

Chicken Thighs Cooking Cheat Sheet

Baking Chicken Thighs

- Preheat oven to 375°F (190°C) for crispy baked chicken thighs.
- Bake boneless chicken thighs for 20-25 minutes.
- Bake bone-in chicken thighs for 35-40 minutes.
- For extra crispy skin, increase temperature to 425°F (220°C) for the last 5 minutes.
- Use a meat thermometer: Internal temperature should reach 165°F (74°C).

Grilling Chicken Thighs

- Preheat grill to medium-high heat (400-450°F or 200-230°C).
- Grill boneless chicken thighs for 6-8 minutes per side.
- Grill bone-in chicken thighs for 8-10 minutes per side.
- Brush with oil or marinade to prevent sticking and enhance flavor.
- Check internal temperature: 165°F (74°C).

Pan-Frying Chicken Thighs

- Heat oil in a skillet over medium-high heat.
- Cook boneless chicken thighs for 4-5 minutes per side until golden brown.
- Cook bone-in chicken thighs for 6-7 minutes per side, reducing heat to medium after searing.
- Use a lid for even cooking if needed.

Braising Chicken Thighs

- Sear chicken thighs in a pot with oil until browned.

- Add liquids like broth, wine, or tomatoes (about 1 cup for 4 thighs).
- Cover and simmer on low heat for 40-50 minutes.
- For more flavor, add herbs like rosemary or thyme.

General Cooking Tips

- Always pat chicken thighs dry before seasoning for better browning.
- Use a meat thermometer to ensure doneness (165°F or 74°C).
- Rest cooked chicken thighs for 5 minutes before serving to lock in juices.
- For extra flavor, marinate chicken thighs for at least 30 minutes before cooking.