



Black Garlic Cream Sauce Chicken Thighs

Main Course

Tender chicken thighs are elevated with a velvety cream sauce infused with the unique complexity of black garlic. Originating in Asian cuisine, black garlic's subtle sweetness and rich umami turn this classic skillet dinner into something extraordinary. We love how this dish blends comfort with elegance—ideal for a romantic dinner or when you want to wow guests with minimal effort.

Ingredients:

- 6 bone-in, skin-on chicken thighs
- 4 cloves black garlic, mashed
- 1 cup heavy cream
- 1/2 cup chicken broth
- 2 tbsp olive oil
- 1 tbsp fresh parsley, chopped
- Salt and pepper to taste

Instructions:

1. Season chicken thighs with salt and pepper.
2. In a skillet, heat olive oil over medium-high heat and sear chicken until golden, about 5 minutes per side. Remove and set aside.
3. In the same skillet, add black garlic and sauté briefly.
4. Pour in chicken broth and cream, stirring until combined.
5. Return chicken to skillet, cover, and simmer for 20–25 minutes until cooked through.
6. Garnish with fresh parsley before serving.