

africola recipes

AFRICOLA FRIED CHICKEN

"I get asked about this recipe a whole lot, during lockdown this dish became our takeaway staple. We no longer cook this dish in our restaurant so I'm gifting it to you. It's everything you want out of fried chicken, crispy and addictive batter, juicy soft chicken on the inside and the best vehicle for hot sauce and caviar if you're that way inclined."

Ingredients:

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| 2 tbsp paprika | 1 tsp your favourite hot sauce |
| 2 tbsp freshly ground black pepper | 1 large egg |
| 2 tsp garlic powder | 1 tbsp table salt, plus 2 tsp for the flour |
| 2 tsp dried oregano | 350 g (2 1/3 cups) plain flour |
| 1/2 tsp cayenne pepper | 120 g (1 cup) cornflour |
| 2 skinless chicken breasts | 1 tsp baking powder |
| 250 ml (1 cup) buttermilk | 1 litre (4 cups) vegetable shortening or peanut (groundnut) oil |
| | White bread, pickles, hot sauce sauce, maple syrup and caviar, to serve |



Duncan Welgemoed

South African by birth, Duncan was head chef at The Goose at Britwell Salome, Watlington, Oxford when it was awarded a Michelin star in 2005. In early 2010, he arrived in South Australia and opened Africola in 2014. Over the years, Duncan has become Adelaide's (un)official spirit animal - mythical beast, troublemaker, conversation starter. His latest restaurant, Africola, tells a story close to his heart. It has since been awarded 4.5/5 Australians by The Australian's food editor John Lethlean, featured in countless magazines, newspapers and TV shows around the world and frequented by rockstars and celebrities alike. His new book, Africola has already gone on to be an instant best seller and Duncan himself is showing no signs of slowing down.



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Method:

Add the paprika, pepper, garlic, oregano and cayenne in a bowl and mix well with a fork.

Sandwich each piece of chicken between two pieces of plastic wrap or inside an opened zip-lock bag and pound with a meat pounder or heavy skillet until 5 mm (1/4 inch) thick.

Whisk the buttermilk, hot sauce, egg, salt and 2 tablespoons of the spice mixture in a bowl. Add the chicken and turn to coat. Transfer the contents to a large zip-lock bag and refrigerate for at least 4 hours or overnight, flipping the bag occasionally to redistribute the contents and coat the chicken evenly.

Whisk together the flour, cornflour, baking powder, remaining salt and spice mixture in a bowl. Add 3 tablespoons of marinade from the zip-lock bag and work into the flour with your fingertips. Remove the chicken from

the bag, allowing excess buttermilk to drip off. Drop the chicken into the flour mix and toss until thoroughly coated, pressing with your hand to get the flour to adhere in a thick layer. Shake the chicken over the bowl to remove excess flour, then transfer to a plate.

Adjust an oven rack to the middle position in the oven and preheat to 150°C (300°F). Heat the shortening in a large pot or deep fryer for 6 minutes or until a medium-high heat of 220°C (450°F) has been reached. Maintain the temperature, being careful not to let the fat get any hotter. Lower two pieces of chicken into the pot. Now adjust the heat to 162°C (324°F). Fry the chicken without moving for 2 minutes, then carefully agitate with a wire-mesh spider or tongs, making sure not to knock off any breading, and cook for 3 minutes until the bottom is deep golden brown. Carefully flip and continue to cook for 2 minutes until the second side is golden.

Transfer the chicken to a paper towel-lined plate to drain for 30 seconds, flipping once, then transfer to a wire rack set over a baking tray. Put the chicken in the oven to dry out a little and to keep warm if you're cooking more than two breasts. Serve with white bread, pickles, hot sauce, maple syrup and caviar and then think about your life choices ... you dirty bugger.

