

# MEN'S JOURNAL



Courtesy Sobys

EXPERT ADVICE

## From Spicy to Gluten Free: 6 Unique Fried Chicken Recipes

Fried chicken is one of few dishes with a distinct universal appeal. Much like pizza or sex, even mediocre fried chicken is pretty good, and a great deal of fried chicken is downright delicious.

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You'll find a lot of debate among aficionados: Whether the white meat or dark meat fries up better. Which oil is best. What kind of breading to use. Even the ideal pan and dredge for the optimum crunchy, juicy piece of fried bird. But, stand on any side of these variables you desire, and you're still going to give us a hot, crispy piece of succulent fried chicken. And we're going to love it.

We all have our favorite spins though and as do chefs, of course. We asked a selection of chefs for their own distinct ways they love to serve and enjoy fried chicken. We're excited to try each and every variety!

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— ALY WALANSKY

### Traditional: Southern Fried Chicken

1 of 6

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Soby's Fried Chicken with Black Pepper Glaze is one of the signature dishes at [Soby's New South Cuisine](#) in Greenville, South Carolina. Chef Shaun Garcia starts the dish by soaking the chicken in brine for 8-12 hours. He then dredges it in flour, dips it in a buttermilk mixture, and then dredges it in flour again. The chicken cooks in the fryer for 12-15 minutes and then is finished off with a sourwood honey glaze seasoned with freshly cracked black pepper. Chef Shaun comes from a long line of Southern cooks and practically grew up in his grandmother's "meat and three" restaurant. Fried chicken was a staple in his house growing up, and Shaun learned how to cook

fried chicken at a young age from his mom. Chef Shaun recommends the following when finishing your dish: "Serve the chicken over rice with Haricots Verts. To make your chicken more memorable, add a finishing glaze of sourwood honey seasoned with freshly cracked black pepper."

**Chicken:**

- 6 Airline Chicken Breasts, soaked in brine (brine recipe below)\*
- 2 cups milk
- 2 cups buttermilk
- 2 cups all purpose flour
- salt and pepper

*Directions*

1. Preheat fryer to 350 degrees F. Set up a breading station: season the flour with salt and pepper.
2. Reserve in one container. Mix milk and buttermilk together and reserve in another container.
3. Dredge chicken into flour, followed by buttermilk mixture and back into flour again.
4. Gently add breaded chicken breasts to fryer, careful not to over crowd them. Fry for approximately 12-15 minutes.

**Brine:**

- 1/4 cup Kosher salt
- 1/4 cup Sugar
- 1-quart water

*Directions*

1. Combine ingredients and bring to a boil. Chill brine to below 40 degrees F by storing in refrigerator or whisking over an ice bath until cool. Submerge chicken in brine, refrigerate for 8-12 hours.

\*An airline chicken breast is the professional terminology for one side of the breast that has the wing joint still attached.