



PROPER FRIED CHICKEN

Ingredients:

2 tbs Mama Dor's Tandoori Rub
Spice Blend
600g boneless chicken thighs
500ml whole milk
2 tablespoons vinegar
1 egg
100g self-raising flour
100g cornflour

Method:

Take each thigh piece and tenderise (I tend to pop them in a food bag, and gently bash with a rolling pin). Set aside.

In a large bowl, mix together the milk, the egg, the vinegar and half of the spice blend. Add the chicken pieces and leave on the fridge for 4 hours, although overnight is better.

Once marinated, drain the chicken pieces, keeping hold of the milk marinade.

In a plate, mix the flour, the cornflour and the rest of the spice blend. Dip each piece of chicken into the flour mix, then back in the milk marinade, followed by one final coating in the flour mix. Now they are ready to cook!

These taste best when deep fried, but I tend to bake on a well greased baking tray, for about 30-40 mins in a 180 degree oven, turning once halfway.