



## FRIED CHICKEN

By Simon Bryant  
The Hilton International Brasserie

### INGREDIENTS

- 1 size 22 free-range chicken, jointed
- 1&1/2 tspn salt
- 1 tspn pepper
- 300g wheat starch or cornflour
- 2 tspn dried thyme
- 2 tspn dried parsley
- 1 tspn paprika or chilli powder/cayenne pepper
- 1 tspn cumin powder
- 200 ml buttermilk
- 2 eggs
- 1 litre rice bran oil for frying

### METHOD

- 1 Cut chicken into 3 inch pieces, leaving bones in. Cut through the drumstick bone and slice the meat to aid cooking.
- 2 Combine eggs and buttermilk.
- 3 Sprinkle some of the herbs over the chicken pieces, then mix the rest of the herbs with the wheat starch and salt and pepper.
- 4 Dip the chicken into the flour mix, then into the buttermilk mix and then back into the flour mix. This goes lumpy and goey, but will form a nice crust when you fry.
- 5 Heat oil to 180°C in a large saucepan or wok.
- 6 Slowly add the chicken pieces to the hot oil and fry for several minutes until golden and crunchy.
- 7 Place on draining tray and if necessary place in a moderate oven for 5 minutes to finish cooking the remainder.
- 8 Sprinkle with salt and pepper if needed. Enjoy hot or cold!
- 9 Serve with a bowl of creamy potato mash and a bowl of gravy for dipping

### MASHED potato

Bake 2 potatoes with their skin on, scoop out flesh and mouli, adding cream, salt and pepper.

### GRAVY

Add butter to flour and whisk into stock to velvet it up. Thicken over low heat.

### FROM THE MARKET

Cream & Butter—B.-d. Farm Paris Creek; Murray Valley Cheese; Limestone Coast Cheese Co; Alexandrina Cheese Company  
Potatoes—Hart's Vegetables

### GRAVY

- 200ml reduced brown stock
- 1 tspn butter
- 1 tspn flour

### MASHED potato

- 2 big potatoes
- 100ml cream
- Salt and pepper

### EQUIPMENT

- Bowls for mixing
- Wok or large saucepan for frying
- Chopping board and knife
- Whisk