

KOREAN CHICKEN THIGHS

F EASY

Last Modified: 12/10/2015

PREP: 3 Hrs
COOK: 1 Hr 30 Min
OVEN: 350

KOREAN

MAKES 3 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
6	Whole	Chicken Thighs (Bone-In)	Skinless
1/4	Cup	All Purpose Flour	
1/2	Cup	Buttermilk	
2	Stalks	Green Onions (Greens & Whites)	Thin Slice

KOREAN GLAZE

1/4	Cup	Yellow Onion	Fine Chop
1	Tbsp	Garlic	Minced
1/2	Tsp	Sesame Oil (La Tourengelle)	
2	Tbsp	Red Wine Vinegar (Colavita)	
1	Tbsp	Soy Sauce (Lee Kum Kee)	
1/2	Cup	Orange Juice	
1/2	Cup	Sweet Chili Sauce (Mae Ploy)	
1/4	Cup	Vegetable Oil	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Fresh Ground Black Pepper	To Taste

PREPARATION

FACTOID	Sweet, sticky and REALLY good.
TOOLS	1) Pie Tin 2) 6" x 6" Glass Baking Dish 3) Gallon Zip Lock Bag 4) Medium Non-Stick Skillet 5) Wire Rack
PREP	DISH 1) If not already done for you, pull off and discard the Chicken Skin. 2) Soak the Chicken Thighs in Buttermilk in a gallon zip lock bag for 1 to 3 hours. 3) Salt and Pepper the Chicken Thighs generously and set them aside. 4) Thinly slice the whole Green Onions and set them aside.
PREP	KOREAN GLAZE 1) Finely Chop the Yellow Onion and set it aside. 2) Mince the Garlic Clove and add it on top of the Onion.
1	Drain & coat the Thighs with the Flour - rest them for at least 5 minutes on a wire rack over paper towels to set the Flour. in a medium non-stick skillet over medium high heat, fry the Thighs in Vegetable Oil until browned well on both sides. Drain and place the Thighs in an oven proof 6 inch x 6 inch glass dish. Drain off and discard most of the excess oil in the skillet, leaving behind any chunks and bottom stuff (fond).
2	Saute the Yellow Onions and Garlic until the Onions are transparent. Add in the Orange Juice to deglaze the pan - bring it to a boil while scraping and stirring.

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3	Add in the remaining ingredients except for the Green Onions, bring it to a boil and lower the heat to a simmer. Reduce the Glazing Mixture by 1/2 (until it gets bubbles on top of bubbles).
4	Pour and brush the Glaze Mixture over the top of the Browned Chicken and bake them at 350 degrees (about 1 hour) or until the Chicken is done to 168 degrees and the Sauce is thick and shiny.
SERVE	Remove the Chicken to a serving plate, spoon any remaining Sauce over the top and garnish the top with the Green Onions.
A C S L O K W R E R	To make this as a slow cooker appetizer sauce for pouring over pre-cooked Chicken Chunks, Meatballs, etc. eliminate the Vegetable Oil, Flour and Buttermilk. In 1 tablespoon of Vegetable Oil or Butter, saute the Onions and Garlic until transparent, add in the other ingredients and reduce until thickened (bubbles upon bubbles). Pour a little Sauce in the bottom of the slow cooker, add the Chicken Chunks or other chosen appetizer and pour the remaining Sauce over the top. Garnish with thinly sliced Green Onions.

