



# Southern Fried Chicken

Featuring John Sapp Jr., VP, Information Security & CISO at Texas Mutual Insurance Company and Loren Goldig, CEO, SecureOps

The meal John made on the show, Southern Fried Chicken, Collard Greens and Fried Corn, is one of his favorites from his childhood that his mother often made for Sunday dinner.

“We couldn’t wait to get up, go to church, and come home so we could have Sunday dinner” explains John.

“We’re going back to where I come from. My parents are from South Georgia and I grew up in Tampa, so everything is about that southern meal and that Sunday dinner.”

The south is about everything fried. But this is a little healthier, and it’s all about the flavor.

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**COOKING WITH CISOs**

RECIPE BY JOHN SAPP JR.

# Southern Fried Chicken

## Why make fried chicken with buttermilk?

Buttermilk tenderizes chicken, helps meat hold onto moisture and adds tangy flavor. In short, it creates fried chicken that's juicy and flavorful from the inside out.

How does it work?

Modern buttermilk is cultured with safe lactic acid bacteria. Those acids break down the meat's proteins and muscle fibers to make it softer and capable of retaining more moisture.

The process is similar to a saltwater brine, except buttermilk also adds a rich, tangy taste.

As a bonus, soaking chicken in buttermilk means you won't have to mess with a traditional dredging station to make fried chicken.

Normally, fried chicken is dipped in flour, then in egg wash and flour again. With buttermilk fried chicken, you can move the chicken directly from the buttermilk to the seasoned flour.

The coating clings to the chicken, creating a solid crust that locks moisture inside as the chicken cooks.

**Prep: 24 hrs brining, 30 min. coating**

**Cook: 40 min -- Serves: 4**



## INGREDIENTS

- 1 whole chicken cut up
- 48 oz peanut oil or vegetable oil
- 2 cups all-purpose flour divided
- 1½ teaspoon garlic powder
- 1½ teaspoon onion powder
- ½ teaspoon baking powder
- 1½ teaspoon paprika
- 1 tablespoon all-purpose seasoning
- 1½ teaspoon salt
- ¾ teaspoon black pepper
- 1 cup buttermilk

## PREPARATION TIPS

**Chicken:** Cut up a whole fryer chicken into two drumsticks, two thighs, two or four breast pieces and two wings. If you don't want to do it yourself, ask a butcher to do the job. You can also use packaged cut chicken, but make sure it still has the skin on. It protects the meat from drying out as the pieces cook.

**Buttermilk:** Many recipes for fried chicken call for milk and eggs, but I find that buttermilk gives the chicken an irresistibly tangy flavor that really brightens up the dish. Also, buttermilk's acidity helps tenderize the chicken. Tasty and tender!

**Seasoned flour:** There's nothing fancy about this fried chicken coating! It's a simple combination of all-purpose flour and seasonings. The mix of salt, pepper, garlic powder, onion powder, paprika, and all-purpose seasoning tastes pretty spectacular, but you can modify the spices to your liking.

**Baking powder:** Adding a pinch of baking powder to the seasoned flour helps dry out the chicken skin for a crispier coating. It also adds tiny pockets of air to make the breading taste lighter. Don't substitute baking soda; just leave it out if you don't have it.

**Oil for frying:** The best oils for frying chicken depends on your goals. If you want to add flavor, use peanut oil or lard. If you want the tangy buttermilk and seasonings to shine, use a neutral-flavored oil like canola or safflower oil. Just make sure to choose an oil with a high smoke point, or the oil can break down (and even burn) when heated and add an off-flavor to the chicken.

## DIRECTIONS

### Step 1: Marinate the chicken in buttermilk

Pat the chicken pieces with paper towels and place them in a large flat dish.

Pour buttermilk over the chicken. Cover and refrigerate them for at least one hour or overnight.

Don't let the chicken soak for longer than 24 hours. The acid in the buttermilk will turn the meat mushy!

### Step 2: Mix the seasoned flour

Combine the flour, salt, pepper, garlic powder, onion powder, paprika, and baking powder in a shallow dish.

### Step 3: Coat the chicken

Add the chicken pieces, one at a time, and turn to coat them in seasoned flour.

**Note:** Plastic bags work wonders to reduce mess! Instead of using a dish, combine the ingredients in a large resealable plastic bag and shake to combine. Add the buttermilk-soaked chicken to the bag one piece at a time and shake the bag to coat.

**Tip:** To ensure a crispy coating that stays put after frying, allow any excess buttermilk to drip off before coating the chicken in the flour mixture.

I like to let that buttermilk drip into the flour. Mixing a little buttermilk into the flour is the secret to creating those craggy bits we all love so much! When you add the chicken, press each piece firmly into the flour to ensure every inch is well-dredged.

### Step 4: Let it rest

Lay the coated pieces on waxed paper for 15 minutes to allow the coating to dry, which helps it cling to the chicken during frying.

**Tip:** What's the secret to making a coating that actually sticks to fried chicken? Patience. Letting the chicken rest allows the moisture from the buttermilk to distribute evenly, helping the flour form a firm crust.

### Step 5: Deep-fry the chicken

In a Dutch oven or deep skillet, heat 1/2 inch of oil over medium heat to 350°F. Fry the chicken in batches, uncovered, turning occasionally, until the coating is dark golden brown and the meat is no longer pink, approximately 10 minutes per side. Drain the chicken on paper towels.

## Pan-Seared Collard Greens with Bacon

A staple side dish in Southern homes, collard greens bring a savory flavor to the dinner plate — and my recipe was adjusted for the time available during the show. Cooked in a low-and-slow-style (but ready in 30 minutes), these pan-fried collard greens are tender and garlicky.

### INGREDIENTS

- 6 thick bacon slices, chopped into large pieces
- 1 large onion, diced
- 3 cloves garlic, minced
- 2 lbs. collard greens (about to 2 large bunches), stems discarded, leaves washed and chopped
- A few dashes of hot sauce
- Kosher salt and freshly cracked black pepper

**Prep: 10 minutes -- Cook: 40 min -- Serves: 4**

### DIRECTIONS

#### Step 1: Pan-fry the bacon

Add bacon to a large skillet over medium heat. Cook bacon, stirring occasionally, until crispy, about 5 minutes. Use a slotted spoon to remove the bacon from the pan and set aside, leaving the fat in the pan.

## Step 2: Sauté Onions and Garlic

Add the onion to the bacon grease and cook, stirring, until softened, about 3 minutes.

Stir in garlic and cook, stirring, for another 30 seconds or so, until fragrant.

Add the greens, hot sauce and a few pinches of salt and pepper.

Cook the greens, stirring occasionally, until greens are nice and tender, 25 to 30 minutes.

Taste and add more salt and/or pepper if necessary.

Serve hot with bacon on top.



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## Pan-Fried Corn

### INGREDIENTS

- 8 ears fresh corn or 28 ounce package frozen corn
- 1 stick butter
- 2 tablespoons bacon drippings
- Salt and pepper to taste

**Prep: 10 minutes -- Cook: 20 min -- Serves: 4**

### DIRECTIONS

Step 1: Remove husks and silks from fresh corn, wash.

Step 2: Cut corn off the cob and scrape the cob to get out the juice.

Step 3: Melt butter in a large skillet, add fresh or frozen corn, bacon drippings.

Step 4: Cook on medium high heat until corn is done about 15 to 20 minutes. Add salt and pepper to taste.