HOW TO COOK CHICKEN RECIPES

Smothered Chicken Thighs

Tender skillet thighs in a rich onion gravy

Prep 15 min **Cook** 40 min
Total 55 min **Serves** 4
Additional 0 min
Difficulty Easy



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken thighs
- 1/2 tsp fine salt
- 1/2 tsp black pepper
- 1 tsp sweet paprika
- 1 tbsp (15 ml) neutral cooking oil
- 2 tbsp (28 g) unsalted butter
- 2 medium yellow onions, thinly sliced
- 2 garlic cloves, minced
- 3 tbsp (24 g) all-purpose flour
- 1 1/2 cups (360 ml) low-sodium chicken broth
- 1/2 cup (120 ml) whole milk
- 1/2 tsp dried thyme
- 2 tbsp chopped parsley

METHOD

1. Pat chicken dry and season with salt, pepper and paprika. Heat oil in a wide skillet over medium-high heat and brown thighs for about 4 minutes per side. Transfer to a plate; chicken will finish in the gravy.

2. Lower heat to medium. Melt butter and cook onions for 10 to 12 minutes, stirring, until soft and lightly golden. Add garlic for 30 seconds.

3. Stir flour into the onions and cook for 1 minute. Gradually add broth, stirring to avoid lumps, then milk and thyme. Bring to a gentle simmer.

4. Return chicken and its juices. Partially cover and simmer about 8 to 12 minutes, stirring sauce around the pieces, until every thigh reaches 165°F (74°C).

5. If gravy is thick, add a splash of water. Finish with parsley and serve.

COOKING TIP

Let the onions soften before adding flour so the gravy does not taste harsh.

DONENESS & STORAGE

Cook every chicken portion to at least 165°F (74°C), checking the thickest part with a thermometer. Refrigerate in shallow containers within 2 hours (1 hour above 90°F / 32°C). Keep at 40°F (4°C) or below for 3 to 4 days. Reheat to 165°F (74°C). Freeze cooled leftovers for up to 3 months for best quality; thaw in the refrigerator.

https://howtocookchickenrecipes.com/smothered-chicken-thighs/