

Gluten-Free Fried Chicken

This is a battered fried chicken recipe that calls for boneless, skinless chicken (for a healthier version of fried chicken). For a more authentic fried chicken, leave the skin on.

Chicken:

6 Boneless Chicken Breasts (with skin removed as well as any excess fat)

Coating:

1/3 Cup Glutinous Rice Flour (aka Sweet Rice Flour)

1/3 Cup Sorghum Flour

1/2 Cup Cornstarch

1/2 Cup White Rice Flour

1 Teaspoon Garlic Powder

1 Teaspoon Salt

1 Teaspoon Smoked Paprika

1/2 Teaspoon Black Pepper

Egg Batter:

1/3 Cup Buttermilk

3 Eggs

Directions:

Prepare chicken by removing any skin (or purchase skinless) as well as excess fat. Set aside.

Place olive or peanut oil (whatever type of oil you like to fry with) in large cast iron pot (10¹/₄"dia., Depth: 3", Capacity: 3qt or similar) so that oil level will cover the chicken at least half way when added to the pot – oil should not fill pan more than half way. Heat oil on medium-high heat until hot (approximately 4-5 minutes).

While oil is heating, create coating by combining all coating ingredients and mixing in large bowl. Set aside.

Beat buttermilk and eggs in a medium size bowl. Place two pieces of chicken into the egg batter. Move the egg-battered chicken into the bowl with coating mixture; coat chicken completely. Carefully place the chicken into the hot oil. Fry for approximately 7 minutes (coating should turn a golden brown color), then flip chicken and continue frying other side for approximately 6 additional minutes.

Once chicken is done, remove from oil and place onto a plate or platter lined with paper towels (this will allow the excess oil to drain from the chicken). Repeat procedure for remaining chicken pieces 2 at a time..

Notes:

- Adjust the temperature of the oil if the chicken coating starts to burn.
- Thighs and legs can be used in place of or in addition to chicken breasts. Cooking times will vary.