



— Stan's Northern Fried Chicken —

FROM STAN ADLER



My recipe was inspired by the first job I ever held — delivery boy for a take-home food store. I got paid half in cash and half in fried chicken. As is the case with most store-bought fried chicken, it was greasy and the skin came off as you bit into it. This recipe is the result of a two-year design exploration to solve those issues. It may be a pain to prepare, but it's worth it.

INGREDIENTS

1 whole chicken

1 box of matzo meal

SPICES

1 tablespoon garlic powder

1 tablespoon onion powder

2 tablespoons paprika

2 teaspoons salt

1 teaspoon white pepper,
(optional: 1 tablespoon Ac'cent)

1 teaspoon black pepper

1/2 teaspoon ground red pepper

6 eggs

Oil (enough to fill 1/4" of pan)

EQUIPMENT

Egg beater, electric frying pan

YIELDS

Serves one — Stan.

STEP-BY-STEP RECIPE

- 1 | Cut chicken into small pieces (preferably sixteenths).
- 2 | Skin the chicken. Rinse chicken.
- 3 | On two layers of paper towel, pour out box of matzo meal. Add large amount of garlic powder, salt, pepper and spices to taste.
- 4 | Beat eggs in a bowl.
- 5 | Spread matzo meal on paper towel and coat damp chicken with matzo meal by rolling in towel. Pick up with fork or tongs and place carefully in beaten eggs. Coat again with matzo meal. Place on tray. Repeat with remaining chicken pieces.
- 6 | Refrigerate overnight or for a minimum of four hours.
- 7 | Heat a quarter inch of oil in electric frying pan at 350° (electric pans are best for predictable results). When oil is hot, add chicken and cover with lid.
- 8 | Let cook for 10–15 minutes or until bottom is golden brown. Turn chicken over and cover. When golden brown, turn over again and cook for one minute with lid off.
- 9 | Place on paper towels to drain. Let cool slightly. Great eaten fresh, good as leftovers.

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