



Recipe by Justin North, Bécasse

THYME SALT RUBBED & ROASTED CHICKEN THIGHS

4 main course portions

INGREDIENTS

10 sprigs of thyme
20g SAXA sea salt flakes
4 large free-range chicken thighs,
skin on and bone in
50mL vegetable oil
80g unsalted butter
A couple of drops of fresh lemon juice
250mL brown chicken stock or any chicken stock
1 tbsp chopped parsley

DIRECTIONS

Pre-heat your oven to 180°C.

Finely chop the thyme and mix with the flake salt.

Rub into the skin side of the chicken thighs.

Heat a large fry pan over a high heat, add the oil, followed by the chicken thighs, skin side down. Leave to gently brown for 3-4 minutes. Place pan into the pre-heated oven, still skin side down for 10 minutes until just cooked.

Remove from the oven and place back on a gentle heat. Add the butter to the pan, allow to foam and turn nut brown. Add a couple of drops of fresh lemon juice, turn the chicken over and baste by spooning over the pan juices.

Pour in the warm stock while swirling the pan to emulsify the stock, pan juices and butter. Finish with the chopped parsley.

Place the cooked chicken thighs on your serving plates, spoon over the emulsified juices and serve with a salad of tomatoes, Spanish onion and rocket, and warm crusty bread.



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