

Oven Fried Chicken - Martha Stewart Living

By strobotron

Prep Time: 1 hr 30 mins **Total Time:** 2 hrs 30 mins

Servings: 4

ABOUT THIS RECIPE

"A deliciously crisp and moist oven fried chicken."



Photo by Nif

INGREDIENTS

- 3 large eggs, beaten
- 3 tablespoons Tabasco sauce
- 1 medium onion, sliced 1/4-inch thick
- 2 garlic cloves, smashed and peeled
- 1 whole chicken, cut into 8 pieces
- 1/3 cup flour
- 1/4 cup fine yellow cornmeal
- 3/4 teaspoon coarse salt
- 1/4 teaspoon sweet paprika
- 1/8 teaspoon cayenne pepper
- 1/4 cup olive oil, for brushing

DIRECTIONS

1. Mix eggs, Tabasco, onion, and garlic in a large bowl or baking dish. Add chicken and toss well to coat. Cover and refrigerate for at least 1 hour or overnight.
2. Preheat oven to 450°F Place a rimmed baking sheet on center rack.
3. Whisk flour, cornmeal, salt, paprika, and cayenne in a medium bowl. Remove chicken from marinade and roll each piece in flour mixture, shaking off excess. Discard marinade.
4. Place chicken on preheated baking sheet, and bake for 20 minutes. Lightly brush top of each piece with oil and bake, brushing tops every 10 minutes until chicken is dark golden brown (30 - 40 minutes more).
5. Transfer chicken to a wire rack and allow to cool slightly. Serve.

NUTRITION FACTS		Amount Per Serving	% Daily Value
Serving Size: 1 (443 g)		Total Fat 70.5g	108%
Servings Per Recipe: 4		Saturated Fat 18.2g	91%
Amount Per Serving	% Daily Value	Cholesterol 383.3mg	127%
Calories 974.9		Sugars 1.4 g	
Calories from Fat 634	65%	Sodium 787.9mg	32%
		Total Carbohydrate 17.3g	5%
		Dietary Fiber 1.4g	5%
		Sugars 1.4 g	5%
		Protein 64.2g	128%

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