



# Southern Fried Chicken

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

When asked why he brought a full meal, instead of one recipe, John said, “We need a meal. You can’t do southern dishes without it being a meal.”

He explains, “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.”

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

The south is about everything fried. But this is a little healthier. It’s about the flavor.

Today’s meal includes Southern Fried Chicken, Pan-Seared Collard Greens, and Butter Corn.

RECIPE BY JOHN SAPP JR.

# Southern Fried Chicken

## Ingredients

- 8 chicken pieces (thighs, legs, wings, or breasts)
- 2 cups buttermilk
- 2 cups flour
- 1 tbsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp cayenne (optional)
- Salt + black pepper
- Oil for frying

## Steps

1. Soak chicken in buttermilk with salt and pepper for at least 2 hours (overnight is better).
2. In a bowl, mix flour + paprika + garlic powder + onion powder + cayenne + salt + pepper.
3. Remove chicken from buttermilk, dredge heavily in flour.
4. Let coated chicken sit 10 minutes so crust sticks.
5. Heat oil to 325–350°F.
6. Fry chicken 12–15 min, turning until golden and internal temp reaches 165°F.
7. Rest on wire rack, not paper towel, so crust stays crisp



# Pan-Seared Collard Greens with Bacon

## Ingredients

- 2 bunches collard greens, chopped
- 5 slices bacon
- 1 onion diced
- 3 garlic cloves
- 4 cups chicken broth
- 1 tbsp apple cider vinegar
- 1 tsp sugar
- Salt + pepper
- Red pepper flakes optional

## Steps

1. Cook bacon until fat renders.
2. Remove bacon, leave fat in pot.
3. Cook onion + garlic in bacon fat.
4. Add greens slowly until wilted.
5. Add broth, vinegar, sugar, salt, pepper.
6. Crumble bacon back in.
7. Cover and simmer 45–60 min until tender.



# Southern Butter Corn

## Ingredients

- 4 ears corn (or 4 cups kernels)
- 3 tbsp butter
- Salt
- Black pepper
- Optional pinch sugar

## Steps

1. Boil corn 5–7 min if on cob.
2. Melt butter in skillet.
3. Toss corn with butter, salt, pepper