



Air Fryer Fried Chicken

Description

Welcome to a mouthwatering journey into the world of Air Fryer Fried Chicken! This recipe offers a healthier twist on the classic fried chicken by using an air fryer to achieve that coveted crispy exterior and juicy interior. Perfect for a family dinner, picnic, or any gathering, this air fryer fried chicken is sure to become a favorite. Let's dive into the details of creating this delicious dish.

Chapter 1: Ingredients

To make a batch of irresistible Air Fryer Fried Chicken, gather the following ingredients:

For the Chicken:

- 4 bone-in, skin-on chicken thighs
- 4 bone-in, skin-on chicken drumsticks
- 1 cup (240ml) buttermilk
- 1 tablespoon hot sauce (optional, for extra flavor)

For the Coating:

- 1 1/2 cups (180g) all-purpose flour
- 1/2 cup (60g) cornstarch
- 1 tablespoon paprika
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon dried oregano
- 1/2 teaspoon cayenne pepper (optional, for heat)

For Spraying:

- Cooking spray or olive oil spray

Chapter 2: Preparation

1. Marinate the Chicken:

- In a large bowl, combine the buttermilk and hot sauce (if using).
- Add the chicken pieces, ensuring they are fully submerged. Cover and refrigerate for at least 1 hour, or up to overnight for maximum flavor and tenderness.

2. Prepare the Coating:

- In a shallow dish, whisk together the flour, cornstarch, paprika, garlic powder, onion powder, salt, black pepper, dried oregano, and cayenne pepper (if using).

Chapter 3: Coating the Chicken

1. Remove Chicken from Marinade:

- Take the marinated chicken out of the refrigerator and let it sit at room temperature for about 15 minutes.

2. Dredge the Chicken:

- One piece at a time, remove the chicken from the buttermilk, allowing any excess to drip off.
- Dredge each piece in the flour mixture, pressing down to ensure an even, thick coating. Shake off any excess flour.
- Place the coated chicken on a plate or baking sheet and let it rest for a few minutes to set the coating.

Chapter 4: Prepping the Air Fryer

1. Preheat the Air Fryer: Preheat your air fryer to 375°F (190°C) for about 5 minutes.

2. Prepare the Basket: Lightly spray the air fryer basket with cooking spray to prevent sticking.

Chapter 5: Cooking the Chicken

1. Arrange the Chicken:

- Place the coated chicken pieces in a single layer in the air fryer basket. Make sure not to overcrowd the basket; you may need to cook in batches.

2. Spray the Chicken:

- Lightly spray the chicken with cooking spray to help achieve a crispy crust.

3. Air Fry the Chicken:

- Cook the chicken at 375°F (190°C) for 25-30 minutes, flipping halfway through the cooking time and spraying again if necessary.
- Check for doneness: The chicken should be golden brown and crispy, and the internal temperature should reach 165°F (74°C).

Chapter 6: Serving and Enjoying

1. Remove and Rest

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- Carefully remove the fried chicken from the air fryer and let it rest on a wire rack for a few minutes. This helps maintain its crispiness.

2. **Serving Suggestions:**

- Serve the air fryer fried chicken hot, with your favorite sides such as mashed potatoes, coleslaw, or cornbread.
- Add a dipping sauce like ranch, honey mustard, or hot sauce for an extra burst of flavor.

Chapter 7: Tips for Success

1. **Even Coating:** Ensure the chicken is well-coated with the flour mixture for maximum crispiness.
2. **Don't Overcrowd** Cook the chicken in batches if necessary to avoid overcrowding, which can prevent even cooking.
3. **Check Temperature:** Use a meat thermometer to ensure the chicken is cooked through and safe to eat.
4. **Marination Time:** Marinating the chicken in buttermilk not only adds flavor but also tenderizes the meat, making it juicy and flavorful.

Conclusion

Congratulations on making crispy, juicy Air Fryer Fried Chicken! This healthier version of the classic comfort food delivers all the flavor and crunch you crave without the excess oil. Perfect for any meal, this recipe is sure to become a staple in your kitchen. Enjoy your delicious fried chicken with your favorite sides and savor every bite. Happy cooking!

This detailed recipe guide ensures you can create perfect Air Fryer Fried Chicken with ease. By following these steps, you'll achieve a delightful combination of crispy coating and tender meat, making it a standout dish for any occasion. Enjoy the process and the delicious results!

Category

1. Air Fryer Recipes

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