

Chef Carolyn's Corner - Austin Leslie's Fried Chicken

Written by Carolyn Shelton
Thursday, 29 September 2011 00:00



Back in the day if you wanted to know where to get the best Barbeque/ fried chicken you had to ask the worker at the hotels and if it was back in the 40's your parents had something called the The Green Book.

In 1936, an African American living in New York, Victor Green wrote The Green book for black travelers. He made a list of hotels, restaurants, gas stations, and other businesses that welcomed blacks and allowed Blacks to patronize.

During my days as a flight attendant, myself and other Black flight attendants would frequent as would other workers skycaps, bus boys, and the bellhops. One of the favorite spots when traveling throughout New Orleans was a must to visit Chez Helen's for the Best Stuffed Shrimp and oh yes, out of sight Fried Chicken. The late Austin Leslie made the best and he I became friends until his death after Katrina. His last stint was at Pamp's, a very fun in spot in New Orleans.

Let me share his recipe with you. I think you will find it quite good, and I must say, with a little different "Twist", the evaporated milk is what does it.

Enjoy the Recipe!

Chef Carolyn

Austin Leslie's ried Chicken

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Ingredients

1 1/4 cup peanut oil

1 large fresh fryer

Salt and pepper

1 egg lightly beaten

1 cup Evaporated Milk

1 cup water

1/2 cup flour

Garnish Ingredients

4 tablespoon minced garlic

1 tablespoon minced parsley

1 dill pickle

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Directions

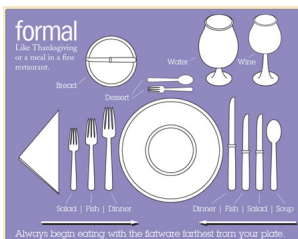
Heat oil in heavy skillet about half way.

Wash chicken in cool water. Pat dry with paper towel. Season with salt and pepper.

****Important** - In a large bowl whisk egg, evaporated milk, and water. Season with salt and pepper.

In a separate bowl, add flour one piece at a time. Place in wash and then flour and fry in skillet.

Fry for 10 to 12 min on each side. Keep the temp at 350. Turn chicken without squeezing. When the hissing stops your chicken is pretty much done.



Etiquette Question:

Is chicken a Finger food? When should it be eaten with a knife and fork?

Cold Oven Pound Cake

Ingredients

1 cup butter or margarine

1/2 cup shortening

3 cups white sugar

3 eggs

1 1/2 teaspoons vanilla extract

1 cup milk

3 cups all purpose flour

Directions

Do not preheat oven. Grease and flour a 10 inch tube pan.

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In a large bowl, cream together butter and shortening, and sugar until fluffy. Beat in the eggs one at a time. Stir in vanilla.

Beat in the flour, alternate with the milk. Pour batter into prepared pan. Place cake in cold oven, and set the temperature to 300 degrees F.

Bake 90 minutes or until a toothpick comes out clean.

Let cool in pan 10 minutes. Turn out onto wire rack and let continue to cool

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Roasted Turkey Breast with Peach Rosemary Glaze

Courtesy of Sunny Anderson

Ingredients

2 cups apple cider, plus 2 tablespoons

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1/4 cup salt, plus more for turkey

3 to 5 sprigs thyme

3 sprigs rosemary plus 1 teaspoon chopped

1 (3 3/4-pound) boneless turkey breast with skin

1/2 cup onion, finely chopped

1 tablespoon olive oil, plus more for turkey

Freshly ground black pepper

1 (10-ounce) bag frozen peeled and sliced peaches, chopped

2 tablespoons honey

1 teaspoon Worcestershire sauce

1 tablespoon brown sugar

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Directions

In a large bowl, whisk together 2 cups apple cider, salt, thyme and rosemary. Add turkey breast and enough water to cover the bird. Cover and let brine in the refrigerator 2 hours.

Preheat oven to 425 degrees F.

For the glaze:

In a small saucepan, saute onions in oil until softened. Add peaches, honey, Worcestershire sauce, brown sugar and remaining 2 tablespoons apple cider. Bring to a boil. Lower to a simmer and cook until peaches break down and glaze thickens, about 12 minutes.

Remove turkey from brine and pat dry with paper towels. Brush with oil and season with pepper. Place turkey in a roasting pan. Cook 15 minutes until skin begins to turn golden. Reduce the oven temperature to 350 degrees F and brush the top generously with the glaze. Continue cooking until an instant-read thermometer inserted in the thickest part of the breast reaches an internal temperature of 165 degrees F, about 45 minutes. Let the turkey rest at least 10 minutes. Its temperature will continue to rise.

Twice-Fried and Mashed Green Plantains (Tostones)

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Ingredients

Vegetable or peanut oil, for frying

2 green plantains, peeled and cut into 2-inch pieces

Flaked sea salt

Directions

In a heavy pot, add enough oil to fill halfway. Heat until a deep-frying thermometer reads 350 degrees F or the handle of a wooden spoon begins to sizzle immediately when dipped in the oil.

Add the plantains and fry until bright yellow and slightly golden brown, about 4 minutes. Remove from the oil with a slotted spoon to a sheet of parchment paper. Make sure all pieces are standing tall on the cut side, then place another sheet over the top. Using a small plate, glass or other flat item smash each piece into a 1/4-inch jagged circle.

Place the plantain discs back in the oil and fry for 4 to 6 more minutes or until the edges are golden brown. Remove to a wire rack and sprinkle with salt.

Lonestar State Cheesecake

Ingredients

2 cups cinnamon graham cracker crumbs

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6 to 8 tablespoons butter, melted

4 (8-ounce) packages cream cheese, softened

1 1/4 cups sugar, plus

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2 teaspoons vanilla extract

2 tablespoons lemon juice

4 eggs, beaten

2 cups sour cream

1 pint blueberries

1 pint strawberries, sliced

Directions

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Special Equipment: 9-inch springform pan Heat oven to 325 degrees F. In a food processor blend crumbs and melted butter until moist, but not wet. Press into the bottom and up the sides of the springform pan. In a large bowl, using an electric beater, combine the cream cheese, 1 cup sugar, 1 teaspoon vanilla and the lemon juice, until light and smooth. Slowly mix in eggs then pour into the prepared pan. Bake 55 minutes or until the center sets. Turn off oven and remove cake. In a medium bowl mix together sour cream, 1/4 cup sugar and vanilla. Spread this over the top of the cheesecake and return to the warm oven for 30 minutes. Remove then let cool to room temperature before removing springform.

Meanwhile, in a small bowl toss together blueberries and sliced strawberries with remaining sugar.

To serve: slice cheesecake into wedges and garnish with fruit.