



Garlic Rosemary Chicken Thighs

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- 8 skin-on chicken thighs (bone in or boneless)
- 1-2 tablespoons O&V [Garlic EVOO](#) or [Rosemary EVOO](#) *
- 4 medium sized shallots, peeled and halved
- 3 ½ tablespoons O&V [Rosemary Dipper](#) *
- 2 tablespoons garlic powder
- 1 teaspoon chopped fresh rosemary
- 6-8 cloves of garlic, finely chopped
- 1 cup chicken broth
- 8 oz green beans, trimmed
- 1 teaspoon kosher salt
- 1 teaspoon fresh cracked pepper
- 2 tablespoons cold unsalted butter
- Drizzle of O&V [Red Onion vinegar](#) *
- Fresh rosemary sprigs for braising and for garnish

Preparation

Preheat the oven to 450F. Season the chicken with the rosemary dipper, garlic powder, ½ teaspoon salt and 1 teaspoon cracked pepper.

Heat the oil in an oven safe skillet over medium high. When oil is shimmering, add the chicken skin-side down and cook for 4-5 minutes till golden brown, turn the chicken over and cook the other side for 4-5 minutes until brown. Remove the browned chicken to a plate.

Add the halved shallots to the pan and cook for 3-5 minute until browned. Add the rosemary and garlic and cook for 30 seconds till aromatic, then add the broth and bring to a boil.

Place the chicken back in the skillet skin-side up, add 2-4 rosemary sprigs, nestling them between the chicken pieces. Cover and transfer the skillet to the oven. Roast for 15-20 minutes until chicken is fully cooked and shallots are tender.

Remove carefully from the oven (remember the handles of your skillet will be very hot) to the stove top. Transfer the chicken pieces and rosemary sprigs to a platter and heat the skillet to medium high on the stovetop.

Add the green beans and simmer on the stovetop until green beans are crisp-tender and the sauce is thickened (about 3-4 minutes). Check and add salt and pepper to taste. Stir in the butter. Pour over the chicken in the platter. Drizzle with Red Onion vinegar and garnish with fresh rosemary sprigs

Serves 8

Active time 20 minutes Total Time: 60 minutes

Notes

* The [Rosemary EVOO](#) or the [Garlic EVOO](#) accentuate those flavors in the dish, so either one will intensify the flavor of the chicken nicely. An [Unflavored EVOO](#) may be used if you prefer.

The [Rosemary dipper](#) has a wonderful mixture of spices, you can substitute with your favorite Italian seasoning, and additional minced rosemary although the flavor of the dish will change with this substitution.

The drizzle of [Red Onion vinegar](#) adds a tang and depth that is delicious but you can skip that if you prefer.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Entrée, Gluten Free, Dairy Free, Poultry, Rosemary Chicken, One-Pot-Dinner