

The *Real* KFC (Korean Fried Chicken)

Adapted from the *New York Times* which adapted it from *Quick and Easy Korean Cooking*
by Cecilia Hae-Jin Lee (Chronicle Books, 2009)

Overview:

1. Marinate chicken
2. Prepare sauce
3. Cook chicken

Marinade

- Mix together in a medium bowl:
 - 1 small yellow onion, grated
 - 2 cloves garlic, minced
 - ½ tsp. salt
 - ¼ tsp. black pepper
- 2 chicken breasts cut into chunks/slices (or 8 to 10 boneless, skinless chicken thighs cut into quarters, or 24 wings)
- Add the chicken pieces to the marinade, stir to coat, and let sit for ≈ 1 hr

Sauce

- Stir together in a small bowl
 - 1 Tbsp. (or to taste) chili garlic sauce (Rooster sauce)
 - 3 Tbsp. ketchup
 - ¼ cup sugar
 - 2 Tbsp. lemon juice
 - 2 Tbsp. toasted sesame seeds

Cooking

- Mix together coating
 - ½ cup flour
 - 2/3 cup cornstarch
 - 1 tsp. salt
 - pepper
- Put oil for deep frying in large/heavy pot to a depth of 1 – 1½”
- Heat to 350° F.
- Take chicken from marinade, dredge in flour/cornstarch, gently drop in oil and cook for 5 – 7 minutes, turning occasionally, until golden brown and crisp.
- Drain on paper towels. Repeat with remaining chicken, checking oil temperature between batches.

Serving

- Serve with steamed rice.
- While chicken is hot, brush with sauce and sprinkle with additional sesame seeds.
- For those spice averse, serve chicken without sauce and have sauce on the table for dipping.