



Kentucky Fried Chicken Original Recipes

Colonel Harland Sanders

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Kentucky Fried Chicken Original Recipes

Colonel Harland Sanders, born September 9, 1890, actively began franchising his chicken business at the age of 65. Now, the Kentucky Fried Chicken® business he started has grown to be one of the largest retail food service systems in the world. And Colonel Sanders, a quick service restaurant pioneer, has become a symbol of entrepreneurial spirit. More than two billion of the Colonel's "finger lickin' good" chicken dinners are served annually. And not just in North America. The Colonel's cooking is available in more than 82 countries around the world. When the Colonel was six, his father died. His mother was forced to go to work, and young Harland had to take care of his three-year-old brother and baby sister. This meant doing much of the family cooking. By the age of seven, he was a master of a score of regional dishes. At age 10, he got his first job working on a nearby farm for \$2 a month. When he was 12, his mother remarried and he left his home near Henryville, Ind., for a job on a farm in Greenwood, Ind. He held a series of jobs over the next few years, first as a 15-year-old streetcar conductor in New Albany, Ind., and then as a 16-year-old private, soldiering for six months in Cuba.

After that he was a railroad fireman, studied law by correspondence, practiced in justice of the peace courts, sold insurance, operated an Ohio River steamboat ferry, sold tires, and operated service stations. When he was 40, the Colonel began cooking for hungry travelers who stopped at his service station in Corbin, Ky. He didn't have a restaurant then, but served folks on his own dining table in the living quarters of his service station. As more people started coming just for food, he moved across the street to a motel and restaurant that seated 142 people. Over the next nine years, he perfected his secret blend of 11 herbs and spices and the basic cooking technique that is still used today. As we grew... Sander's fame grew. Governor Ruby Laffoon made him a Kentucky Colonel in 1935 in recognition of his contributions to the state's cuisine. And in 1939, his establishment was first listed in Duncan Hines' "Adventures in Good Eating." In the early 1950s a new interstate highway was planned to bypass the town of Corbin. Seeing an end to his business, the Colonel auctioned off his operations. After paying his bills, he was reduced to living on his \$105 Social Security checks.

Confident of the quality of his fried chicken, the Colonel devoted himself to the chicken franchising business that he started in 1952. He traveled across the country by car from restaurant to restaurant, cooking batches of chicken for restaurant owners and their employees. If the reaction was favorable, he entered into a handshake agreement on a deal that stipulated a payment to him of a nickel for each chicken the restaurant sold. By 1964, Colonel Sanders had more than 600 franchised outlets for his chicken in the United States and Canada. That year, he sold his interest in the U.S. company for \$2 million to a group of investors including John Y. Brown Jr., who later was governor of Kentucky from 1980 to 1984. The Colonel remained a public spokesman for the company. In 1976, an independent survey ranked the Colonel as the world's second most recognizable celebrity. Under the new owners, Kentucky Fried Chicken Corporation grew rapidly. It went public on March

17, 1966, and was listed on the New York Stock Exchange on January 16, 1969. More than 3,500 franchised and company-owned restaurants were in worldwide operation when Heublein Inc. acquired KFC Corporation on July 8, 1971, for \$285 million.

Kentucky Fried Chicken became a subsidiary of R.J. Reynolds Industries, Inc. (now RJRNabisco, Inc.), when Heublein Inc. was acquired by Reynolds in 1982. KFC was acquired in October 1986 from RJR Nabisco, Inc. by PepsiCo, Inc., for approximately \$840 million. Colonel Sanders was always experimenting with food at his restaurant in Corbin, Ky., in those early days of the 1930s. He kept adding this and that to the flour for frying chicken and came out with a pretty good-tasting product. But customers still had to wait 30 minutes for it while he fried it up in an iron skillet. That was just too long a wait, he thought. Most other restaurants serving what they called "Southern" fried chicken fried it in deep fat. That was quicker, but the taste wasn't the same. Then the Colonel went to a demonstration of a "new-fangled gizmo" called a pressure cooker sometime in the late 1930s. During the demonstration, green beans turned out tasty and done just right in only a few minutes. This set his mind to thinking. He wondered how it might work on chicken.

