



Easy Skinless Fried Chicken Thighs

Savannah · 29/09/2024



Prep Time

35 mins

Difficult

Medium

Servings

4

Description

These fried chicken thighs are a tasty variation on Southern fried battered chicken with fewer calories. Serve with cornbread and cucumber salad.

Ingredients

- - 1 cup corn oil
- or as needed - ½ cup all-purpose flour - 2 teaspoons salt - ½ teaspoon ground black pepper - ½ teaspoon paprika - ½ teaspoon garlic powder - 8 skinless chicken thighs

Instructions

1. Gather all ingredients. Heat oil in a large
2. deep skillet to 350 degrees F (175 degrees C). Dotdash Meredith Food Studios Combine flour
3. salt
4. pepper
5. paprika
6. and garlic powder in a large resealable plastic bag; mix well. Dotdash Meredith Food Studios Pat chicken thighs dry with paper towels. Add to flour mixture in the plastic bag; seal the bag and shake until thoroughly coated. Dotdash Meredith Food Studios Fry chicken in hot oil
7. turning occasionally
8. until deep golden brown
9. about 20 minutes. Drain on a paper towel-lined plate. Dotdash Meredith Food Studios Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
10. ingredient density
11. and specific type of oil used.