

# Step-by-Step Guide to Cooking Fresh Chicken Thighs

## 1. **Prepare the Chicken:**

- Pat the chicken thighs dry with a paper towel to ensure the skin crisps better. ○ Season the thighs with salt, pepper, and any other desired spices. If you're using boneless, skinless chicken thighs, marinate them for extra flavor before cooking.

## 2. **Sauté the Chicken** (Optional):

- Set the Instant Pot to sauté mode and add a tablespoon of oil (olive, avocado, or vegetable oil) to the pot. Once the oil is heated, place the chicken thighs in the pot skin-side down (if using bone-in). Sear the chicken for 3-4 minutes on each side to get a crispy, golden exterior. This step adds depth of flavor, but it's optional. If you prefer a quicker cook, skip the searing.

## 3. **Pressure Cook the Chicken:**

- Add 1 cup of liquid (water, broth, or a combination) to the Instant Pot. This is necessary for the Instant Pot to generate steam and come to pressure.
- Close the lid, set the valve to sealing, and select "Manual" or "Pressure Cook." Cook on high pressure for 12-15 minutes for bone-in chicken thighs. For boneless chicken thighs, cook on high pressure for 7-8 minutes.

## 4. **Natural Release:**

- After the cooking time is complete, let the Instant Pot release pressure naturally for about 10 minutes. Then, manually release any remaining pressure by turning the valve to venting.

## 5. **Finish and Serve:**

- For crispy skin, transfer the chicken thighs to a baking sheet and broil them for 35 minutes.
- You can serve the chicken thighs as is or use them in various recipes, such as chicken tacos, salads, or rice bowls.