



Cast Iron Chicken Thighs with Lemon Thyme Brown Butter

Serves 4

4 Springer Mountain Farms' Chicken Thighs
Kosher Salt and Pepper to taste
2 tbsp Flour
1 tbsp Canola Oil
4 oz. Salted Butter, cut into cubes
6 Thyme sprigs
1 Lemon, quartered

PREPARATION

- Preheat the oven to 350°F.
- Remove the chicken from the refrigerator, season generously with salt and pepper, and leave on the counter for 30 minutes.
- In a large bowl, toss the chicken in the flour to evenly coat.
- Place a cast iron sauté pan over medium heat and add the oil and half of the butter. Sear the chicken for 2 minutes, or until the meat begins to turn golden brown, flip and cook for another 2 minutes. Transfer the chicken to a lined baking tray and place in the oven. Roast in the oven, rotating pan halfway through, 50 minutes or until the internal temperature of the chicken passes 165°F. Remove the pan from the oven and allow to cool.
- While the chicken is roasting, pour off the oil from the pan. Add the butter and thyme, stir, and cook until the butter begins to brown, about 3-4 minutes. Remove the pan from the heat and squeeze the lemon wedges into the pan. Set the lemon wedges aside.
- Return the chicken, and pan drippings, to the cast iron pan. Garnish with lemon wedges.

We recommend serving with [Creamy Polenta](#) or [Parmesan Risotto](#)