



## Croots Fried Chicken (CFC)

### Ingredients

- 500g Boneless chicken thighs or your cut of choice
- 300g plain flour (or GF flour)
- 2 tbsp paprika
- 2 tbsp oregano
- 1 tbsp cumin
- 1 tbsp onion granules
- 1 tbsp garlic granules
- 1 tbsp ground white pepper
- 1 tbsp cayenne
- 1 tbsp celery salt
- 2 tbsp salt

### Directions

- Mix 2 parts plain flour to 1 part spices.
- Put the chicken pieces in the flour/spice mix ensuring they are well covered all over.
- Fry the chicken on a gentle heat until it is golden and crispy then turn and fry the other side. If you have used chicken pieces with the bone still in, such as legs, then you may need to place the chicken in the oven (gas mark 4) to cook for a further 10 - 15mins until piping hot and juices run clear.
- Check seasoning and serve with fries and coleslaw.