

# hfc

[ h(eidi) f(ried) c(hicken), or sometimes known as  
h(ealthy) f(ried) c(hicken)]

makes: about 12 pieces chicken



## ingredients

About 12 pieces of chicken –  
can be thighs and drumsticks,  
or even breast cut into  
smaller parts. I take the skin  
off most of the time.

3/4 cup plain flour

1/4 cup polenta

2 tablespoons of Season All  
or All Purpose Seasoning  
(spicy if you like Zinger  
pieces)

1 teaspoon sweet paprika

1 teaspoon smoked paprika

1 tablespoon chicken salt  
(Matani is what we use)

1/2 teaspoon pepper

About 1.5 cups of milk

1 tablespoon margarine

1/2 tablespoon olive oil

## method

1. Soak the chicken in the milk for at least half an hour (sometimes I soak all day).
2. Put all your dry ingredients in a bowl and stir that mix until combined.
3. Coat the chicken well in the flour/spice mix.
4. Melt the margarine and add the oil. Pour into a baking dish.
5. Drop that chicken into the dish and get your hands in there to coat with the fat mix.
6. Bake at 180 degrees for about 20 mins for smaller breast pieces up to 50 minutes for bone-in pieces (Keep checking for done-ness to avoid dry overcooked chicken!).
7. Half way through turn these babies to get crispyness everywhere.
8. Organise your sides and serve!