

SHKMERULI

Georgian Creamy Chicken Baked in Milk and Garlic

Ingredients:

- 1 Whole chicken, about 3 1/2 lbs cut into pieces (or use bone-in chicken pieces as you like)
- 2 Tablespoons Vegetable Oil, such as sunflower (I don't recommend olive oil for this recipe)
- 2 Tablespoons Butter
- 8-10 Cloves Garlic, don't worry - this actually works
- 1 Cup Whole Milk
- 1/3 Sour-cream
- Salt and Pepper to taste



[Click on the photo to see the video](#)

This recipe was created by a local woman living high in the mountains of Racha, village Shkmeri.



Instructions:

Preheat the oven to 400 degrees.

Wash and dry the chicken pieces, then coat them with oil and season lightly with salt and pepper.

Add oil to a skillet over medium heat.

Brown the chicken on both sides (10 minutes on the first, about 5 on the second)

Place the chicken in a baking dish and roast uncovered for 20 - 30 minutes until cooked through (internal temperature of 165 degrees).

Remove from the oven and allow the chicken to rest.

Mince the garlic and then flatten with the side of your knife to form a paste (or use a mortar and pestle).

Add the butter to a small sauce pan (you can substitute 1 tablespoon of pan drippings for some of the butter to add more rich chicken flavor to the sauce)

Add the garlic and lightly saute.

Add the milk and bring it to a boil for 2 minutes, stirring constantly.

Place the chicken in a small baking dish (Georgian's use a shallow clay baking dish, called a ketsi)

Pour the milk and garlic sauce over the chicken, and bake for 5 minutes.

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