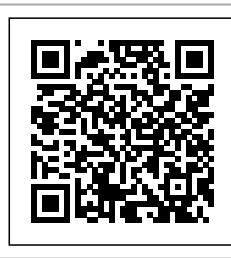


# Chicken and Waffles



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Recipe by: Laura Vitale

Serves 4

**Prep Time: 35 minutes**

**Cook Time: 25 minutes**

## Ingredients

### For brining the chicken:

- 2lb of Bone in Skin on Chicken Thighs
- 1 Gallon of Water
- 3/4 cup of Kosher Salt
- 1/4 cup of Granulated Sugar
- Few Cloves of Garlic, smashed but un-chopped
- 1 Yellow Onion, quartered
- Handful of Fresh Parsley
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### For dredging and frying the chicken:

- Vegetable Oil
- 1 cup of All Purpose Flour
- 2 tsp of Seasoned Salt
- 1 tsp of Cayenne Pepper (less if you do not like it spicy)
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### For the waffles:

- 2 cups of Buttermilk
- 2 cups of All Purpose Flour
- 2 tsp of Baking Soda
- 1 tsp of Baking Powder
- 1/2 tsp of Salt
- 1 tsp of Vanilla Extract
- 1/4 cup of Granulated Sugar
- 2 Eggs, separated
- 1/2 cup of Unsalted Butter, melted

1) Start by brining the chicken. In a large bowl (I use a big pot to hold everything in) add all of the ingredients for brining the chicken including the chicken, place it in the fridge for a minimum of 4 hours but overnight is best.

2) Once the chicken is done brining, remove from the fridge, remove the chicken to a paper towel lined plate and set aside while you get other things ready.

3) Preheat the oven to 375 degrees, place a wire rack over a baking sheet and set aside.

4) Place another wire rack on a baking sheet and have it ready. Mix together the flour, seasoned salt and cayenne, dredge the chicken on both sides, place it on the wire rack, allow it to sit for about 5 minutes then repeat the dredging and allow them to sit for another 5 minutes.

5) While the chicken is sitting aside, add enough oil to a large cast iron pan to come up about 1/3 of the way and preheat it over medium high heat. Add the chicken (top side down) and cook for about 3 to 4 minutes per side or until deeply golden brown, remove from the oil onto the wire rack over the baking sheet and pop it in the oven to finish cooking through, this will take about 15 minutes (depends on the size of the chicken but you want the internal temperature to reach 170 degrees).

6) While the chicken is baking, make the waffles. Start off by preheating your waffle maker and have that ready.

7) In a small bowl, whisk the egg whites until they develop somewhat stiff peaks, set them aside. In a large bowl, mix together the flour, sugar, baking powder, baking soda and salt, set that aside as well.

8) In a separate bowl or large measuring cup, whisk together the buttermilk, melted butter, egg yolks and vanilla, pour this mixture over your dry ingredients, mix until combined and then fold in the egg whites.

9) Cook the waffles according to the manufacturer instructions (it is best if you make the waffles as you serve them or they will soften) then top with the fried chicken and drizzle some hot sauce and maple syrup over the top!

