

The Chef's Table Buttermilk Spa Chicken

The Spa Bath:

1 Fryer Chicken cut into pieces or your favorites cuts
1/4 Cup Emeril's Essence (Recipe available at www.foodtv.com)
1/4 Cup **Chicken Feathers** from **The Chef's Table**
2 Tablespoons Granulated Sugar
1 Quart Buttermilk

Combine the sugar, Emeril's Essence and **Chicken Feathers** in a non reactive bowl or container (plastic or glass). Add the buttermilk and stir to completely dissolve the sugar. Immerse the chicken (chicken should be covered with the bath), cover tightly and refrigerate for at least four hours...overnight or twenty-four hours is even better.

The Breading:

1 Cup all purpose flour
1 Cup Panko Bread Crumbs
2 Tablespoons Emeril's Essence
2 Tablespoons **Chicken Feathers**

Combine the flour, Panko, Essence and **Chicken Feathers** in a baking dish, brown paper sack or zip lock style container.

Remove the chicken from its spa bath, gently shaking off the excess and set on a wire rack to drain for two to five minutes. Then thoroughly dredge the chicken in the breading mix, or shake it in your sack or zip lock bag making sure all sides of the chicken are well coated. Gently shake off any excess and place chicken back on your wire rack for five to ten minutes allowing the breading to "set". NOTE: If you place the wire rack in the refrigerator for the breading to set you can bread your chicken up to an hour or two prior to cooking and you get a better product yet.

In a heavy skillet, such as cast iron heat about 3/4" of oil to 350-375 degrees, or use a deep fat fryer at the same temperature. Fry the chicken in small batches until the outside is a medium dark golden brown (about three minutes per side or about four to five minutes in a fryer). Remove the chicken to a wire rack to drain slightly before placing the pieces in a baking dish and finish cooking in a 350-375 degree oven for 40-50 minutes, or until chicken is done and the juices run clear when slightly pricked.

COOK'S NOTE: If the chicken pieces are large, or you are cooking a large amount you will need to increase the oven cooking time by five or ten minutes possibly more for large quantities. Remember, oven temperatures vary, how evenly they heat varies and therefore the oven cooking time for this recipe will need to be adjusted for you particular oven.