

JACK'S SPECIAL SOUTHERN FRIED CHICKEN



A great recipe to try and tempt fast food fans! By making our own fried chicken we can control the fat, sugar and salt content, making them a far healthier option than takeaway versions.

Try serving with jacket potato, wedges or vegetable sticks.



Skills Check: Follow a recipe; follow food safety & hygiene rules; tidy away; use measuring spoons and cups; coat e.g. goujons.

Equipment: Measuring jug, weighing scales, measuring spoons, large bowl, large plastic bag, tongs, large frying pan, roasting tray and rack.

Allergens: Gluten | Wheat | Milk | Nuts | Sesame

Ingredients (makes 8 portions):

- 8 skinless chicken thighs
- 8 skinless chicken drumsticks
- 200ml milk
- 200g self raising flour
- large pinch each of paprika, turmeric and cayenne pepper
- 6 tbsp groundnut oil

Method

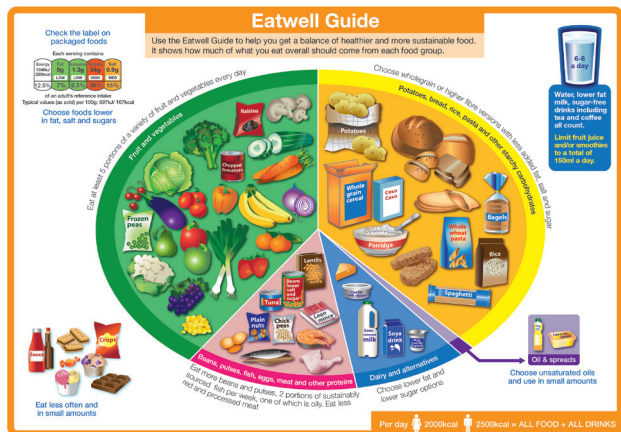
1. Heat oven to 200°C/180°C fan/Gas 6.
2. Place the chicken in a bowl and pour over the milk.
3. Tip the flour and spices into a large plastic bag and add a good grinding of pepper.
4. Heat half of the oil in a large frying pan. Take half of the chicken out of the milk, shake off any excess and place in the bag of seasoned flour. Hold the top closed and shake well.
5. Lift the pieces of chicken out of the bag and shake gently to remove excess coating. Lower the chicken pieces into the oil and fry on each side until golden brown and crisp - don't overdo it as the chicken will be baked and will brown further. Use tongs to turn the chicken and try not to tear the coating. Transfer to a rack set in a roasting tin. Repeat with the rest of the chicken.
6. Bake for 30 minutes until cooked.

**Please note the allergens listed are indicative only. Allergens vary depending on brand; check the labels on the products you use.*



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Nutrition Information



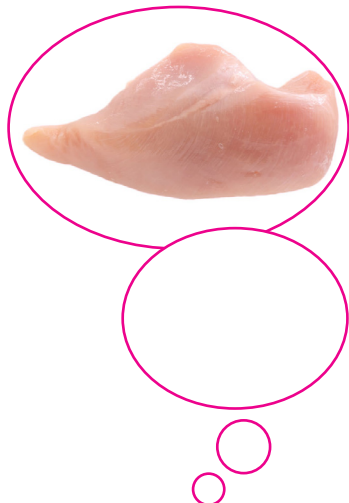
Source: Public Health England in consultation with the Home government, Food Standards Institute and the Food Standards Agency in Northern Ireland. © Crown Copyright 2016

The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Jack's Special Fried Southern Chicken ...

Chicken is high in protein, and is a good source of B vitamins.



Energy, sugar, fat and salt per serving

Per 73g serving (1 thigh and 1 drumstick)

ENERGY	1250kJ / 299kcal	15%	
HIGH	FAT	15.0g	21%
MED	SATURATES	3.3g	17%
LOW	SUGARS	0g	0%
MED	SALT	0.56g	9%

% of an adult's reference intake

Typical values per 100g : Energy 1713kJ / 409kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage