



Choco Fever Dream

Old Bay Chicken Thighs Recipe

15 min

Prep time

4

Servings

35 min

Cook time

Easy

Difficulty

50 min

Total time

American

Cuisine

Ingredients

Main Protein

- ☐ 6 bone-in, skin-on chicken thighs (about 1.5 lbs total)

The Glaze

- ☐ 2 tablespoons olive oil
- ☐ 2 tablespoons unsalted butter
- ☐ 3 tablespoons honey
- ☐ 2 tablespoons low-sodium soy sauce

- ☐ 2 cloves garlic, minced
- ☐ 1 tablespoon fresh lemon juice
- ☐ 1 teaspoon smoked paprika
- ☐ 1 tablespoon Old Bay seasoning
- ☐ 1/2 teaspoon cayenne pepper (optional)

Garnish

- ☐ Fresh parsley, chopped, for garnish

Instructions

- 1** First things first, let's get the oven warming up to 400°F (200°C). I usually line my baking sheet with parchment paper or just a little oil, so we don't have to worry about anything sticking.
- 2** Now, in a small bowl, we'll whisk together the olive oil, butter, honey, low-sodium soy sauce, lemon juice, minced garlic, smoked paprika, Old Bay seasoning, and cayenne pepper. It smells just wonderful already.
- 3** Pat the chicken thighs dry with paper towels—honestly, this is the secret to better skin. Give them a very light dusting of salt and pepper, but don't go overboard since the Old Bay has plenty of seasoning.
- 4** Place those chicken thighs skin-side up on your baking sheet. I like to use my hands or a brush to really get a generous coat of that glaze on every single piece.
- 5** Take whatever glaze is left in your bowl and pour it into a small saucepan. Bring it to a gentle simmer over medium heat, stirring it every now and then.
- 6** Pop the chicken in the oven for 35 minutes. Make sure to flip them once halfway through so they brown evenly. You're looking for golden-brown skin and an internal temperature of 165°F (74°C).
- 7** About 5 minutes before they're done, spoon a few teaspoons of that simmered glaze over each thigh. Wow, this really deepens the color and makes them look glossy.

- 8 Take the chicken out and let it rest on a cutting board for 5 minutes. I know it's hard to wait, but it keeps the juices inside where they belong.
- 9 Sprinkle some freshly chopped parsley over the top for a little pop of color. If you have some lemon wedges, they're a lovely touch.
- 10 Plate your chicken with your favorite side, drizzle on any remaining glaze, and just enjoy a cozy, flavorful meal.

Nutrition per serving

420 kcal

Calories

31 g

Protein

14 g

Carbs

28 g

Fat

Tips & notes

- Patting the chicken dry is essential for a better sear.
- Low-sodium soy sauce helps balance the saltiness of the Old Bay.
- Allowing the meat to rest preserves the moisture.