

Renaissance-style Fried Chicken

Ingredients

- salt
- 1-2 lbs chicken parts
- 2 cups grape juice
- 2 cups white wine
- 1 cup white wine or apple cider vinegar
- 2 Tbsp balsamic vinegar
- 5 garlic cloves, crushed
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1/4 tsp pepper
- all-purpose flour for coating
- lard, vegetable or peanut oil for frying

Directions

Bring a large pot of salted water to a boil. Add chicken parts. Simmer breasts for about 10 minutes and legs for 20 minutes. Remove chicken from broth.

Meanwhile, pour the grape juice into a small saucepan. Bring to a boil, reduce temperature and simmer until reduced to 1/2 cup.

In a large bowl mix together the wine, vinegars, reduced grape juice, garlic, coriander, cinnamon, cloves, nutmeg and pepper. Add the chicken pieces, coat well, cover and refrigerate for 8 hours. Remove from the fridge. Remove chicken from the marinade and pat dry.

Place flour in a large plate and mix in salt and pepper to taste. Dredge chicken in the flour.

Heat 1" of vegetable oil in a frying pan over medium-high heat. Once hot, add the chicken skin-side down. Cover and cook for 10 minutes. Uncover, turn and keep frying until the chicken reaches an internal temperature of 165°F.