

Lemon-Oregano Chicken Thighs

Serves 4



Ingredients:

- 2 garlic cloves
- 3 tablespoons Whole Harvest Soybean Oil, divided
- 3 tablespoons fresh lemon juice, divided
- 8 chicken thighs with skin (about 1 3/4 pounds)
- 2 tablespoons unsalted butter, divided
- 1/2 cup chicken stock
- 1 teaspoon dried oregano

Preparation:

Preheat oven to 450°F with rack in middle.

Mince and mash garlic to a paste with a pinch of salt, then whisk together with 2 tablespoons oil, 1 tablespoon lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper. Pat chicken dry and coat with lemon-garlic mixture.

Heat 1 tablespoon butter and remaining tablespoon oil in a 12-inch heavy skillet over medium-high heat until foam subsides. Brown chicken in 2 batches, skin side down, until golden and crisp, 5 to 6 minutes (chicken will not be cooked through). Transfer, skin side up, to a 4-sided sheet pan.

Pour off fat (and any small burnt pieces) from skillet. Add broth and remaining tablespoon lemon juice and boil until reduced by half, about 2 minutes. Whisk in remaining tablespoon butter and oregano, then pour over chicken.

Roast chicken in oven until cooked through, about 20 minutes. Season with salt and pepper.