

CHEF SARA HAUMAN | Mineral Springs Ranch

FRIED CHICKEN

with grape sweet & sour sauce

Fried Chicken:

Buttermilk

Neutral frying oil

2 C all purpose flour

¼ C medium ground cornmeal

¼ C cornstarch

1 t garlic powder

1 t onion powder

1 t salt

½ t chili flake

Grape Sweet & Sour Sauce:

1 C grape or other fruit jelly

1/3 C champagne vinegar

1 ½ T cornstarch dissolved in 2 T water

Salt or tamari

Season your chicken with salt and pepper and soak in buttermilk overnight. Mix all of the dry ingredients together, adding a couple tablespoons of the buttermilk to create some doughy pockets. Take the chicken from the buttermilk and drain it slightly then place in the dredge and coat thoroughly. Leave the chicken in the dredge for 15-20 minutes so a crust begins to form. Meanwhile heat your frying oil to 350° F. Add the breaded chicken slowly so the oil does not splash and do not over crowd the fryer. The size of the chicken piece will determine the cook time. Test the chicken with a probe thermometer and pull it from the fryer once it reaches 160° F. Season with salt and toss with sweet and sour sauce.

Sweet & Sour Sauce: Bring the grape jelly and vinegar to a boil. Add in the cornstarch solution and bring back to a boil. Season as desired with salt or tamari.