



RECIPE: CHRISTOPHER ST.ONGE - PHOTOGRAPHY: ROB FIOCCA

## MAPLE-BRINED SOUTHERN FRIED CHICKEN

A perennial favourite - this fried chicken gets *a* savoury sweet twist with Drip. The perfect comfort food *for* summer picnics *on* the go - or winter nights around the fire.

### INGREDIENTS

Brine:

- 2/3 cup DRIP Maple Syrup
  - 2 tbsp cider vinegar
  - 1 tbsp table salt
  - 2 heads garlic, cut in half crosswise
  - Generous sprig thyme
  - 2 bay leaves
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- 2 lb whole chicken, cut into 8 pieces
  - 2-1/2 cups cake and pastry flour
  - 2 tbsp salt
  - 1 tbsp finely ground black pepper
  - 3 eggs, lightly beaten
  - 1/3 cup milk

### DIRECTIONS

To make brine, combine 4 cups water with all other brine ingredients in a large airtight container. Add chicken pieces, turning to coat in the liquid. Cover and refrigerate for at least 4 hours, or preferably overnight.

Preheat oven to 200°F (100°C).

In a shallow dish, whisk together flour, salt and pepper. In a separate bowl, whisk together eggs and milk. Remove chicken from brine, pat dry with paper towels. Discard brine. Working with one piece of chicken at a time, dunk into egg mixture to coat. Dredge chicken in flour, pressing firmly to adhere.

Pour oil to a depth of 2 inches into a large deep-sided cast-iron skillet or saucepan. Over medium heat, bring to 375°F/190°C.

Gently lower thighs and drumsticks into hot oil. Fry, turning over mid-way through, until chicken is crisp, golden, and cooked through, 12 to 14 minutes total. [An instant-read thermometer inserted into thigh should register 170 degrees.] Drain on several layers of paper towel. Transfer cooked pieces to a baking sheet, and place in the oven to keep warm while frying remaining chicken.

Using a slotted spoon, remove any bits of coating left in oil, and discard. Place pieces of breast in hot oil. Cook 10 to 12 minutes, turning mid-way through, until golden and cooked. Drain on paper towels. Serve hot alongside drumsticks and thighs.

*Recipe yields 4 servings*