

Braised Chicken Thighs with Garlic, Lemon and Olives

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Recipe by Chef Luca Paris; from [Code Delicious with Dr. Mike: Culinary CPR](#)

How we source our food is critically important. This in turn relates to *How* we raise our food. For over half a century, in the analysis between what we eat and what we are, we have essentially ignored that fact. Recent evidence, for example, has shown that free pastured and organically raised poultry and meats are (statistically) higher in beneficial anti-inflammatory omega-3 polyunsaturated acids (PUFAs). In other words, such poultry and meats when raised they way way they are supposed to be, are composed of the selfsame elements that have 'experts' recommend you eat more salmon! Although they often cost more, with careful attention to avoiding waste and utilizing all of the product we purchase, they can turn out to be economical. Beyond the health benefits, once you taste a real (heritage breed chicken free pastured and raised organically) you will discover a whole new world of feathered pleasure!



Ingredients:

- 8 bone-in, skin-on chicken thighs
- Kosher salt and freshly ground black pepper, to taste
- 3 tablespoons extra-virgin olive oil
- 12 garlic cloves
- 2 large yellow onions, thinly sliced (about 4 cups)
- 1 lemon, thinly sliced, seeds discarded
- 2 tablespoons fresh oregano leaves, plus more for garnish
- 1 cup mixed Greek olives
- Juice of 1 lemon

Directions:

Remove the chicken from the fridge 20 minutes before cooking to remove the chill. Preheat the oven to 350°. Season the chicken on both sides with salt and pepper. In a large ovenproof pan or Dutch oven large enough to hold all the thighs in a single layer, heat the olive oil over medium-high heat.

Add the chicken, skin-side down, and sear until golden brown, 5 to 6 minutes. Add the garlic cloves to the pan and flip the thighs over. Cook until the garlic is fragrant and has gotten a little brown, 2 to 3 minutes.

Remove the chicken and garlic from the pan and set aside.

Add the onions, lemon slices and oregano, and season with salt and pepper. Cook until the onions have wilted and the brown

bits on the bottom of the pan have loosened, 6 to 8 minutes. Nestle the thighs skin-side up in the onion mixture and add the garlic and the olives. Pour the lemon juice over the chicken and transfer the pan to the oven. Bake for 40 to 50 minutes.

Scatter fresh oregano leaves over the top and serve