Baked Bone in Chicken Breast Recipes

Baked Bone in Chicken Breast Recipes uses garlic-paprika bone-in breast roast. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
10 min	60 min	5 min	4	Easy

Ingredients

- 2 large split bone-in skin-on chicken breasts / about 2 pounds / 900 g
- 1 tablespoon olive oil / 15 ml
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon sweet paprika
- 1 teaspoon garlic powder
- 1 tablespoon lemon juice / 15 ml

Ingredient Notes

Bone-in: Larger pieces may need longer than the estimate.

Lemon: Add after baking for a bright finish.

Instructions

1. Heat oven to 375°F (190°C). Pat breasts dry without washing.

2. Mix oil, salt, pepper, paprika and garlic powder; rub over skin and meat.

3. Arrange skin-up in a shallow metal pan.

4. Bake about 40 to 60 minutes, checking from 35 minutes until each breast reaches 165°F (74°C) away from bone.

5. Rest 5 minutes and drizzle with lemon juice before carving.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Tips & Mistakes to Avoid

Tips: Use a shallow pan. Shield skin if needed. Check the thickest center.

Avoid: Probing the rib bone. Assuming all breasts weigh the same. Burning paprika under excessive heat.

Variations & Serving

Herb: Replace paprika with oregano. Peppery: Increase pepper. Skin removal: Roast with skin and remove it after cooking if preferred.

Carve each large breast into two servings. Extra sides are optional and are not included in these ingredient quantities.

Storage, Freezing & Reheating

Storage: Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow the oldest ingredient's original deadline; mixing or reheating does not restart the storage clock.

Freezing: Freeze promptly cooled cooked portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer, although quality declines.

Reheating: Reheat chicken covered at 350°F (175°C) with a small splash of water or broth until centers reach 165°F (74°C). Stir mixtures and check multiple spots. Bring leftover sauces to a boil, then avoid prolonged cooking. Do not reheat leftovers in a slow cooker.

Recipe & References

Recipe: https://howtocookchickenrecipes.com/baked-bone-in-chicken-breast-recipes/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart