

Brunch with Babs KFC Copycat Recipe
From @brunchwithbabs

This is a copycat recipe, but Babs uses ½ cup of avocado oil, plus chicken is baked vs. Kentucky Fried Chicken which uses 6 cups of oil and is fried.

Ingredients:

3 lbs. bone in chicken
3 eggs
1 1/2 cups flour
1/4 cups cornstarch
1 Tbsp paprika
1 Tbsp pepper
1 Tbsp granulated garlic
1 tsp each of sage, thyme, oregano, cayenne pepper* and celery seed
2 tsp season salt i.e. [Lawry's](#)
2 tsp dried mustard
3 Tbsp buttermilk
1/2 cup avocado oil

(Inspired by Cooks Country and Kentucky Fried Chicken)

Adjust oven rack to middle position. Place in the COLD oven, a 12-inch cast iron skillet and turn the oven to 450 degrees. Let the oven and skillet preheat together.

Instructions:

Season chicken with 1 tsp salt and 1/2 tsp pepper. Lightly beat eggs in a medium bowl together with 1 tsp salt. In another medium bowl, whisk flour and cornstarch together. Then add all seasonings to the flour mixture and whisk again. Add the buttermilk to the flour mixture and using your fingers rub it into the flour until combined and shaggy pieces of dough form.

Work with one piece of chicken at a time. Dip in egg mixture. Allow excess to drip off. Then dredge in flour mixture, pressing the mixture on the chicken to firmly adhere. Transfer coated chicken to large plate, skin side up.

When oven temperature reaches 450, carefully remove hot skillet from oven and add oil to hot preheated skillet. Immediately place chicken, skin side down, into skillet and quickly return to hot oven. Bake for 15 minutes. Remove skillet from oven and flip chicken continue to bake until breasts register 160 and thighs and legs about 175, about 15 minutes longer.

Place chicken skin side up on paper towel lined wire rack set over a baking sheet to absorb grease from the underside of chicken. Then move to unlined rack and let cool for about 10 minutes and serve.

*Unfortunately, I discovered while viewing the video a second time, that Babs lists cayenne pepper as an ingredient, but it's omitted on recipe which is on her Instagram account. I "commented" on her page inquiring about the exact measurement, but I did not receive a response. I'm going to assume its 1 teaspoon.