**Southern Fried Chicken**

Soak chicken pieces in salted water overnight or at least 2 hours. Drain and roll pieces in flour and sprinkle with pepper. Head lard to smoking point in heavy skillet, about 2 inches deep. Fry, covered, on each side (don’t peek) for about 15 minutes. Keep heat high and cook fast.

(Recipe from *More than Beans and Cornbread: Traditional West Virginia Cooking* by Barbara Beury McCallum.)