

TODAY
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[HOME](#)

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[BOOK CLUB](#)

[FOOD](#)

[MUSIC](#)

[POLITICS](#)

[SPORTS](#)

[ARCH](#)

Drive-Thru

CHICAGO BITE BY BITE

[« A New Option for Soup](#)

[Beverage Finds at NRA Show »](#)

FOODPORN TUE MAY 26 2009

Food Finds from NRA Show

- **What is broasted chicken?** The crowds at the [Broaster](#) chicken booth were pretty big for good reason. Broasted chicken is pretty tasty. But what is it? It's not what I always thought--some sort of broiled/roasted process. It's pressure frying. Instead of putting chicken into a regular fryer, with the Broaster machine, the chicken goes into a big pressure cooker-like contraption. This cuts down on cooking time, and supposedly (according to the sales rep I talked to) also cuts down on the amount of oil the chicken absorbs, making it healthier than regular fried--or even rotisserie--chicken. Broaster's [website](#) says you can find their chicken at [Stanley's](#), [Boston Blackie's](#), [Staropolska](#), and [Potash Bros.](#) supermarkets, among other locations.