He bought one of the pressure cookers and made a few adjustments. After a lot of experimenting with cooking time, pressure, shortening temperature and level, Eureka! He'd found a way to fry chicken quickly, under pressure, and come out with the best chicken he'd ever tasted. There are several different kinds of cookers used to make Original Recipe Chicken today. But every one of them fries under pressure, the principle established by this now-famous Kentuckian. The Colonel's first pressure cooker is still around. It holds a place of honor in the Colonel Sanders Museum at KFC's Restaurant Support Center in Louisville.

KFC BBQ Baked Beans

2 15-ounce cans small white beans (with liquid)
2 tablespoons water
1 tablespoon cornstarch
1/2 cup ketchup
1/2 cup dark brown sugar
2 tablespoons white vinegar
4 teaspoons minced fresh onion
2 pieces cooked bacon, crumbled
1/2 teaspoon dry mustard
1/4 teaspoon salt
dash pepper
dash garlic powder

Preheat oven to 350 degrees. Pour entire contents of two 15-ounce cans of beans into a covered casserole dish. Combine the water with the cornstarch in a small bowl until cornstarch dissolves. Stir mixture into the beans. Stir the remaining ingredients into the beans and cover the dish.

Bake for 90 minutes or until sauce thickens. Stir every 30 minutes. Let beans sit for 5 to 10 minutes after removing them from the oven before serving. Serves 4 to 6.

KFC Pork BBQ Sauce

2 1/2 cups Water
1/4 cup Vinegar
1 tablespoon Sugar
3 teaspoons Pepper
2 tablespoons Butter
3 teaspoons Salt
1/4 cup Chopped onion
1 Clove garlic, minced
1 teaspoon Red pepper
2 teaspoons Chili powder
1 teaspoon hot pepper sauce
1 teaspoon Dry mustard powder
3 tablespoons Worcestershire sauce

Combine all ingredients in a saucepan. Bring to a boil, stirring constantly. Reduce heat and simmer for 5 minutes. Cool overnight, warm before using. Start basting meat with this at the beginning of the cooking process. Baste and turn until pork registers 170 degrees on a meat thermometer (takes about 20 minutes for country ribs.)

KFC Buttermilk Biscuits

1/2 cup butter
1/4 cup club soda
1 beaten egg
3/4 cup buttermilk
1 teaspoon salt
5 cups Bisquick Biscuit Mix

Preheat the oven to 450F. Combine all of the ingredients. Knead the dough by hand until smooth. Flour your hands Pat the dough flat to 3/4-inch thickness on waxed paper and punch out biscuits with a biscuit cutter. Bake on a greased baking sheet for 12 minutes, or until golden brown, brush with melted butter when they come out of the oven. Makes 18 Biscuits.

KFC Cole Slaw

8 cups finely chopped cabbage (about 1 head)
1/4 cup shredded carrot (1 medium carrot)
2 tablespoons minced onion
1/3 cup granulated sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup milk
1/2 cup mayonnaise
1/4 cup buttermilk
1 1/2 tablespoons white vinegar
2 1/2 tablespoons lemon juice

Be sure cabbage and carrots are chopped up into very fine pieces (about the size of rice). Combine the sugar, salt, pepper, milk, mayonnaise, buttermilk, vinegar, and lemon juice in a large bowl and beat until smooth. Add the cabbage, carrots, and onion, and mix well. Cover and refrigerate for at least 2 hours before serving. Serves 10–12.

KFC Corn Muffins

1 cup flour
1 cup cornmeal
1/2 cup sugar
1 tablespoon baking powder
1/2 teaspoon salt
1/2 cup butter, softened
1 cup half and half
1 egg, lightly beaten

Preheat oven to 400. Grease muffin tins for 9 muffins.

In a large bowl, stir together the flour, cornmeal, sugar, baking powder, and salt. Add butter and mix until crumbly. In a separate bowl, mix the half and half with the egg and fold in the liquid mixture into the flour mixture. Spoon into tins filling to the top. Bake about 25 minutes.

