



## OVEN FRIED CHICKEN THIGHS

Prep time: 20 min

Marinate time: at least 2 hours

Cook time: 45 minutes

Serves 8 (recipe can be halved)

### INGREDIENTS:

16 chicken thighs

(marinade)

2 cups buttermilk

2 teaspoons salt

1 teaspoon pepper

(dusting flour)

2 cups self-rising flour

1/2 teaspoon garlic powder

2 teaspoon salt

1/2 teaspoon pepper

1 teaspoon dried or powdered

rosemary

1 teaspoon dried thyme

1/2 teaspoon paprika

About 2/3 cup olive oil (or enough to brush on every floured piece of chicken).

### METHOD:

1) In a large bowl, mix the marinade by combining the buttermilk, 2 teaspoons of salt and 1 teaspoon pepper. Submerge the chicken thighs in the marinade and let sit for 2 hours or as long as overnight.

Covered and in refrigerator.

2) To prepare the dusting flour, mix the self-rising flour, garlic powder, salt, pepper, rosemary, thyme and paprika.

3) Get the thighs ready to roll in the flour by setting on a flat surface and letting the marinade dry for about twenty minutes. This will make the thighs a little tacky and the flour will stick better.

4) Roll the thighs in the flour and place on a 1/2 sheet pan lined with parchment paper. Using a silicone brush, dab each thigh with olive oil until completely covered.

5) Bake at 400° for 35-45 minutes or until golden brown as desired. Serve immediately.

Thanks so much for being here!

- Shannon Vavich

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