

Sweet Mustard Chicken Thighs



Author: Bob and Robin Young

Source: Adapted From - <http://allrecipes.com/recipe/sweet-hot-mustard-chicken-thighs/detail.aspx>

Servings: 6

Description: A good variation on baked chicken.

Ingredients:

6 lg Chicken Thighs, bone-in, skin on
1/2 c Dijon Mustard
1/4 c Brown Sugar, packed
1/4 c Red Wine Vinegar
1 t dry Mustard
1 t Sea Salt
1 t Black Pepper, freshly ground
1 t Smoky Paprika
1 pinch Red Pepper Flakes, or to taste
4 clove Garlic, minced
1 Onion, sliced into rings
2 t Vegetable Oil, or as needed
1 Tbsp Cornstarch
1/3 c Marsala wine

Oven Temp (F): 450

Suggested Wine: 2008 Vale Wine Co. Merlot

Directions:

Make 2 slashes crosswise into the skin and meat of each chicken thigh with a sharp knife, cutting to the bone. Cuts should be about 1 inch apart. Transfer thighs into a heavy resealable plastic bag.

Whisk Dijon mustard, brown sugar, red wine vinegar, dry mustard, salt, black pepper, paprika and red pepper flakes in a bowl until smooth. Whisk garlic into marinade.

Pour marinade into bag over chicken thighs and massage marinade into chicken, coating each thigh thoroughly and working the marinade into the cuts. Seal bag and refrigerate at least 4 hours (or overnight for best flavor).

Preheat oven to 450° F. Move a rack to the center position in oven. Line a baking sheet with aluminum foil and lightly oil the foil. (We use a Pampered Chef earthen casserole dish and no aluminium foil) Scatter onion rings onto prepared baking sheet. Place chicken thighs on top of onion rings. Spray or brush thighs with vegetable oil; sprinkle thighs with additional salt if desired. Roast chicken in preheated oven until the skin is browned, meat is tender, and the juices run clear, 35 to 45 minutes.

Transfer chicken and onions onto a serving platter. Pour pan drippings into a saucepan, bring to a boil, and continue boiling, stirring often, until drippings are reduced by half, 3 to 4 minutes. Reduce heat to medium. Mix the 1 T cornstarch with 2 T of the reduced drippings. Add to the drippings and stir to blend. Add the Marsala. Stir until the sauce is thickened. Spoon pan sauce over each chicken thigh and serve.