

CREAMY GARLIC BUTTER CHICKEN

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COOK TIME: 50mins

SERVES: 4

CALORIES: 384 kcal (PER SERVING)

INGREDIENTS

8 bone-in, skin-on chicken thighs
1 can (400 g/15 ounce) chickpeas, drained
3 garlic cloves, minced
1 whole garlic head
1/2 cup/100 ml dry white wine
1/2 cup/100 ml unsalted chicken stock
3/4 cup/200 ml half and half, or light cream 20%
40 g/1.4 oz grated parmesan
1 tsp mild mustard
3 tbsp olive oil
1 tbsp unsalted butter
salt
2 tsp freshly ground black peppercorns
5 thyme sprigs, or 1 tsp dried
10 sage leaves, or 1 tsp dried

*SEASONING

1/2 tsp each: smoked paprika, ground cumin,
dried thyme, dried sage,
chili flakes, salt, black pepper
1 tbsp olive oil
1 garlic clove, minced

DIRECTIONS

Preheat the oven to 200 °C/400 °F.

Combine the ingredients for the seasoning. Rub the chicken thighs with the seasoning on all sides.

Heat olive oil in a large oven-proof skillet over medium high heat. Add chicken thighs and sear both sides until golden brown, about 5 minutes per side. Remove from skillet.

Heat butter, 2 tsp freshly ground black pepper and minced garlic in the same skillet over low heat, stirring occasionally, until butter is melted and foaming, but not browned, about 2 minutes.

Add white wine, cook until reduced and no raw alcohol aroma remains, about 3 minutes. Add chicken stock and mustard. Bring to a boil. Add cream, stir in chickpeas and parmesan. Season with salt.

Return chicken to the skillet. Sprinkle with thyme and sage. Trim the top off the head of garlic to expose the tops and nestle between the chicken.

Place the skillet in the oven and roast until completely cooked through, about 30 minutes.

Squeeze out 2 or 3 roasted garlic cloves and add them to the sauce, smash with a fork. Enjoy!

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