

Chicken, Garlicky with Lemon-Anchovy Sauce

Servings: 4

Source: New York Times Melissa Clark

Ingredients

- 1¼ lbs. (4 to 5) boneless, skinless chicken thighs
- 1 tsp coarse kosher salt
- Freshly ground black pepper
- 6 cloves garlic, divided, smashed and peeled
- ¼ c. olive oil
- 5 anchovy filets
- 2 tbsp drained capers, patted dry
- 1 large pinch chile flakes
- 1 lemon , halved
- fresh chopped parsley, for serving

Method

1. Heat oven to 350 degrees. Season the chicken thighs with salt and pepper and let rest while you prepare the anchovy-garlic oil. Mince one of the garlic cloves and set it aside for later.
2. In a large, ovenproof skillet over medium-high heat, add the oil. When the oil is hot, add the 5 smashed whole garlic cloves, the anchovies, capers and chile. Let cook, stirring with a wooden spoon to break up the anchovies, until the garlic browns around the edges and the anchovies dissolve, 3 to 5 minutes.
3. Add the chicken thighs and cook until nicely browned on one side, 5 to 7 minutes. Flip the thighs, place the pan in the oven and cook another 5 to 10 minutes, until the chicken is cooked through.
4. When chicken is done, transfer thighs to a plate (be careful, as the pan handle will be hot). Place skillet back on the heat and add minced garlic and the juice of one lemon half. Cook for about 30 seconds, scraping up the browned bits on the bottom of the pan. Return chicken to the pan and cook it in the sauce for another 15 to 30 seconds.
5. Transfer everything to a serving platter. Squeeze the remaining lemon half over the chicken and garnish with chopped parsley. Serve.

Notes

I just had anchovy paste so used that and it was fine. Whole anchovies might be better but the paste was very good.

I used 6 thighs and there was enough sauce.