# Chicken Thighs Three Ways

Quick · Make-ahead · Serves 4

*Ken's note: TBD*

A master page: three ways to cook chicken thighs (grill, oven, pan), then a menu of marinades and sauces. Thighs forgive overcooking, so they are the easy one. Cook them to a higher temperature than breasts.

## Ingredients

### Prep (all methods)

- 2 lb chicken thighs (boneless, skinless, or bone-in, skin-on)
- Kosher salt: about ½ tsp per thigh
- Black pepper
- Oil

## Method

1. **Dry-brine (optional).** Salt the thighs and rest them uncovered in the fridge, 1 hour to overnight. Or use a marinade (below), which does the same job.
2. **Temperature.** Thighs are safe at 165°F but are tenderest at 175–185°F, when the connective tissue relaxes. Don't pull them early.
3. **Grill.** Heat the grill to medium-high and oil the grates. Cook boneless thighs 5–7 minutes per side, with the lid closed, until 175°F and well charred. Move them to a cooler zone if they flare up. Bone-in, skin-on thighs take 35–45 minutes over indirect heat, skin-side up, finishing over direct heat. Rest 5 minutes.
4. **Oven.** Heat the oven to 425°F. Boneless thighs: 25–30 minutes on a sheet pan, until 175°F. Bone-in, skin-on: 40–45 minutes on a rack over a sheet pan, until 185°F and the skin is crisp. (Another method: 500°F with a cup of water in the pan, uncovered 30 minutes, then tented 15, for boneless thighs.)
5. **Pan.** For skin-on thighs, start skin-side down in a cold or barely warm pan over medium heat and let the fat render 10–12 minutes, until deeply golden; flip and cook 5–8 minutes more (covered if bone-in). For boneless, skinless thighs: medium-high, 5–6 minutes per side, until 175°F. Pour off the fat and make a pan sauce in the same pan.

## Notes

### Marinades (2 lb of thighs, 30 minutes to overnight)

- **Herb:** see Herb-Marinated Chicken Thighs (olive oil, lemon, Dijon, garlic, rosemary).
- **Peruvian:** see Pollo a la Parrilla (soy, lime, cumin, paprika). Serve with Green Sauce.
- **Greek yogurt:** 1 cup plain Greek yogurt, 3 garlic cloves, the zest and juice of 1 lemon, oregano, a spoonful of olive oil, salt, and pepper. Serve with a cucumber-tomato-feta-yogurt salad.
- **Moroccan:** see Moroccan Chicken Thighs for the shredded-thigh stew version.

### Finishing menu

- **Green Sauce** (Sauces) or **Chimichurri** (Sauces), spooned over sliced thighs.
- **Alabama White Sauce** or **Sweet & Smoky BBQ Sauce** (Sauces), brushed on in the last few minutes on the grill so it doesn't burn.
- **Carolina Vinegar Sauce** (Sauces), for a sharp contrast to the rich dark meat.
- **Lemon Butter Sauce** (Sauces), over rice or pasta.
- **Pan sauce:** Dijon, white wine, stock, and a swirl of cold butter. Or the cream sauce from Chicken Gaston Gérard.
- **Herb butter:** soft butter, chopped herbs, garlic, lemon zest.
- **Quick pickled red onions** (Sauces) and lime wedges.