**Oven-Fried Chicken**

RECIPE

**INGREDIENTS**

* ¾ cup salt
* ½ cup sugar
* 3 tablespoons each of onion, garlic and

chili powder

* water
* 24 chicken pieces
* 3 cups flour
* 1 ½ cups cornstarch
* 1 tablespoon salt
* 1 tablespoon Italian seasoning
* 1 tablespoon garlic powder
* 1 tablespoon black pepper
* 1 tablespoon paprika
* Optional Ingredients

ground celery seed, cayenne pepper,

dried mustard, ground ginger

**DIRECTIONS**

1. Combine the following ingredients in a large bowl: salt, sugar, onion, garlic and chili powders. Place chicken in bowl with spices and cover with water. Cover and brine overnight.
2. Preheat oven to 375°F. In a medium sized bowl using a whisk, mix together the flour, cornstarch, and spices. Set aside.
3. Place a parchment liner on sheet pan. Meanwhile, remove chicken from brine, shaking off excess and dredge in the seasoned flour mixture coating on all sides.
4. Arrange chicken pieces on parchment with plenty of room on each side so they “fry” not "steam" and spray with non-stick spray.
5. Bake in preheated oven for 20 minutes. Then spray once again with non-stick spray to allow for crispy chicken. Reduce heat to 325 degrees and bake for 30-40 minutes or until internal temperature reaches 165 degrees.

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| **Prep Time:** 20 minutes | **Cook Time:** 50-60 minutes | **Total Time:** 70-80 minutes | **Yield:** 24 servings |