Garlic Chicken Thighs

American / Global | Skillet | Easy



PREP 10 min	COOK 25 min	TOTAL 35 min	SERVES 4

Boneless thighs develop a golden surface in the skillet before fresh garlic, broth and butter make the sauce. Add minced garlic after browning the meat so it does not burn.

INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 3/4 tsp fine salt
- 1/4 tsp black pepper
- 1 tsp garlic powder
- 1 tbsp (15 ml) olive oil
- 6 garlic cloves, finely minced
- 2 tbsp (28 g) unsalted butter
- 1/2 cup (120 ml) low-sodium chicken broth
- 1 tbsp (15 ml) lemon juice
- 2 tbsp chopped parsley

Ingredient note: Garlic powder seasons the seared surface; fresh garlic is added later for the sauce. A medium heat gives the thighs time to brown without scorching the seasoning.

Method & notes

10 min prep | 25 min cook | 4 servings

METHOD

Open thighs flat, pat dry and trim excess fat. Season with salt, pepper and garlic powder.
Heat oil in a wide skillet over medium heat. Cook thighs smooth-side down for 5 to 7 minutes without crowding. Turn and cook about 4 to 6 minutes more, until each reaches 165°F (74°C). Move to a clean plate.
Lower heat. Add butter and minced garlic, stirring for about 30 seconds until fragrant but not dark.
Add broth and scrape the browned bits. Simmer for 2 to 3 minutes, then stir in lemon juice.
Return cooked chicken and its juices just long enough to coat. 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

Use two batches if the thighs do not fit in a single loose layer.

AVOID

Fresh garlic added at the start of searing can burn and turn bitter.

SERVING & VARIATIONS

Serving: Divide thighs and garlic sauce among 4 plates. Optional rice or vegetables are prepared separately.
Oven: Roast seasoned thighs at 425°F (220°C) for about 20 to 25 minutes to 165°F (74°C), then make the sauce separately.
Herb: Add 1/2 teaspoon thyme with garlic powder.
Creamy: Add 2 tablespoons cream to the finished broth.

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 covered on the stovetop or in a microwave with a splash of water or broth, turning or stirring for even heating. Check several thickest portions for 165°F (74°C). Do not reheat chilled leftovers in a slow cooker.

QUICK ANSWERS

Can skinless thighs have a browned crust? Yes. Dry them well and leave the first side undisturbed while it browns.
Why use two forms of garlic? Powder coats the chicken; minced garlic flavors the pan sauce without enduring the full sear.
Can I bake them? Use the oven variation and check each thigh with a thermometer.

NUTRITION

Not calculated.

VIDEO REFERENCE

Crispy Garlic Chicken Thighs (YouTube).

Recipe developed from the supplied importer content.