

KENTUCKY FRIED CHICKEN - OVEN BAKED

F EASY

Last Modified: 01/15/2016

PREP: 4 Hrs
COOK: 40 Min
OVEN 400

BAR & RESTAURANT COPY

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
8	Frozen	Chicken Breasts (Boneless / Skinless)	Thawed
OR			
3 ~ 4	Pounds	Frying Chicken OR Parts	Cut-Up
1	Stick	Unsalted Butter	Pats
2 +/-	Cups	Whole Milk	

SEASONED COATING MIX			
2	Cups	All Purpose Flour	
3	Tbsp	Season All (Morton's)	
OR			
3	Tbsp	Recipe: Bar & Restaurant Copy - Morton's Season All	
3	Tsp	Sweet Hungarian Paprika	
2	Tsp	Ground Black Pepper	

PREPARATION	
FACTOID	While not "really" a KFC thing, this process comes really close to matching their Extra Crispy Recipe pressure-fried version
TOOLS	1) 2 - Gallon Zip Lock Bags 2) Pie Tin 3) Aluminum Half Sheet Pan 4) Instant-Read Thermometer
NOTE	If your Chicken is not already cut-up, cut it into 2 Breasts (Halving each Breast Piece), 1 Back (Ribs attached), 2 Wings (Tips removed), 2 Thighs, & 2 Drumsticks. Trim off any excess Skin & Fat. Rinse and pat them dry with paper towels.
PREP	None.
NOTE	There is enough Seasoned Coating Mix to coat 12 ~ 15 Chicken Thighs
1	3 Hours Before: Place the Chicken Pieces in a gallon zip lock bag, add in the Milk, seal and squeeze until all pieces are coated with the Milk - Place in the refrigerator for a minimum of 30 minutes, or a maximum of 3 hours..
2	Place the Butter into a heat-proof bowl and melt it in the microwave Pour the melted Butter In the sheet pan and spread it evenly with a basting brush.
3	Preheat the oven to 400 degrees with a rack just below center.
4	Pour the Milk out of the marinating zip lock bag into a pie tin and set it aside.
5	In a second gallon zip lock bag, add in the Flour, Season All, Pepper, and Paprika, seal and shake to mix together thoroughly.
6	Remove each piece of Chicken from the Marinade bag and place it into the Flour bag. Shake, flip and pat it until it's generously covered in the Flour Mixture. Roll the now Floured Chicken Piece quickly into the Milk in the pie tin and immediately re-flour it a second time. Place each piece of Chicken on the prepared sheet pan, making sure not to overlap the pieces (just touching is OK).
NOTE	If using bone-in / skin-on Chicken, place the pieces skin side down on the sheet pan.

KENTUCKY FRIED CHICKEN - OVEN BAKED

7	Bake the Chicken for about 20 minutes, then flip each piece over. Bake for another 20 minutes, or until the Chicken is just done.
8	Bake until the internal temperature reaches 165 degrees for Breasts and 170 degrees for Dark Meat using an instant-read thermometer. About 5 minutes additional per side
SERVE	Serve while hot, warm or cold.

