



chicken thighs skin on & bone in

oven fry/bbq



The core temperature is measured from the centre of the meat. For perfect cooking and measuring internal temperatures, we recommend a 'Meater+ Wireless Thermometer'. Available in our pantry now.

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

cooking time from: 20 minutes

method

Remove your chicken out of the packaging, pat dry and bring to room temperature.

Pre heat a griddle or heavy based frying pan over low to medium heat.

Season the chicken with sea salt just prior to cooking.

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 6) for 20 minutes until fully cooked through with a core temperature of 65°C before resting.

Leave to rest in a warm place for 5 minutes before serving.

serving suggestions

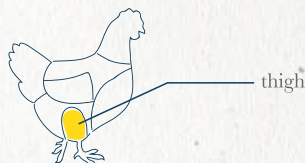
Serve with skinny French fries & mayo.

for best results, griddle this cut

Core Temperatures	Out of the Oven	After Resting
Well Done	65-68°C	72-75°C

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