

Brown Butter and Thyme Chicken Thighs

Ingredients:

9" skillet

- 4 bone in, skin on chicken thighs
- ¼ cup olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 6 sprigs fresh thyme or 1 Tablespoon dried
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 6 tablespoons unsalted butter

Instructions:

1. Preheat oven 450, place your 9" cast iron skillet in the oven to preheat as well.
2. Trim excess fat from chicken, place chicken on a baking sheet.
3. In a bowl mix olive oil, garlic powder, onion powder, salt and pepper
4. Drizzle olive oil mixture over chicken, making sure to season both sides well.
5. When oven is at temperature, carefully remove cast iron pan from the hot oven, place on a cook top burner with medium-high heat. Lower oven temperature to 350.
6. Add chicken thighs to the hot pan skin side down, do not move for 8 minutes. Use splatter guard if needed but not a lid that will keep the chicken skin from browning and crisping.
7. After 8 minutes turn chicken over, if it will not release wait one minute longer and try again. Sear the second side for 10 minutes.
8. After 10 minutes sear add thyme sprigs or sprinkle dried thyme all over chicken and the pan. Add butter all around the chicken, take a spoon and quickly baste the chicken with the melted butter.
9. Place the cast iron pan in the hot oven and finish cooking, 15-18 minutes, check internal temperature, when chicken reached 165 it is done.
10. Remove from oven, place chicken on a platter and pour the brown butter and thyme over the chicken and serve.

** Options, when adding the thyme and butter you can also add 4-6 whole garlic cloves, one medium onion sliced thin, one leek sliced thin, 8 cremini mushrooms stems removed and quartered. Replace the thyme with sage, rosemary, oregano or tarragon.



Recipe from Kate's Curious Kitchen