



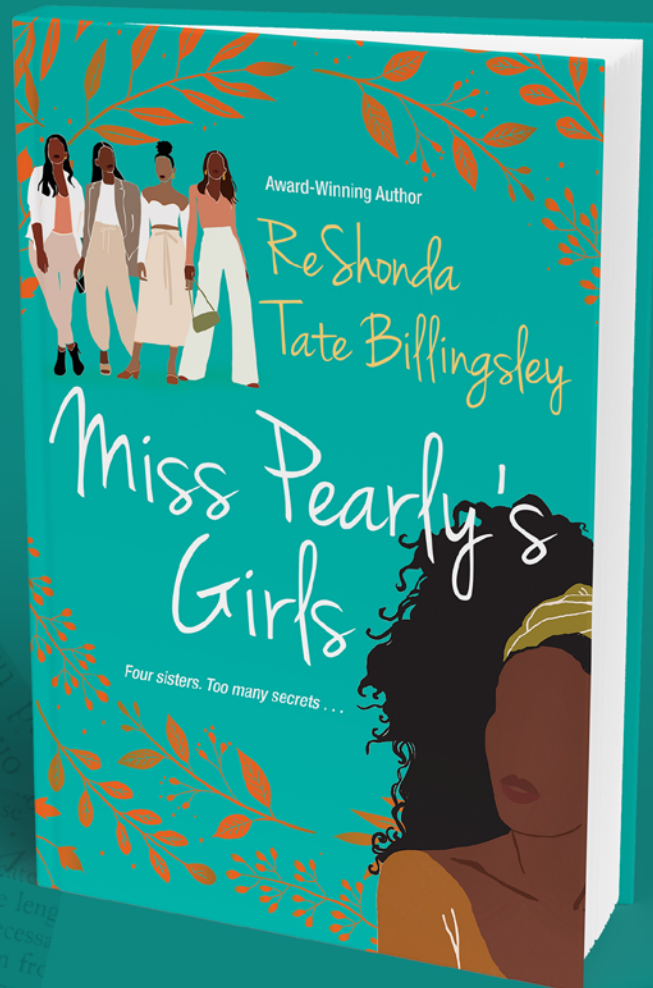
BKCLB

JUNE 2023

HEAL WITH A MEAL

SOMETHING TO EAT WITH

MISS PEARLY'S GIRLS



HEAL WITH A MEAL

Sis. In a book rife with drama, secrets and the weight of loss and family turmoil, sharing a recipe seems unlikely and well, maybe even a tad out of touch. Yet, while there was much that the Bells didn't agree on, one thing that did welcome a bit of joy was the love of Mama Pearly's Sunday spread.

So, perhaps in a moment of needed unity, a meal made with love is a good first step to gather and to heal.

Here are a few recipes that could help make that happen.

BUTTERMILK FRIED CHICKEN WITH THYME CHEDDAR WAFFLES

(adapted from the good sis, Chef Resha of CarnalDish)

FOR THE CHICKEN:

- 4 cups self-rising flour
- 1/3 cup cornstarch
- 1 teaspoon baking powder
- 2 tablespoons flaky kosher salt,
plus more (Diamond Crystal or David's)
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper
- 1/2 tablespoon smoked paprika
- 1/2 tablespoon black pepper
- 2 to 4 cups whole buttermilk
(depends on how much chicken,
SEE NOTE BELOW)
- Chicken for frying
- 1 quart vegetable oil for frying

FOR THE WAFFLES

- 2 large eggs
- 1 3/4 cups whole buttermilk
- 8 tablespoons butter, melted and
cooled to room temperature
- 1 teaspoon vanilla extract
- 1 3/4 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup shredded cheddar
- 1 tablespoon fresh thyme
- Maple syrup for serving

HEAL WITH A MEAL

INSTRUCTIONS FOR THE CHICKEN

Toss your chicken in kosher salt, enough to cover it. Place chicken in ziploc bags or a large enough bowl to fit it, and pour in your buttermilk. Don't add a ton of buttermilk here, just enough to coat it and allow it to penetrate the meat. Marinate the chicken for at least 2 hours and up to 4.

When ready to fry, make sure your chicken/buttermilk mixture comes to room temperature, at least 30. Combine the flour, cornstarch, baking powder and seasonings with a whisk, set aside. Heat your oil to 350 degrees. Meanwhile, gently and thoroughly coat the chicken in the flour mixture. Shake off the excess, and place each piece on a clean cutting board, or baking sheet. Allow the coating to adhere for about 15 minutes. Re-dredge the chicken one more time, and allow to adhere an additional 10 minutes. Once your oil has reached 350 degrees, gently place up to 6 pieces of chicken in the hot oil. Turn the chicken often to prevent concentrated burn spots, if necessary. This happens because any coating that sinks to the bottom cooks up fast and can burn onto the chicken, especially as you do it in batches. Fry the chicken until it's a deep golden brown, and registers at least 170 degrees internally for dark meat, and 160 degrees for white meat. You'll also know when your chicken is about done when the crackling sounds of the oil start to simmer down and lessen. The chicken will also kinda float to the top. Dark meat, particularly thighs and legs are notorious for cooking unevenly because of the way the meat is formed along the bone. If you find that your chicken is golden brown on the outside, and still pink in the middle, pop it into a 400 degree oven and cook until the juices run clear. This will prevent the outside from darkening too fast, which is what will happen if you continue to fry it.

When the chicken is done, place it on paper towels or a baking rack to allow excess oil to escape. Immediately sprinkle a very fine dusting of finishing salt over the chicken, not too much, just enough to punch up the flavor.

Serve with the thyme and cheddar waffles, and enjoy!

HEAL WITH A MEAL

FOR THE WAFFLES

In a medium-sized mixing bowl, beat together the eggs, buttermilk, melted butter, and vanilla.

In a separate bowl whisk together the dry ingredients.

Combine the wet and dry ingredients, stirring just until nearly smooth; a few small lumps may remain.

Spray your waffle iron with a non-stick cooking spray before preheating it. Cook waffles according to the manufacturer's directions. For an 8" round waffle iron, use about 1/3 cup batter; cook for 2 to 3 minutes, until the iron stops steaming.

Serve immediately with the fried chicken and maple syrup.

Enjoy!

NOTES

You don't need the chicken swimming in a TON of buttermilk, just enough to coat each piece thoroughly. Start with 2-cups, and add more if you have a lot of chicken.