



Cast Iron Skillet Chicken with Carrots & Pea Shoots

Serves 4

Brine Recipe

- ¼ cup light brown sugar
- ¼ cup kosher salt
- 1 lemon, sliced into rounds
- 1 head garlic, sliced in half horizontally
- 15 peppercorns
- ½ t. red pepper flakes
- 10 sprigs fresh thyme
- 8 cups warm water

Chicken

- 4 bone-in, skin-on chicken thighs
- 4 bone-in, skin-on chicken legs
- 1 tbs grapeseed oil or other neutral, high heat cooking oil
- 1 medium white onion, diced
- 16 whole small carrots (or 4 medium carrots cut into rounds)
- 3 cloves garlic, minced
- ¼ tsp red pepper flakes
- 1 cup apple cider
- 2 tbs unsalted butter
- pea shoots for garnish (fresh parsley works here as well)

Directions:

- 24 hours in advance: combine all of the brine ingredients, including the warm water, in a large bowl. Stir until the sugar and salt have dissolved. Allow to cool to room temperature before adding the chicken legs and thighs, making sure they are fully submerged. Cover and refrigerate for up to 24 hours.

- Preheat the oven to 375° degrees. Remove the chicken from the brine and pat dry. Discard brining liquid. Season the chicken on both sides with salt and pepper.
- Place a large cast iron skillet over medium-high heat and add grapeseed oil. Once the oil is hot but not smoking add the chicken, skin side down. Sear chicken until the skin is crisp and brown, approximately 8 minutes. Remove chicken to a plate and set aside.
- Turn the heat off and allow skillet to cool for 1 minute. Return the heat to medium-low and add the onion and carrots. Saute until the onion is tender and translucent, 5 minutes, and then add the garlic and red pepper flakes. Saute until fragrant, approximately 30 seconds, before pouring in the apple cider. Bring to a simmer and allow the apple cider to reduce for 2-3 minutes, using a wooden spoon to scrape up any brown bits from the bottom of the pan.
- Once reduced, return the chicken to the pan, skin side up, and transfer the skillet to the oven. Roast for 30-35 minutes.
- Remove from the oven and transfer the chicken to a plate. Tent with foil. Bring the remaining sauce to a simmer and taste for seasoning. Add salt and pepper as needed. Reduce for 2-3 minutes and pour in any juices collected from the chicken. Whisk in butter and cook for a final 2-3 minutes until the sauce is glossy and has thickened. Remove from the heat.
- Plate the chicken and carrots, spooning the sauce over top. Garnish with pea shoots and serve.