Fried Chicken Thigh Recipes

American / Global | Skillet | Easy



PREP 10 min	COOK 25 min	TOTAL 35 min	SERVES 4

A dry spice rub and a steady skillet heat give skinless thighs a browned crust. Finish with a small amount of garlic butter after the chicken is fully cooked.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tsp sweet paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp fine salt
- 1/4 tsp black pepper
- 2 tbsp (30 ml) neutral cooking oil
- 1 tbsp (14 g) unsalted butter
- 2 garlic cloves, minced
- 1 tbsp (15 ml) lemon juice
- 1 tbsp chopped parsley

Ingredient note: This is a pan-fried dry-rub method, not a flour-breaded fried chicken recipe. Moderate heat protects paprika and garlic powder from scorching.

Method & notes

10 min prep | 25 min cook | 4 servings

METHOD

Open thighs flat and pat dry. Mix paprika, garlic powder, onion powder, salt and pepper and rub over both sides.
Heat oil in a wide skillet over medium heat. Cook thighs smooth-side down for 5 to 7 minutes, pressing lightly at the start so the meat contacts the pan.
Turn and cook about 4 to 6 minutes more, checking each thickest portion for 165°F (74°C). Move cooked chicken to a clean plate.
Lower heat. Melt butter in the skillet and stir fresh garlic for 30 seconds without darkening it. Turn off heat and add lemon juice.
Return cooked chicken briefly to coat in the garlic butter and finish with parsley.

SAFE DONENESS

Cook each chicken portion to at least 165°F (74°C), measuring in the thickest meat without touching bone. Check several large diced pieces when applicable. Casseroles and reheated leftovers also need 165°F (74°C). Timing and surface color do not replace a food thermometer.

TIP

Keep the first side still until a golden crust develops.

AVOID

Turning constantly prevents browning. High heat can burn the spice rub.

SERVING & VARIATIONS

Serving: Divide chicken and garlic butter among 4 plates. Optional sides are prepared separately.
Air fryer: Lightly oil the seasoned thighs and cook at 380°F (195°C), turning halfway and checking for 165°F (74°C), starting checks around 14 minutes.
Chili: Add 1/8 teaspoon cayenne.
Herb: Add 1/2 teaspoon thyme.

STORAGE

Refrigerate promptly in shallow covered 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. Do not leave a large batch on the counter to cool completely.

FREEZING

Freeze promptly cooled portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator.

REHEATING

Reheat chicken on an oven-safe rack over a tray at 350°F (175°C) until the thickest meat reaches 165°F (74°C). Loosely cover if browning too much, then uncover briefly to restore some surface texture.

QUICK ANSWERS

Do I need flour? No. The dry seasoning coats the chicken directly.
Can I air-fry the thighs? Use the air-fryer variation and check temperature; appliance timing varies.
Can I use bone-in thighs? They need a substantially longer cooking method; use a separate bone-in roasting recipe rather than these short skillet times.

NUTRITION

Not calculated.

VIDEO REFERENCE

DRY RUB Juicy FRIED CHICKEN. Spicy Garlic Chicken Thighs. Dinner in 25 Min! Recipe by Always Yummy! (YouTube).

Recipe developed from the supplied importer content.