

Our State eats

Published in the May 2022 issue of Our State

Sweet Tea-Brined Fried Chicken

Yield: 6 servings.

- 4 cups water
- 2 family-size iced tea bags
- 1 cup granulated sugar
- ¼ cup Kosher salt
- 1 (3-pound) whole chicken, cut into 8 pieces
- 1 medium lemon, seeded and thinly sliced
- Peanut oil, for frying
- 3 cups all-purpose flour
- ¼ cup cornstarch
- 1 teaspoon salt
- 1 tablespoon ground black pepper
- 1 cup whole buttermilk

In a large saucepan, bring water to a boil, remove from heat, and add tea bags. Steep tea for 10 minutes. Remove and discard tea bags. Add sugar and salt, stirring until dissolved. Refrigerate brine for 2 hours.

Place chicken in a large, heavy-duty plastic bag. Add brine and lemon slices; seal bag, pressing out as much air as possible. Place bag in a large baking dish. Refrigerate overnight.

Remove bag from refrigerator and let sit at room temperature for 30 minutes.

Fill a large Dutch oven halfway with peanut oil. Heat oil to 375°.

While oil is heating, whisk together flour, cornstarch, salt, and pepper in a large baking dish. Place buttermilk in another large baking dish.



Remove chicken from brine. Dredge in flour mixture, shaking off excess. Dip in buttermilk, letting excess drip off. Dredge in flour mixture again, shaking off excess. Working in batches, fry chicken, turning 3 to 4 times, until golden brown and internal temperature reaches 165°, about 9 to 12 minutes. Let drain on paper towels. Serve immediately.

Subscribe to the Our State Eats newsletter and get recipes weekly.
Go to ourstate.com/os-newsletters