

AIR FRIED CHICKEN QUARTERS

As much as I like a classic whole roasted chicken, in truth, no one in our family is a big white meat eater. So rather than some of us getting disappointed and stuck with the breast, I've started buying chicken quarters. This way, everyone gets the dark meat. Craving fried chicken without all the grease, I decided to make these in the air-fryer. It came out perfectly juicy with a nice crispy crust.

INGREDIENTS(serves 2)

1 tablespoon molasses

$\frac{1}{4}$ cup orange juice

1 teaspoon salt

1 chipotle pepper with 1 tablespoon adobe sauce

2 bone-in chicken quarters

Salt and pepper

2 eggs, beaten

1 cup flour

1 cup panko

$\frac{1}{2}$ cup grated parmesan, small grate

Spray olive oil

Maple syrup for garnish (Optional)

PREPARATION

Season the chicken with salt and pepper. Place in a large Ziploc bag. In a small bowl, combine molasses, orange juice, 1 teaspoon salt, chipotle pepper and adobe sauce. Pour in

mixture in with chicken, seal bag and massage marinade around chicken. Place in fridge overnight.

When ready to cook, preheat air fryer to 400 degrees.

Lay out three shallow bowls. Place flour in one. Beat eggs and place in next. Place panko in third. Season each with salt and pepper. Add parmesan to panko and lightly mix.

Remove chicken from marinade. Dredge each quarter first in flour, then eggs, then panko. Spritz each side with olive oil.

Place chicken thighs in air fryer for 30-45 minutes based on size of chicken quarters. Turn thighs over half-way through. Remove from fryer and let rest for five minutes. (Internal temperature should be between 165-175 degrees).

For a nice touch, drizzle a little maple syrup on top before serving.