

# SuperChefs Against Superbugs

Antibiotics are widely overused in food animal production just to compensate for overcrowded and unsanitary conditions, a practice that breeds drug-resistant superbugs that can infect us. You can encourage industrial farms to stop these practices by cooking with meat and poultry raised without antibiotics.

PHOTO BY URZULA STERN

**SuperChef Rock Harper**

## Brined Fried Chicken

*Use organic products if you are able to do so.*

### Fried chicken:

2 chickens raised without antibiotics,  
3 pounds each, cut into 8 pieces each  
2 tablespoons sea salt  
2 cups flour  
½ cup cornstarch  
½ cup rice flour  
1 ½ teaspoons paprika  
3 teaspoons freshly ground black pepper  
Peanut oil for deep frying

### Brine:

1 quart water  
¼ cup brown sugar  
¼ cup sea salt  
1 teaspoon black peppercorns  
1 garlic clove, smashed  
1 small onion, peeled and quartered

### BRINE:

1. Pour 4 cups cold water into a pot and bring to a boil over high heat.
2. Remove from the heat and add the brown sugar, salt, peppercorns, garlic and quartered onion. Allow to cool completely (40°F).

### FRIED CHICKEN:

1. Put the chicken in a glass baking dish and pour the brine over the chicken. Cover with plastic wrap and refrigerate for 12-24 hours.
  2. Remove the chicken from the brine and let it dry slightly on a wire rack while preparing the flour.
  3. Pour the oil into a deep fryer or 5-quart pot and heat it to a temperature of 350°F.
  4. In a large bowl, stir together the flour with the remaining salt and spices.
  5. Dredge the chicken 4 pieces at a time in the flour. Gently shake the bowl to coat the chicken with flour, and then transfer the pieces to a wire rack, being careful not to scrape off the batter. Repeat with the remaining pieces of chicken and let dry on the wire rack for 30 minutes.
  6. Cook the white and dark meat separately until they reach an internal temperature of 165°F (approximately 15 minutes white, 18 minutes dark). Cook only about 4-6 pieces per batch.
- Overcrowding the oil will drop the temperature too much and yield a greasy product. Drain on paper towels and serve with plenty of napkins!



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