



Chicken Thyme Thighs

Chicken Thyme Thighs

Serves 6 to 8

Time: As long as it takes



Ingredients for Chicken and Brine

Chicken:

8 bone-in, skin-on chicken thighs (about 4 lbs)

Chicken Thyme Thigh Brine:

2 Tbsp Fennel Pepper

4 Tbsp kosher salt (plus more to taste)

4 Tbsp Chopped fresh Thyme

1 Tbsp Mustard

1 Tbsp Worcestershire sauce

2 Tbsp lemon juice (or lime juice)

2 Tbsp Apple vinegar

5 Tbsp Agave or honey (substitute maple syrup)

½ tsp black pepper (freshly ground)

1 Tbsp olive oil

1 Tbsp sesame oil

1 Tbsp low sodium soy sauce

Dissolve in a bowl large enough to cover chicken

Refrigerate overnight or at least 4-6 hours

Dissolve ingredients in cool water (eventually enough to cover chicken)

Make the rub while chicken brines or ahead of time.

Refrigerate overnight or at least 4-6 hours minimum

Remove thighs from brine, rinse and let drip dry before applying dry rub.

Allow 2 hours for dry rub on rest on chicken before cooking (if possible).

Chicken Thyme Thighs

Contributors: Team FP



Dry Rub and Preparation

Chicken Thyme Thigh Dry Rub:

- 1 Tbsp - Fennel Pepper
- 1 Tbsp - Salt (course)
- 2 Tbsp - Fresh Oregano (or 1 Tbsp dry)
- 2 Tbsp - Fresh Thyme (or 1 Tbsp dry)
- 1 Tbsp - Brown sugar
- Dash - Pepper (red) to heat preference

Mix ingredients in bowl

Remove thighs from brine, rinse and let drip dry before applying dry rub.

Generously coat and rub all sides of chicken thighs.

Allow 2 hours for dry rub on rest on chicken before cooking .

Grilling Chicken Thyme thighs:

Grill on low heat, turning after 5-7 minutes on each side. Move thighs away from direct flame and let roast for 10-15 minutes turning often until skin rendered crispy. Be careful not to burn over direct flame. Chicken thighs are oily. They will drip causing flare-ups that can easily burn the meat and skin. Moving to indirect heat to finish cooking helps the skin to crisp up and reduce the possibility of burning. A perfectly rendered skin is a nice salty and crispy treat if done right.

~ Roast the thighs if grilling is not an option. Preheat oven to 325°F. Roast thighs turning

as needed until internal temperature is 165°F and the skin is crispy and rendered.

** Be careful not to burn over direct flame. Chicken thighs are oily. They will drip causing flare-ups that can quickly burn the meat and skin.

Move to indirect heat to finish cooking will help the skin to crisp up and reduce the possibility of burning.

* Using Oregano instead of Rosemary if allergic to Rosemary. Otherwise, you

can use Rosemary Use fresh herbs whenever possible.