

# Chicken Fry Meal

## Fried Chicken

### INGREDIENTS

- 2 Frying Chickens, about 2 ½ to 3 pounds each cut up.....○
- 2 cups All-Purpose Flour .....○
- 3 teaspoons Salt.....○
- 1 teaspoon Ground Black Pepper.....○
- 1 teaspoon Monosodium Glutamate.....○
- 1 cup Milk .....○
- 2 cups Crisco Vegetable Shortening.....○
- 1 tablespoon Bacon Drippings (optional).....○

### PREPARATION

- Wash Chicken and pat dry.
- In a shallow bowl, combine the Flour, Salt, Pepper and Monosodium Glutamate; shake to blend well.
- Pour the Milk into a 2<sup>nd</sup> wide shallow bowl.
- Dip each piece of Chicken into Milk and then dredge in Flour. Set aside on wire rack to dry for 10 minutes before frying.
- Heat 2 to 3 inches of shortening in a deep heavy skillet over medium heat, or electric fry pan set at 375° F. Add the Bacon Grease.
- Fry the Chicken in batches until outside is golden brown and crisp, about 15 to 20 minutes, turning once to brown both sides. Reduce heat to 350° F and fry until cooked through golden brown, about 15 minutes longer. Turn once.
- Drain Chicken on brown paper or paper towels. For crispier Chicken place on wire rack in a 350° oven for approximately 10 minutes.
- Transfer the Chicken to a large platter for serving. Salt and Pepper to taste.

**SERVES 6 to 8.**