

THREE INGREDIENT CHICKEN

Another foray into quick and easy... well, easy anyways. Not the healthiest chicken in the world, but TASTY!

20200525 (Monday): A word about cook temperatures and times...

The original cook temperature was 350 deg. F until the internal temperature reached 155 deg. F. The meat was very nice, moist, tender and tasty. The skin? OK, but not great. I am now trying to juggle cook temps and times to get both the fantastic meat and skin. Previous attempts

- 350 deg. F until the internal temperature reaches 155 deg. F
- 350 deg. F until the internal temperature reaches 150 deg. F. Crank oven to 500 deg. F and cook until internal temperature reaches 165 deg. F

20200705 (Sunday): I am getting there...

The skin is still not crispy all over, but this reflects the best I have been able to get it. I did not do the bit with the SearzAll last time around, but I think it will only help the skin texture

20200726 (Sunday): Closest yet!

Last time I made this, I forgot to put the chicken on a lightly greased cookie sheet before sticking in the oven. I just went right from the fridge to the oven on the ¼ sheet cooling rack. You know what? Best crispy chicken skin yet! I am updating the recipe to reflect this

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
4	-----	Chicken Thighs
AR	-----	Old Bay
AR	-----	Land O ' Lakes Salted Butter

I generally get the smaller pack of chicken thighs which come 4 thighs to the pack, so it all works out!

Insert standard disclaimer about salted butter here

SPECIAL TOOLS

- SearzAll [iii]

PREPARATION

DAY BEFORE

- 1) Slice 4 thin patties of butter
- 2) Separate, but do not remove, the skin from the meat to form a “pocket”[i]
- 3) Generously sprinkle Old Bay under the skin and over all sides of the chicken thighs
- 4) Insert a thin patty of butter into each pocket
- 5) Place chicken thighs on a quarter sheet cooling rack in a quarter sheet pan
- 6) Place pan in fridge over night

DAY OF

- 1) Pre-heat oven to 500 deg. F
- 2) Pull the chicken from the fridge and insert a temperature probe into the thickest part of the largest thigh
- 3) Place the chicken in the oven keeping it on the same ¼ sheet cooling rack in the ¼ sheet pan that was used in the fridge
- 4) Set timer for 10 minutes
- 5) When 10 minute timer expires, reduce oven to 225 deg. F
- 6) Cook until internal temperature reaches 165 deg. F
- 7) Pull from oven. If the chicken skin is not as crisp as you would like, blast it with the SearzAll until it gets there
- 8) Allow chicken to rest under a heat dome for 10 minutes [ii]
- 9) ENJOY!!!

NOTES

- i. You may be able to do this with your fingers, but a sharp knife sure does help!
- ii. Internal temperature should rise by 5 – 10 degrees F due to carry-over cooking. Use your temperature probe to be sure!
- iii. Maybe not 100% necessary, but it sure is fun to use!

PICTURES





