



- Kerren Packer

In this article, I will share how I go about making the perfect K.F.C. (Kezza's Fried Chicken) Fake-Away. When I started planning to recreate Colonel Sander's fried chicken, first I wanted to eliminate the stuff that I didn't enjoy about the Dirty-Bird experience, namely grease residue, the coating is hardly ever crunchy and often the chicken is dry.

After plenty of experimentation during the various "covid lockdowns", I believe I have it down and it comes out great every time...so...let's get stuck in!

TOOLS:

- Deep fryer | Cast iron pan | Wok | Skillet
- Instant read meat thermometer
- Meat resting rack | Cake rack
- Tongs or slotted spoon

DOUBLE DREDGE FOR EXTRA CRUNCH



INGREDIENTS:

1 x kilo of either; breast | boned-out thighs | drumsticks | wings/nibbles
Enough Canola or Rice Bran oil to shallow or deep fry with.

WASH:

2 x eggs
½ x cup of standard milk

DREDGE:

1 x cup plain Flour
1 x Tbs Cornflour
1 x tsp Smoked Paprika
1 x tsp Ground Paprika
1 x tsp Garam Masala
1 x tsp Onion Powder
1 x tsp Oregano & 1 x tsp Garlic Salt
1 x tsp Ground Ginger
1 x tsp Basil & 1 x tsp Thyme
1 x tsp Black Pepper & 1 x tsp Salt
4 x tsp Cayenne Pepper (add for Hot 'n' Spicy only!!)



OVER CROWDING THE PAN IS A SIN

METHOD:

1. Dry chicken with paper towels, if using breast meat - remove skin and cut into desired portions or burger sized flats.
2. Whisk the Wash ingredients together, add chicken and set aside.
3. Begin heating the oil to a frying temperature of 165°C.

Note: I will sometimes lower this to 155°C if cooking larger portions – this avoids making the coating turn too dark whilst also obtaining food safe internal temps for the chicken - which is at least 75°C. I personally take my internal temps to 85°C – the chicken will still be moist, tender, and with an even white colouring throughout - this is where a quality instant read thermometer is an absolute game changer – perfect chicken every time!

4. In a second bowl mix together the dry Dredge ingredients.
5. By hand evenly coat chicken pieces from wash to dredge and place on a cake rack, set aside at least 10 minutes. Repeat.

6. Once the oil is at 165°C gently lower the chicken into the oil. Do not overcrowd the pan or deep fryer.

7. Cooking times vary depending on portion size, but at around the 3-minute mark gently lift the chicken pieces out of the oil, the coating should well and truly be "set" by now. Using your instant read meat thermometer spot check the internal temperature of the chicken, remember the goal temperature is a minimum of 75°C (85°C is better in my opinion). If required, lower chicken back into oil and continue to cook and spot check every minute or so.

8. Once chicken is at desired internal temperature, place back on to a clean cake rack to allow any oil residue (there shouldn't be much at all) to drain off into an oven tray.

And that is it... Kezza's Fried Chicken! To be honest I'm not even sure what the Colonel's Secret Herbs and Spices are but let me assure you the ingredients list above works and is a real crowd pleaser!

Serve with shoestring fries, spuds 'n' gravy, a sweet coleslaw, and some fresh milk buns! Or smash out your own take on a fried chicken works burger, also goes great in tacos, on subs, sliced into a fresh salad or with a few tweaks and a bit of experimenting can be deployed to Asian dishes like Karaage and Korean Chicken with ease. **Enjoy.** ■