




Southern Fried Buttermilk Chicken

Move over Colonel! This one is perfect for a party or casual gathering – it's finger licking good.

 Entrée
  20 mins
  15 mins



INGREDIENTS

- 2 Boneless La Ionica chicken breasts, cut into strips (roughly the size of 2 fingers)
- 1½ tbsp of Louisiana spice mix (Cajun) or favourite spice mix
- ½ cup of buttermilk
- 1½ cups self raising flour
- 2 tbsp of parsley
- 1 tsp of salt
- 1 heaped tsp of good white pepper

METHOD

Relish

200g ripe tomatoes (approximately 4)
 1 roasted red capsicum, skinned, de-seeded & diced
 Freshly ground black pepper
 ¼ cup of red wine vinegar
 ½ cup of brown sugar
 Salt a good pinch
 Tabasco to taste
 Olive oil, personal taste added at end of cooking
 To finish sprinkle with flaked sea salt

Spicy tomato relish

Blanch the tomatoes in boiling salted water for 10 seconds. Refresh with icy water. Once cold, remove the skins, seeds and cut the flesh into a rough dice.

In a small saucepan add the tomatoes, roasted capsicum, red wine vinegar, brown sugar, salt and black pepper.

Over a medium heat cook until a jammy consistency is reached. Then add the olive oil and Tabasco sauce.

Chicken

Place the chicken strips into a bowl and season with the Louisiana spice mix and a pinch of salt.

Pour in the buttermilk, mix well and leave to marinate for 2 hours.

In a medium size bowl mix together the flour, parsley, salt and pepper, add the chicken a few pieces at a time, and liberally coat with the seasoned flour. Continue processing the balance of the chicken in this way.

Deep-fry the chicken pieces at 150°C in neutral flavored oil, such as grape seed or vegetable. Drain onto kitchen paper, and then place into a warm oven to keep warm whilst the remaining chicken is frying.

Sprinkle with sea salt flakes and serve accompanied with the tomato relish