

Fried Chicken



INGREDIENTS

Chicken *with* skin (our favorite if we just buy pre-cut are the thighs or leg / thigh quarters because of the higher fat content)

A couple of eggs, beaten

Pork rinds

Salt and Pepper

Whatever (if any) other spices you like

INSTRUCTIONS

Pat your chicken pieces nice and dry. Have two shallow bowls or pie plates, one for the egg wash, one for the pork rinds coating.

Beat the eggs. Put your Salt and Pepper and any other spices you like in the egg wash.

Grind your pork rinds in a food processor until very fine, like a meal. Take out any hard lumps that the food processor won't grind. Dip chicken in egg wash on both sides, let the excess drip off. Then roll in the pork rinds, get nice and coated, then press it into the chicken as much as possible. Repeat egg wash and pork rind dip.

Drop into your skillet of Keto frying oil--ok, I use old-fashioned lard because it's healthier than the "vegetable oils" in spite of what we've been brainwashed to believe. But whatever you use, it needs to be heated before you drop the chicken in. Cook until a digital thermometer reads 175 when inserted next to the bone. The coating stays crunchy, and the middle stays moist and juicy!

NOTE: This can also be **baked** instead of fried and it still turns out the same. When I bake, I put it onto a wire cooling rack, sprayed with Pam, onto a foil-lined baking sheet. Makes cleanup easy! Bake at 350 about 50-60 minutes or until digital thermometer reads 175 when inserted next to the bone.

Sides pictured here: Roasted radishes (you thought they were potatoes, didn't you?) and coleslaw made with Hellman's olive oil mayonnaise.

Roasted radishes: Start a few hours before you roast. Put larger-sized radishes into a Tupperware type bowl with some olive oil drizzled over, coarse sea salt, pepper, garlic and/or onion powder (optional), then seal and shake it all up. Put into a strainer over a cup or bowl to catch the moisture that will leach out of them because they roast much better when moisture-free. To roast, spread in a single layer onto a foil-lined baking sheet and bake at 350 until outsides are nicely caramelized and insides are soft with stuck with a toothpick. About 20-30 minutes, but longer if you like them browner on outside.

Coleslaw dressing (for my 2-person serving over 2 cups of shredded cabbage): Put 3 tablespoons of Hellman's olive oil mayo into a small bowl, 1 tablespoon of heavy cream, add salt and pepper to taste, about 1 to 2 teaspoons of red wine or apple cider vinegar, and I use a few drops of Better Stevia sweetener because we do like our dressing slightly sweet. Whisk all together then pour over cabbage and mix up. Sprinkle with paprika (optional). Any of this can be adjusted according to your own taste, but that's my basic go-to recipe.