Chicken Tigh

Chicken Tigh uses boneless skinless chicken thighs and the oven roasting method. Unfold thighs so their thickness is even; time varies with size.



PREP	COOK	ADDITIONAL	SERVINGS	DIFFICULTY
10 min	**25 min**	**5 min**	**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 black pepper
- 1 tsp (2 g) paprika
- 1 tsp (3 g) garlic powder

Ingredient Notes

Unfold thighs so their thickness is even; time varies with size.

Instructions

1. Heat oven to 425°F (220°C). Pat thighs dry and coat with oil, salt, pepper, paprika and garlic powder.
2. Spread on a rimmed baking sheet with space between pieces.
3. Roast 20–25 minutes, checking early, until every thigh reaches 165°F (74°C).
4. Rest 5 minutes before serving.

Temperature & Doneness

Use a food thermometer to check the thickest chicken meat reaches 165°F (74°C). For stuffed chicken, the filling must also reach 165°F (74°C). Avoid touching bone or the pan.

Key Tips

- Unfold thighs so their thickness is even; time varies with size.
- Measure ingredients before starting. Keep utensils used for raw chicken separate from cooked food.

Common Mistakes

- Relying only on color or elapsed time.
- Crowding the pan and preventing even cooking.
- Using pieces of very different thickness.

Variations

- Lemon: add 1 tbsp lemon juice after cooking.
- Smoky: use smoked paprika.
- Herb: add 1 tsp dried thyme.

Serving

Serve with roasted potatoes and green beans.

Storage & Reheating

Storage: Refrigerate within 2 hours, or 1 hour above 90°F (32°C), in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, including prior storage of any cooked chicken.

Freezing: Freeze cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator. Freeze fresh salad sides separately.

Reheating: Reheat chicken and cooked leftovers to 165°F (74°C). Warm gently in a covered pan with a splash of water or broth; use a 375°F (190°C) oven for crumb-coated chicken. Keep fresh salad sides separate.

FAQs

Which chicken cut should I use? Use boneless skinless chicken thighs as listed; other cuts need different cooking times.

How do I check doneness? Use a thermometer and check the thickest chicken reaches 165°F (74°C).

Can I prepare it ahead? Measure ingredients ahead and refrigerate perishable components; cool and store leftovers promptly.

Food-safety reference: FoodSafety.gov — Safe minimum internal temperatures — https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

Food-safety reference: FoodSafety.gov — Cold food storage chart — https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts