Glazed Chicken Thighs

A fresh orange, ginger and coconut-amino glaze coats browned boneless thighs. Simmer the glaze only until it clings, then turn the chicken through it just before serving.

SERVES 4	PREP 15 min	COOK 25 min	EXTRA 0 min



Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1 tbsp (15 ml) neutral cooking oil
- 1/4 tsp fine salt
- 1/4 tsp black pepper
- 1/3 cup (80 ml) fresh orange juice
- 3 tbsp (45 ml) coconut aminos
- 2 tbsp (42 g) honey
- 2 garlic cloves, minced
- 2 tsp grated fresh ginger
- 1 tbsp (15 ml) lemon juice
- 1 tsp (3 g) cornstarch
- 1 tbsp (15 ml) cold water
- 2 green onions, sliced

Method

1. Pat thighs dry, open them flat and season with salt and pepper. Mix orange juice, coconut aminos, honey, garlic, ginger and lemon juice in a clean bowl.
2. Heat oil in a wide skillet over medium heat. Cook thighs about 5 to 7 minutes per side, in batches if needed, until each reaches 165°F (74°C). Transfer to a clean plate.
3. Lower heat and pour the fresh glaze mixture into the skillet. Scrape the browned bits and simmer for 2 minutes.
4. Mix cornstarch with cold water, whisk into the glaze and simmer about 1 minute until glossy. Add a splash of water if it becomes too thick.
5. Return cooked chicken and juices to coat briefly. Sprinkle with green onions and serve.

Doneness & safe handling

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.

Cook’s notes

Let the glaze thicken in the empty skillet, then return the cooked thighs.

Common mistake

High heat can scorch honey and garlic. Do not keep chicken simmering while the glaze reduces.

Variations

Chili: Add 1/4 teaspoon chili flakes. Baked: Roast seasoned thighs at 425°F (220°C) to 165°F (74°C), then coat in the separately cooked glaze. Citrus: Replace half the orange juice with water for a gentler flavor.

Serving

Divide glazed chicken among 4 plates. Optional rice and vegetables are prepared separately.

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 questions

Can I make baked glazed thighs? Yes. Use the oven variation and cook the glaze separately.

Why use a slurry? Cornstarch mixed with cold water thickens smoothly when stirred into the hot glaze.

How do I thin the glaze? Stir in water a teaspoon at a time while it is hot.

Recipe references: RecipeTin Eats - Sticky Baked Chicken Thighs, glaze and oven technique • https://www.recipetineats.com/sticky-baked-chicken-thighs/
USDA FSIS - Safe Minimum Internal Temperature Chart • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart
USDA FSIS - Leftovers and Food Safety • https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety