

Southern Fried Chicken, Cheddar Polenta and Sweetcorn Salsa



Serves: 4-6

Prep time: 24 hours

Cook time: 1 hour

INGREDIENTS

For chicken marinade

3 thighs and drumsticks
250ml buttermilk
1tsp fresh chopped thyme
1tsp paprika
½ tsp garlic powder
¼ tsp onion salt

Chicken coating

100g self-raising flour
25g polenta
50g cornflour
1/8 tsp ground nutmeg
¼ tsp onion salt
1/8 tsp garlic powder
½ tsp Cajun seasoning
1 tsp paprika
½ tsp cumin
1 tsp mixed herbs
1 tsp salt

For sweetcorn salsa

10 cherry tomatoes
1 garlic clove minced
10g fresh basil
10g fresh coriander
1 fresh sweetcorn on the cob
½ small red onion, diced
1 lime juiced

For the polenta

100g polenta
300ml chicken stock
400ml milk
1 small white onion diced
1 clove garlic minced
1 tsp fresh thyme chopped
50g cheddar
25g parmesan

METHOD

Let's get our southern fried chicken on!

Get a head start and prep the night before. This gives more time to marinate the chicken pieces. In a bowl combine the buttermilk, chopped thyme, paprika, garlic powder and onion salt. Put the chicken pieces in and give it a mix around, cover the bowl with cling film and place in the fridge overnight.

The following day when the chicken has marinated:

First off you can mix the coating for the chicken. In a large bowl combine together all the ingredients for the chicken coating and mix with a whisk to combine.

Next start on the sweetcorn salsa.

Heat a pan on the stove.

Slice the cobs off the cob and place in the pan. Shaking the pan every 30 seconds or so and cook for about 5 mins or until the corn starts popping and has become a little caramelized.

While the corn is cooking chop the cherry tomatoes into pieces.

Chop the coriander and basil.

Place the diced onion, coriander, basil, tomatoes, garlic and lime juice into a bowl.

When the corn has cooked add that in as well and give it a mix.

Give it a taste and add a little salt and pepper if needed.

Start the polenta.

Heat a large pot on medium heat, add a little splash of oil to it.

Put the diced onion and minced garlic into the pot and cook for 3 – 4 minutes until softened.

Add the chopped thyme cook for 30 seconds then add in the milk and chicken stock.

Turn up the heat and bring this to the boil.

When it is boiling add in the polenta and whisk constantly until the liquid starts to thicken.

Turn the heat back down to low and allow it to cook for 15 – 20 mins stirring regularly.

If it becomes too thick add a little more milk.

Finally add the cheddar and parmesan and taste to see if it needs seasoning. It should be the consistency of a soft mash potato when it's cooked.

Last job is to fry the chicken.

Turn your oven on to 180c and have your deep fryer turned on or if you don't have one a large pot half full with oil.

When your oil reaches 150c its time to cook the chicken.

Remove the chicken from the buttermilk and toss in the flour coating one at a time making sure the chicken is fully coated in the flour.

Carefully drop the coated chicken into the hot oil making sure they are fully submerged in the oil.

These will take about 10 minutes to get golden and crisp.

Remove from the oil and place onto a wire rack on a tray and put them in the oven for a further 10 minutes until your chicken is fully cooked to 75c or above internal temperature.

Tip! I would always recommend having a temperature probe in your house just to make sure everything is cooked to the correct temperature.

That is it assemble the dish. Place a nice spoon of polenta in the bottom of the bowl sit the chicken on the polenta and put the sweetcorn salsa over the chicken.