



AF Crispy Chicken Thighs

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Categories: Main Dish - Air Fryer, Main Dish - Chicken

Servings: 2

Description: Nothing pretentious going on with this recipe; just simple ingredients and great taste. To make sure that your chicken thighs have a crispy skin, allow them to sit uncovered in the fridge for about two hours, before covering in the oil, and spices.

Preparation Time: 10 minutes

Start to Finish Time: 41 minutes

Serving Ideas: Serve with a cold Beet Green and Beet Salad.

Ingredients

2 T Avocado Oil

4 Chicken Thighs, skin on, bone in, or 4 Chicken Quarters

1/2 c All-Purpose Flour

1/2 c Cornstarch

1/2 t dried Oregano

1/2 t dried Basil

1/2 t freshly ground

Tellicherry Black Pepper

1/4 t Smoked Paprika

1/2 t Old Bay Seasoning

1/4 t Garlic Powder

1/4 t Onion Powder

Directions

1) Place the chicken in the refrigerator uncovered for 2 hours. After 2 hours, wipe the chicken dry with a paper towel. Coat the chicken thighs in the avocado oil.

2) Add all the spices, and flour to a bowl, and then coat the chicken thighs in the mixture.

3) Add the chicken skinside up to the basket of your air fryer. Do not crowd. Cook at 375°F (190°C), for 20 minutes. Turn the chicken, and continue to cook for an additional 6 minutes.

Turn one more time, raise the heat to 400° (205°C), and cook for an additional 5 minutes.