

Idiot's Kitchen Recipe – Easy Chicken Dijon

Recipe from www.idiotskitchen.com – Adapted from the *I Love Trader Joe's Cookbook*



Ingredients:

8 bone-in chicken thighs that have been skinned and trimmed
¾ cup Dijon mustard
½ cup real maple syrup
3 Tablespoons white wine vinegar
1 teaspoon cornstarch
4 sprigs of fresh rosemary, 2 whole & 2 leaves stripped and finely chopped
Salt & Pepper

Preheat the oven to 450 degrees.

It is most economical to buy chicken thighs with skin and bones and remove the skin yourself at home. Trim away any pieces of fat while you skin the chicken. Note: Do not leave the skin on the chicken or the sauce will be too greasy.

Spray a 9x13 inch baking dish with non-stick cooking spray. Place the chicken thighs in the pan and season with salt & pepper. In a medium bowl, combine ¾ cup Dijon mustard, ½ cup real maple syrup, and 3 Tablespoons white wine vinegar. Whisk to combine.

Pour the sauce over the chicken and use tongs to turn the chicken so that it is well coated on all sides. Be sure that the “good” or smooth side of the chicken thigh is facing up. Place 2 whole sprigs of fresh rosemary in with the chicken and sauce. Remove the leaves from the other 2 rosemary sprigs, finely chop, and reserve for a garnish.

Bake the chicken, uncovered, at 450 degrees for 45 minutes. Halfway through, turn the thighs again in the sauce being sure that the smooth side is up so it can continue to brown.

After 45 minutes, the chicken should be golden and juicy. If you are unsure, a meat thermometer should read 165 degrees. Remove the chicken thighs to a platter and immediately sprinkle 1 teaspoon of cornstarch into the pan of sauce. Whisk the sauce to remove any lumps and thicken. This step needs to be done immediately while the sauce is still piping hot from the oven in order to thicken properly.

Spoon the sauce over the chicken and garnish with finely chopped fresh rosemary. Eat and be happy.

Serves 4 people but can easily be doubled.