

Authentic Nashville Hot Chicken

By: Jasmin Queen

Serves: 4

Ingredients:

Dry Brine:

- 1 lb. chicken tenders or chicken breast
- 1 tbsp. kosher salt
- 1 ½ tsp. ground black pepper

Dip

- 1 cup whole milk
- 2 large eggs
- 1 tbsp. hot sauce

Dredge

- 2 cups all-purpose flour
- 2 tsp. salt

Spicy Coating

- ½ cup hot frying oil
- 3 tbsp. cayenne pepper
- 1 tbsp. light brown sugar, packed
- 1 tsp. ground black pepper
- ¼ tsp. salt
- ½ tsp. paprika
- ½ tsp. garlic powder
- ½ tsp. chili powder

White Bread

Pickle slices

Instructions:

1. Dry brine the chicken: In a bowl, toss the chicken pieces with 1 tablespoon kosher salt and 1 ½ teaspoons coarse black pepper; cover and refrigerate overnight or up to 24 hours.
2. Make the dip and dredge: In a bowl, whisk together the milk, eggs, and hot sauce. In a separate bowl, whisk together the flour and 2 teaspoons sea salt. Dredge the chicken in the flour mixture, then dip in the milk mixture, then in the flour mixture again, shaking off the excess after each step.
3. Fill a cast iron skillet with vegetable oil to a depth of 1 inch. Heat the vegetable oil to 325°F.
4. Place the chicken into the hot oil. Cook approximately 15 to 20 minutes, flipping as necessary, making sure the internal temperature reaches 165°F. Remove the chicken and let it drain on a rack.
5. Make the spicy coating: Carefully ladle ½ cup of the frying oil into a medium heatproof bowl and whisk in the cayenne pepper, brown sugar, salt, black pepper, paprika, and garlic powder. Coat the cooked chicken in the spice mixture.
6. Serve over white bread slices and garnish with pickles.