 180°C. If you don't have a deep fryer, place vegetable oil in a deep saucepan up to just under half way. Use a kitchen probe and heat to 180°C.
2. Place egg whites in a mixing bowl and whisk until it starts going foamy, then add the buttermilk and mix through.
3. Place plain flour and cornflour in a bowl and mix.
4. Place chicken thigh in flour mix then into the egg and buttermilk mix then back into the flour mix. At this stage try and keep as much flour as possible on the chicken because this is how you form a crispy crust.
5. Carefully place the chicken into the deep fryer and cook for 3 to 5 minutes. The best way to know it is ready is when you can hear a sizzling noise; that means all the juices are releasing and it is ready to go.
6. Place chicken on a tray and coat in the spiced brown butter glaze and finish with a good pinch of salt.

Serving suggestion

I like eating fried chicken with some pickles and any mayonnaise-based sauces.