

Buttermilk Oven “Fried” Chicken

SERVES 4

Fried chicken is one of my biggest weaknesses, so naturally I’ve been perfecting this lighter version for years. I’ve managed to achieve the same crispy golden texture you get from frying from my oven. Yep, it’s skinnier, easier, quicker, and (bonus) there’s no greasy mess to clean up. Soaking the chicken overnight (sometimes two nights) in a buttermilk bath is a must for meat that’s moist and juicy. To easily remove the skin from the drumsticks, use one paper towel to grasp the joint end and a second one to pull off the skin.

CHICKEN

8 chicken drumsticks (about 3½ ounces each), skinned

½ teaspoon kosher salt

½ teaspoon sweet paprika

½ teaspoon poultry seasoning

¼ teaspoon garlic powder

⅛ teaspoon freshly ground black pepper

1 cup buttermilk

Juice of ½ lemon

Cooking spray or oil mister

COATING

⅔ cup panko bread crumbs

½ cup crushed cornflake crumbs

2 tablespoons grated Parmesan cheese

1½ teaspoons kosher salt

1 teaspoon dried parsley flakes

1½ teaspoons sweet paprika

½ teaspoon onion powder

½ teaspoon garlic powder

¼ teaspoon chili powder

For the chicken: In a medium bowl, season the chicken with the salt, paprika, poultry seasoning, garlic powder, and black pepper. Pour the buttermilk and lemon juice over the chicken and refrigerate for 6 to 8 hours, preferably overnight.

Preheat the oven to 400°F. Place a rack on a baking sheet and lightly spray with oil.

For the coating: In a shallow bowl, combine the panko, cornflake crumbs, Parmesan, salt, parsley, paprika, onion powder, garlic powder, and chili powder.

Remove the chicken from the buttermilk, dredge each piece in the crumb mixture, and put the pieces onto the prepared baking sheet. Spray the tops of the chicken with oil.

Bake until golden brown and cooked through, 40 to 45 minutes.

PERFECT PAIRINGS

Serve this with corn on the cob, **Cheesy Cauliflower “Mash”** (page 269), or **Seasoned Sweet Potato Wedges** (page 277) and a side of **Confetti Slaw** (page 285).

PER SERVING	(2 DRUMSTICKS)
CALORIES	294
FAT	8.5 g
SATURATED FAT	2.5 g
CHOLESTEROL	182 mg
CARBOHYDRATE	12 g
FIBER	1 g
PROTEIN	41 g
SUGARS	2 g
SODIUM	709 mg

PERFECT
POULTRY