KFC Extra Crispy

1 whole frying chicken, cut up
6–8 cups shortening

Coating:

1 egg, beaten
1 cup milk
2 cups all–purpose flour
2 1/2 teaspoons salt
3/4 teaspoon pepper
3/4 teaspoon MSG
1/8 teaspoon Garlic Powder
1/8 teaspoon Baking Powder

Trim any excess skin and fat from the chicken pieces. Preheat the shortening in a deep–fryer to 350 degrees. Combine the beaten egg and milk in a medium bowl. In another medium bowl, combine the remaining coating ingredients (flour, salt, pepper and MSG). When the chicken has marinated, transfer each piece to paper towels so that excess liquid can drain off. Working with one piece at a time, first dip in egg and milk then coat the chicken with the dry flour mixture, then the egg and milk mixture again, and then back into the flour. Be sure that each piece is coated very generously. Stack the chicken on a plate or cookie sheet until each piece has been coated. Drop the chicken, one piece at a time into the hot shortening. Fry half of the chicken at a time (4 pieces) for 12–15 minutes, or until it is golden brown. You should be sure to stir the chicken around halfway through the cooking time so that each piece cooks evenly. Remove the chicken to a rack or towels to drain for about 5 minutes before eating.

KFC Extra Crispy Strips

Marinade:

4 cups water

1 tablespoon salt

1/2 teaspoon MSG

Coating:

1 egg, beaten

1 cup milk

2 cups all-purpose flour

2 1/2 teaspoons salt

3/4 teaspoon pepper

3/4 teaspoon MSG

1/8 teaspoon Garlic Powder

1/8 teaspoon Baking Powder

Cut 6 chicken Breasts into strips. . Preheat the shortening in a deep-fryer to 350 degrees. Beat 1 egg and 1 cup of milk. Dip the chicken into the egg mixture. Dip the the chicken into the coating. Fry in fryer a few at a time till they are golden brown and float. Remove the chicken to a rack and allow to drain for 5 minutes.

KFC Gravy

1 tablespoon vegetable shortening
5 tablespoons all-purpose flour
1 can Campbell's chicken broth (plus 1 can of water)
1/4 teaspoon salt
1/8 teaspoon MSG or Accent Flavor Enhancer
1/8 teaspoon ground black pepper

First make a roux by combining the shortening with 1 1/2 tablespoons of flour in a medium saucepan over low heat. Heat the mixture for 20–30 minutes, stirring often, until it is a dark chocolate color. Remove the roux from the heat, add the remaining ingredients to the saucepan and stir. Put the saucepan back over the heat, turn it up to medium and bring the gravy to a boiling. Reduce heat and simmer for 15 minutes, or until thick. Makes about 3 cups.

KFC Honey Barbecued Wings

20 Chicken Wings, tips removed
2 cups flour
2 eggs
2/3 cup milk
1 Bottle KC Masterpiece Original BBQ Sauce
1/4 cup honey
oil for deep frying

Wash the chicken wings, then remove the wing tips; cut the other two pieces in half. Shake off the excess water. Place the eggs and milk in a bowl and mix well. Set aside. Mix together the BBQ sauce and honey. Set aside. Put the flour into a bag, then shake the wings in it, to lightly coat. Roll the wings in the egg wash, then toss them back into the bag. You want a fairly heavy coating of flour so the BBQ sauce has something to hang onto. Repeat 2–3 times.

Heat a large skillet or use your deep fryer. Heat oil until it's very hot (around 350F).

Fry the wings until they're golden brown. Remove and drain on paper towels.

Preheat oven to 325F.

Dip each wing in the BBQ sauce and place on a greased cookie sheet. Make sure the pieces don't touch each other. Bake for 15–20 minutes, until they no longer look shiny.

KFC Macaroni and Cheese

6 cups water
1 1/3 cups elbow macaroni
4 ounces Velveeta cheese
1/2 cup shredded cheddar cheese
2 tablespoons whole milk
1/4 teaspoon salt

Bring water to a boil over high heat in a medium saucepan. Add elbow macaroni to the water and cook it for 10 to 12 minutes or until tender, stirring occasionally. While the macaroni is boiling, prepare the cheese sauce by combining the remaining ingredients in a small saucepan over low heat. Stir often as the cheese melts into a smooth consistency. When the macaroni is done, strain it and then pour it back into the same pan, without the water. Add the cheese sauce to the pan and stir gently until the macaroni is well-coated with the cheese. Serve immediately while hot.

