



Recado Rojo Marinated Chicken Thighs

Makes 4 Servings

6 Bone-in, Skin-on, Chicken Thighs
2 Tbsp Recado Rojo
1/2 Cup Canola Oil (or Oil of Choice)

Serve with Bean Salad with Honey Chipotle Dressing.

Preparation:

This recipe could not be any easier!

Lets begin by adding the chicken thighs to a large zip lock bag. Add 1/4 cup of canola oil (or the oil of your choice), massage in bag to ensure that the chicken in well coated. Now add 2 tbsp of Recado Rojo and again massage thoroughly to evenly coat. Seal bag as air tight as possible. Place in fridge overnight till you are ready to cook.

When it is time to cook, remove bag of chicken and allow to sit at room temperature for 45 min to an hour. Having mets at room temp really allows the meat to cook evenly.

Add the last 1/4 cup (if you need a little more, add a little more) to a large skillet. I adore my cast iron skillet! It really makes a difference... Heat oil till shimmering over medium-hi heat.

Add the chicken thighs, skin down. Allow to sear, untouched, for 10 minutes. Flip and cook for another 15 minutes. With chicken be sure to temp with an instant read thermometer to ensure a 165° finish temp. It is practically impossible to over cook chicken thighs, they are very forgiving.

Serve with the bean salad and enjoy!