

Southern Style Smothered Chicken (Crock Pot Recipe)

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Cooking With Carolyn

Ingredients

Yield: 4 Servings

- 8 Pieces of Chicken or 1 Whole Chicken cut into pieces, cleaned and pat dry
- 1½ Tablespoons Grand Diamond All Purpose Seasoning
- 1 Tablespoon Poultry Seasoning, preferably unsalted
- 1 Tablespoon Garlic Powder
- 1 Tablespoon Smoked Paprika
- 1 Tablespoon Kosher Salt
- 1 Tablespoon Black Pepper
- 2 Teaspoons Cayenne
- ½ Cup plus 1/3 Cup All Purpose Flour
- 1/3 Cup Chopped Celery
- 1/3 Cup Chopped Onion
- 2 Cloves Garlic, finely minced
- 4½ Cups Low Sodium Chicken Stock/Broth
- Vegetable Oil for frying

Directions

Mix all of the seasonings together in a small bowl. Place ½ cup of flour on a plate or in a bowl. Use half of the seasoning mixture to season the chicken and the other half for the flour. Mix well.

Dredge the seasoned chicken in the seasoned flour and tap off the excess flour, the coating should be thin. Set aside. Preheat about ½ to ¾ inch of vegetable oil in a large skillet over medium-high heat. Brown all of the chicken pieces on all sides, about 4 to 6 minutes on each side. (**Note:** Just brown the chicken, the goal is NOT to cook it all the way through.) Once done drain on a paper towel.

Drain all of the oil from the skillet except ¼ cup, keep the heat on medium-high heat. Add and sauté the celery and onions for about 3 to 4 minutes. Stir in the flour. Continue to cook the roux until it's a golden brown color, about 5 minutes. (**Tip:** The longer the roux is cooked the browner it will become and that will determine the color of the entire dish.) Add the garlic and sauté for another 30 seconds or so. Whisk in the chicken stock/broth until there are no lumps. Season the gravy to taste. Allow the gravy to come up to a boil and whisk to ensure there are no lumps then turn off the heat.

Pour all of the gravy into the crock pot and place all of the chicken in the gravy. Cook on HIGH for 3 hours or on LOW for about 6 hours. Serving with your favorite rice or mashed potatoes.