



# CHICKEN THIGH SKIN ON

OVEN FRY / BBQ



## METHOD

- 1 Remove your chicken out of the packaging, pat dry and bring to room temperature.
- 2 Pre heat a griddle or heavy based frying pan to a low to medium heat.
- 3 Season the chicken with sea salt just prior to cooking.
- 4 Place the chicken thighs skin side down into the pan to crisp the skin before searing on the opposite side then transfer to a pre heated oven 200°C / 180°C fan assisted (gas mark 6) for 15 to 20 minutes until fully cooked through with a core temperature of 65°C before resting.
- 5 Leave to rest in a warm place for 5 minutes before serving.

## SERVING SUGGESTION

Serve with skinny French fries & mayo.

## FOR BEST RESULTS, OVEN FRY THIS CUT

CORE TEMPERATURES	OUT OF THE OVEN	AFTER RESTING
WELL DONE	65-68°C	72-75°C

The core temperature is taken with a thermometer from the very centre of the meat.

Whilst I personally develop, try and test all our recipes and cooking guides, heritage breed animals can vary immensely, therefore cooking times are a guide only. Please ensure all products are cooked through and hot before serving. Enjoy!

*Jeff Baker*

Executive Development Chef

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