

Helergon Kitchen

Crispy Buttermilk Southern Fried Chicken

25 min Prep time	**35 min** Cook time	**1 h** Total time
12 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Chicken and Marinade

- [ ] 6 bone-in, skin-on chicken thighs
- [ ] 6 bone-in, skin-on chicken drumsticks
- [ ] 1 cup buttermilk
- [ ] 1 tablespoon hot sauce (optional)

Seasoned Flour Coating

- [ ] 2 cups all-purpose flour
- [ ] 1 tablespoon paprika
- [ ] 1 teaspoon cayenne pepper
- [ ] 1 teaspoon salt
- [ ] 1 teaspoon black pepper
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon onion powder
- [ ] 1 teaspoon dried thyme
- [ ] 1 teaspoon dried oregano
- [ ] 1/2 teaspoon baking powder

Frying

- [ ] Vegetable oil, for frying

Instructions

1. Start by whisking your 1 cup buttermilk with 1 tablespoon hot sauce (if you're using it) in a large shallow dish. Now, just nestle those 6 bone-in, skin-on chicken thighs and 6 bone-in, skin-on chicken drumsticks right into the liquid. Seal it up and let it marinate in the fridge for at least 15–20 minutes—though honestly, if you can wait up to 4 hours, the flavor gets so much deeper.

2. In another shallow dish, go ahead and combine your 2 cups all-purpose flour, 1 tablespoon paprika, 1 teaspoon cayenne pepper, 1 teaspoon salt, 1 teaspoon black pepper, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon dried thyme, 1 teaspoon dried oregano, and 1/2 teaspoon baking powder. Give it a good stir until it's all uniform and smelling lovely.

3. Now, here's a little trick: pat that marinated chicken dry with some paper towels and let the excess buttermilk drip off. Dredge each piece thoroughly in your seasoned flour mixture, pressing lightly so it really sticks. Just shake off any extra coating so it isn't too thick.

4. Heat about 2 inches of vegetable oil in a deep skillet or Dutch oven until it hits 350°F (175°C). Use a thermometer to keep an eye on it; I mean, if the oil cools down when you add the chicken, just add a bit more hot oil gradually to keep it steady.

5. Working in batches—because we don't want to overcrowd the pan—carefully lower the coated chicken into the hot oil, skin side first. Use your tongs to place them in gently so you don't splash.

6. Fry each piece until that crust turns a beautiful golden brown and gets really crispy. That's usually about 6–7 minutes per side, or until the internal temperature of the thickest part reaches 165°F (74°C).

7. Once they're done, lift the fried chicken out with tongs and move them immediately to a wire rack set over a baking sheet or parchment paper to drain. You can use paper towels too, but a rack keeps them crispier.

8. Well, now comes the hard part: let the chicken rest for 5 minutes. This short wait keeps all those wonderful juices locked inside and ensures the skin stays extra crispy.

9. If you like, garnish with some fresh chopped parsley or a little squeeze of lemon juice. Serve it while it's still hot!

10. For a real Southern experience, I love pairing this with some creamy coleslaw, buttery mashed potatoes, or a slice of warm cornbread.

Nutrition per serving

580 kcal	36 g	18 g	38 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keeping the flour mixture chilled prevents clumping for a better crust.
- A steady, gentle flip prevents the chicken from absorbing too much oil.
- A short rest after frying is essential for juice retention.