Peruvian Chicken Recipes

PREP 15 MIN | COOK 45 MIN | ADDITIONAL 35 MIN | SERVES 4

These Peruvian-inspired roast chicken thighs use lime, garlic, cumin and paprika for a savory citrus coating. A rack helps hot air reach the skin.



INGREDIENTS

- 2 lb (900 g) bone-in skin-on chicken thighs
- 1 tbsp (15 ml) olive oil
- 1 tsp (6 g) salt
- 1/2 tsp (1 g) black pepper
- 2 tbsp (30 ml) lime juice
- 3 garlic cloves (9 g), minced
- 1 tsp (2 g) ground cumin
- 1 tsp (2 g) paprika
- 1 tsp (1 g) dried oregano
- 1 tbsp (15 ml) coconut aminos

Note: This is a home-oven interpretation, not a claim to a single traditional preparation. Pat the skin dry before coating.

METHOD

01 Mix oil, lime, garlic, cumin, paprika, oregano, coconut aminos, salt and pepper.

02 Pat chicken dry, coat with the mixture and refrigerate 30 minutes.

03 Heat oven to 425°F (220°C). Line a rimmed tray and place an oven-safe rack on top.

04 Arrange thighs skin-side up with gaps; discard marinade that touched raw chicken.

05 Roast 35–45 minutes until all thighs reach at least 165°F (74°C), probing away from bone; dark meat may be more tender at 175–185°F (79–85°C).

06 Rest on a clean plate 5 minutes before serving.

DONENESS CHECK
Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C).

TIPS

- This is a home-oven interpretation, not a claim to a single traditional preparation. Pat the skin dry before coating.
- Measure ingredients before starting and keep raw-poultry utensils separate from cooked food.
- Use the thermometer target in the instructions rather than relying only on color.

AVOID

- Skipping the recipe-specific preparation and thickness guidance.
- Crowding the pan or tray so food cooks unevenly.
- Judging doneness only by color or time instead of a thermometer.

VARIATIONS & SERVING

- Lemon: replace lime with lemon.
- Boneless: use boneless thighs and start checking earlier.
- Spicy: add a pinch of chilli powder.
- Serve with rice and a cucumber salad.

STORAGE & REHEATING

Refrigerate promptly in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3–4 days, counting any earlier storage of cooked chicken used in the recipe.

FREEZING Freeze in airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

Warm in a covered pan over medium-low heat with a splash of water or broth until the chicken reaches 165°F (74°C).

QUICK ANSWERS

Is this rotisserie chicken? No; this version uses oven-roasted thighs.

Can I use a whole chicken? Use whole-chicken instructions and temperature checks instead of these thigh timings.

Does the marinade need long soaking? Thirty minutes refrigerated is enough for this recipe.