KFC Macaroni Salad

1 lb Elbows Macaroni
1/4 cup Carrots, chopped fine
1 tbsp Minced Onion
1/4 cup Celery, chopped fine
2 cups Food Service Cole slaw Dressing
dash White Pepper

Cook macaroni noodles to package directions. Drain and allow to cool.
In a large bowl combine all of above. Refrigerate for 2 hours.

KFC Mashed Potatoes

2 1/2 cups Idaho Potato Flakes
1 stick Margarine
2 tablespoons Butter
2 1/2 cups Hot Water
3/4 cup Milk
1 teaspoon salt

Heat water add butter and margarine till melted. Add the salt and cook for 2 minutes.
Add the flakes and mix till it looks like regular potatoes. Add milk to proper consistency.
Serve with gravy. Serves 6

KFC Original Recipe

6 cups Crisco Shortening
1 eggs well beaten
2 cups Milk
2 cups Flour
2 teaspoons ground pepper
3 tablespoons salt
1 teaspoon MSG
1/8 teaspoon Garlic Powder
1 dash paprika
2 Frying Chickens cut into 6 pieces

Place shortening into the pressure cooker and heat over medium heat to the shortening reaches 400F. In a small bowl, combine the egg and milk. In a separate bowl, combine the remaining six dry ingredients. Dip each piece of chicken into the milk until fully moistened. Roll the moistened chicken in the flour mixture until well coated. In groups of four or five, drop the covered chicken pieces into the shortening and lock the lid. When pressure builds up cook for 10 minutes.
RELEASE TO MANUFACTURER'S INSTRUCTIONS!!

KFC Pot Pie

3 large potatoes peeled and cut
2/3 cup frozen peas
1 large can chicken drained
4 carrots cut small
2 cans of cream of chicken soup
1 can milk
2 Tablespoons Onion
1 dash Msg

Cook onions, potatoes, and carrots till totally cooked in boiling water. Drain the vegetables. Add the chicken then the chicken soup mix well the mixture should be thick but not too thick. For the crust make the biscuit recipe in this book and roll thin. Center the crust on top of the pie and brush the top with butter. Bake at 350F for 20 to 25 minutes until the top is nice and brown.

KFC Potato Salad

2 pounds russet potatoes
1 cup mayonnaise
4 teaspoons sweet pickle relish
4 teaspoons sugar
2 teaspoons minced white onion
2 teaspoons prepared mustard
1 teaspoon vinegar
1 teaspoon minced celery
1 teaspoon diced pimentos
1/2 teaspoon shredded carrot
1/4 teaspoon dried parsley
1/4 teaspoon pepper
dash salt

Lightly peel the potatoes (you don't have to get all of the skin off) then chop them into bite-size pieces and boil in 6 cups of boiling, salted water for 7–10 minutes. The potato chunks should be tender, yet slightly tough in the middle when done. Drain and rinse potatoes with cold water. In a medium bowl, combine remaining ingredients and whisk until smooth. Poured drained potatoes into a large bowl. Pour the dressing over the potatoes and mix until well-combined. Cover and chill for at least 4 hours. Overnight is best

KFC Potato Wedges

shortening for Frying
5 Baking potatoes cut into Wedges
1 cup Milk
1 egg
1 cup flour
2 tablespoons salt
1 teaspoon pepper
1/2 teaspoon MSG

Preheat shortening in to 375F. Cut the potatoes into 16 to 18 equal side wedges. Mix the egg and milk till well blended in a big bowl. Mix the dry ingredients into a large bowl. Put some potatoes in the milk and egg then into the flour mixture until well coated. Fry in fryer for 5 minutes.

KFC Rotisserie Style Chicken

1/4 cup Oil
1 tablespoon Honey
1 tablespoon Lime juice
1/4 teaspoon Paprika
Season salt
4 Chicken breast halves with skin

Mix all ingredients well in saucepan and warm just to melt honey. Arrange 4 chicken breast halves, skin-side-up in a square baking dish or pan, sprayed with Pam. Bake uncovered at 400F about 35 to 40 minutes, basting chicken without turning them, 3 or 4 times during baking or until nicely browned. Immediately upon removing from oven, seal baking dish tightly in foil and let stand 15 to 20 minutes before serving.