

Southern Fried Chicken Gizzards

Oscar · 28/09/2024



Prep Time

30 mins

Difficult

Medium

Servings

3 hrs 30 mins

Description

These flavorful chicken gizzards are always requested at football and holiday parties I dont know if anyone would show up if I didnt make them The extra time boiling before frying makes a huge difference in making them tender Definitely save the broth in the freezer

Ingredients

- - 1 pound chicken gizzards
- rinsed - 2 stalks celery
- cut into chunks - 1 onion
- cut into chunks - 2 bay leaves - 1 ½ teaspoons celery salt
- divided - 1 teaspoon seasoned salt - ½ teaspoon ground black pepper - ½ teaspoon dried Italian herb seasoning - 1 teaspoon garlic powder - ¼ teaspoon ground cumin - ½ teaspoon Louisiana-style hot sauce - 3 cups oil for deep frying - 1 cup all-purpose flour

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Place chicken gizzards
2. celery
3. onion
4. bay leaves
5. and 1 teaspoon celery salt into a saucepan
6. and pour in enough water to cover the gizzards by 1 inch. Bring gizzards to a boil
7. reduce heat to low
8. cover
9. and simmer until tender
10. about 2 1/2 hours. Pour in more water during simmering
11. if needed
12. to keep gizzards covered. Dotdash Meredith Food Studios Once cooked
13. remove gizzards to a bowl
14. discard celery and onion
15. and reserve the broth. Season gizzards with 1/2 teaspoon celery salt
16. seasoned salt
17. pepper
18. Italian seasoning
19. garlic powder
20. cumin
21. and hot sauce
22. stirring to combine well. Dotdash Meredith Food Studios Pour 1/3 cup of the reserved broth over the seasoned gizzards
23. and refrigerate for 30 minutes or more
24. stirring often. (Save or freeze the remaining broth for another use
25. if desired.) Dotdash Meredith Food Studios Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C). Place flour in a plastic bag
26. and transfer the gizzards with their seasoning into the bag as well. Shake the bag to thoroughly coat the gizzards with flour. Dotdash Meredith Food Studios Gently lower the gizzards into the hot oil in batches
27. and fry until golden brown
28. about 5 minutes per batch. Drain the gizzards on paper towels
29. and serve hot. Dotdash Meredith Food Studios Editor's Note: Nutrition data for this recipe includes the full amount of breading ingredients. The actual amount of breading consumed will vary. We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
30. ingredient density
31. and specific type of oil used.