



# SUNDAY SUPPER

## Live Webcast & Restaurant Fundraiser



AROOSTOOK SOMERSET PISCATAQUIS PENOBSCOT WASHINGTON OXFORD ANDROSCOGGIN FRANKLIN KENNEBEC  
WALDO HANCOCK CUMBERLAND SAGadahoc LINCOLN KNOX CUMBERLAND YORK

## COMFORT FOOD

Episode 2 -September 13<sup>th</sup>, 2020

### THE MAIN DISH

#### Provender Fried Chicken

From Chef Daron Goldstein of Provender Kitchen & Bar in Ellsworth, & Chef Carter Light of Coda in Southwest Harbor

“The true gratification in being a Chef, for me, comes from choosing and preparing the ingredients- getting my hands and mind involved in the process, maybe making a mistake and figuring out how to fix it, but ultimately making a lot of people happy with my efforts.

Remember as you cook your way through recipes- Be flexible! A recipe only captures a dish at one moment in time- so allow it to evolve... Because at the end of the day, it really comes down to trusting your instincts and taste buds.

Cook this recipe in the same spirit it was created, with love.” ~Chef Daron

### RECIPES:

#### Marinade:

#### Ingredients:

4 cups buttermilk  
2 cups whole milk  
2 tbsp chopped thyme  
1 tsp Old Bay seasoning  
1 tsp kosher salt  
1 tsp black pepper  
1 tsp paprika

2 ½ lbs skinless chicken thighs

Instructions: Combine all ingredients and mix well. Add chicken and let sit for 1 hour or up to 24 hours.



# SUNDAY SUPPER

## Live Webcast & Restaurant Fundraiser



AROOSTOOK SOMERSET PISCATAQUIS PENOBSBOT WASHINGTON OXFORD ANDROSCOGGIN FRANKLIN KENNEBEC  
WALDO HANCOCK CUMBERLAND SAGadahOC LINCOLN KNOX CUMBERLAND YORK

### Dredge:

#### Ingredients:

- 3 qt vegetable oil
- 4 oz Wondra flour
- 2 ¼ cups cornstarch
- 4 oz rice flour
- 3 tsp Old Bay seasoning
- 3 tbsp salt
- 3 tbsp ground black pepper
- ¼ tsp garlic powder
- ¼ tsp cayenne

#### Instructions:

1. Combine all dry ingredients and mix well in a large bowl, big enough to add chicken to
2. Set your table-top fryer OR cast iron pan OR any large pot big enough to hold oil... to 345°
3. Take chicken thighs out of marinade and place in bowl with the fry Dredge
4. Press firmly down on thighs, into Dredge
  - PRO TIP:
    - Add tbsp of marinade into the dry dredge with your chicken and continue to press firmly on chicken. That wet mixture will give you the ripples in the fried chicken!
5. Using a thermometer, test thighs at their thickest point, when 165°, chicken is done
6. Drain on a paper towel-lined plate and let dry... Enjoy!