

Caramelized Chicken

Adapted from a recipe by Nadia Paprikas found in *750 g. Magazine*

8 chicken thighs
¼ c. (50 g.) Brown sugar
4 cloves garlic, pressed
3 T. butter, divided
1 T. honey
½ t. dried thyme
1 T. dried basil
Salt
Pepper
Chicken stock if needed

Preheat oven to 400 degrees F. Salt and pepper the chicken thighs.

Over medium heat, melt 2 T. butter in a large heat-proof skillet. Add the chicken, skin side down. Sear 2-3 minutes on each side.

Remove thighs from pan and set aside.

Melt the remaining 1 T. butter in the same pan. Add the garlic and sauté 1 minute.

Lower the heat, incorporate the sugar, then the honey and spices.

Add chicken back in. Cook 15 minutes in a 400 degree oven. Flip thighs to the other side, cook an additional 15 minutes.

Remove chicken to serving plate, add some chicken stock if needed to thin the pan sauce waiting for you under the chicken! Add sauce to chicken as you plate.

Serve immediately.