Apricot Chicken Recipes

Apricot jam makes a quick glossy sauce for browned chicken thighs. Mustard and cider vinegar balance the fruit sweetness while the chicken finishes gently in the pan.

PREP 15 min | COOK 30 min | TOTAL 50 min | SERVES 4 | EASY



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp ground black pepper
- 1 small onion (100 g), sliced
- 2 garlic cloves (6 g), minced
- 1/3 cup (100 g) apricot jam
- 1/2 cup (120 ml) chicken broth
- 1 tbsp (15 ml) apple cider vinegar
- 1 tbsp (15 g) yellow mustard

Ingredient note: Jam sweetness varies. Taste the mixed sauce before adding it to raw chicken and adjust with a little extra vinegar if desired.

Method

1. Pat thighs dry and season with salt and pepper. Mix apricot jam, broth, vinegar and mustard in a bowl.
2. Heat oil over medium-high heat. Brown thighs 4 minutes per side; remove to a clean plate.
3. Lower heat to medium and soften onion for 5 minutes. Add garlic for 30 seconds.
4. Stir in apricot mixture and return chicken and its juices.
5. Cover and simmer gently 12-18 minutes until every thigh reaches 165°F (74°C). Uncover briefly to thicken the sauce if needed, keeping heat low so the jam does not scorch.
6. Rest off heat 5 minutes and spoon sauce over the chicken.

Serving and storage

Serve: Serve with rice and steamed green beans.

Refrigerate: Refrigerate promptly in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days, counting any earlier storage of cooked chicken used in the recipe.

Freeze: Freeze in airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

Reheat: Warm in a covered pan over medium-low heat with a splash of water or broth until the chicken reaches 165°F (74°C).

Cook safely

Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C).

Helpful tips
Jam sweetness varies. Taste the mixed sauce before adding it to raw chicken and adjust with a little extra vinegar if desired.
Measure ingredients before starting and keep raw-poultry utensils separate from cooked food.
Use the thermometer target in the instructions rather than relying only on color.