

Fried Chicken and Waffles

Chicken

Ingredients:

- 4 1/2 tsp kosher salt
- 2 tsp lemon zest (from 1 large lemon)
- 1/2 tsp sweet paprika
- 4 lbs bone-in chicken breasts (about 8 small breasts)
- 8 cups vegetable oil
- 2/3 cup instant flour, such as Wondra
- 1/2 cup finely ground cornmeal
- 1 tsp freshly ground black pepper

Directions:

In a small bowl, mix together 1 3/4 tsp salt, zest and paprika.
Sprinkle the breasts evenly with the mixture on all sides, rubbing the mixture into the chicken gently.
Place in a bowl and cover with plastic wrap.
Poke a few holes in the top so that air can circulate around the chicken.
Refrigerate at least 8 hours or overnight.
Remove the chicken from the refrigerator and allow to sit at room temperature for 20 minutes.
Heat a 10", straight-sided skillet over medium heat.
Add the oil so it comes 1" up the side. Heat the oil until it reaches 325 degrees F on a deep-fry thermometer.
In a shallow bowl or pie plate, whisk together the flour, cornmeal, remaining salt and the black pepper.
Dredge each breast in the dry mixture, making sure each piece is covered well with the mixture.
Place each piece of chicken in the hot oil, letting it fall away from you, as to not splash yourself with hot oil.
Fry the chicken for 10 minutes on the first side.
Gently flip each piece of chicken and continue cooking on the other side until golden brown and cooked through, about 10 more minutes.
Remove the chicken from the oil and allow it to drain for 5 minutes on a paper-towel-lined plate.

Waffles

Ingredients:

- 6 cups waffle mix, such as Krusteaz
- 1 cup vegetable oil
- 1/2 tsp ground cinnamon
- Nonstick cooking spray
- Maple syrup, to serve
- Butter, to serve

Special equipment: Waffle iron

Directions:

Preheat a standard waffle iron.

With a whisk, mix together the waffle mix, 1 1/2 cups water, the vegetable oil and cinnamon until smooth.

Lightly spray the waffle iron with nonstick cooking spray.

Ladle approximately 3/4 cup of the batter into the iron and cook until the waffle is golden brown and crisp, 3 to 4 minutes.

Remove the waffle to a plate and repeat with remaining batter.

Serve the chicken and waffles hot, with maple syrup and butter.

Recipe courtesy of Giada De Laurentiis