

Helergon Kitchen

Oven or Fried Nashville Hot Chicken Sandwich

30 min Prep time	**40 min** Cook time	**1 h 10 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Brining Liquid

- [ ] 1 cup buttermilk
- [ ] 1 cup cold water
- [ ] 1 tbsp kosher salt
- [ ] 1 tbsp white sugar
- [ ] 1 tsp black pepper
- [ ] 2 tbsp garlic, minced

The Chicken and Dredge

- [ ] 4 bone-in chicken breasts (about 1 lb each)
- [ ] 2 cups all-purpose flour
- [ ] 1 tsp paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tsp onion powder
- [ ] 1 tsp cayenne pepper
- [ ] 1 tsp dried thyme
- [ ] 1 tsp dried oregano
- [ ] 1 tsp salt
- [ ] 1 tsp black pepper

Cayenne Butter Glaze

- [ ] 1/2 cup unsalted butter, melted
- [ ] 1 tbsp cayenne pepper
- [ ] 1 tsp paprika
- [ ] 1 tsp garlic powder
- [ ] 1 tsp brown sugar
- [ ] a pinch salt

Assembly and Frying

- [ ] 1/4 cup olive oil (or enough for frying)
- [ ] 4 white sandwich buns
- [ ] 4-6 dill pickle slices
- [ ] Lettuce or coleslaw for topping (optional)

Instructions

1. In a large bowl, we'll start by whisking together the buttermilk, cold water, salt, sugar, black pepper, and minced garlic. It's a simple brine, but honestly, it's the secret to that tender chicken.

2. Gently tuck your 4 bone-in chicken breasts (about 1 lb each) into the brine. Make sure they're fully submerged, then cover and let them nap in the refrigerator for at least 30 minutes. Well, they need that time to really soak up the flavor.

3. While the chicken is chilling, grab a shallow dish and whisk together your flour, paprika, garlic powder, onion powder, cayenne pepper, thyme, oregano, salt, and black pepper. This is where all that lovely seasoning lives.

4. Melt the 1/2 cup unsalted butter in a small saucepan. Stir in the cayenne pepper, paprika, garlic powder, brown sugar, and a pinch salt. Keep this glaze warm on low heat—it's the heart of the dish.

5. Take the chicken out of the brine and pat them thoroughly dry with paper towels. I mean, don't skip this part or the flour won't stick! Dredge each piece in the seasoned flour, shaking off any excess.

6. Now, you've got a choice. For frying, heat 1/4 cup olive oil in a skillet over medium-high heat until it hits 350°F. Fry in batches for 8-10 minutes per side until golden brown and 165°F inside. Or, if you're feeling healthier, preheat the oven to 400°F and bake on a wire rack for 25-30 minutes, flipping halfway, until they reach 165°F.

7. While the chicken is still piping hot, brush a generous amount of that cayenne butter glaze over each piece. Let the extra just drip back into the bowl—it looks so beautiful.

8. Lightly toast your 4 white sandwich buns in a skillet or the oven. Just until they're golden and warm.

9. Time to put it all together. Place a glazed chicken breast on a bun, add those tangy dill pickle slices, and a bit of lettuce or coleslaw if you like. I usually add one last drizzle of glaze on top just because.

10. Serve them up immediately. I love these with some corn on the cob or sweet potato fries on the side.

Nutrition per serving

1200 kcal	70 g	50 g	80 g
Calories	Protein	Carbs	Fat

Tips & notes

- The brine is essential for tenderness; don't rush the 30-minute wait.
- Always use a meat thermometer to ensure chicken reaches 165°F without drying out.
- Patting the chicken dry before dredging prevents the breading from peeling off.