

Braised Lemon Chicken with Dill and Turmeric



Ingredients:

6 chicken thighs, bone in skin on

Salt and black pepper

2 tbsp olive oil

1/2 onion, sliced

1 qt low sodium chicken broth (you won't need the whole quart)

8 sprigs fresh dill + 1/2 tbsp chopped dill, divided

1/2 tsp turmeric

Pinch of cayenne pepper

1/4 tsp salt, or more to taste

2 tbsp freshly squeezed lemon juice, or more to taste

Heat olive oil on high in saute pan until it just begins to smoke. As oil heats, season the chicken thighs generously with salt and pepper.

Sear the chicken thighs, skin side down, for a few minutes until they are golden brown. Reduce heat to medium. Remove thighs from pan and set aside.

Add sliced onion to the pan and cook, stirring occasionally, until translucent, soft and starting to turn golden. Drain any excess fat from the pan.

Return thighs to pan, skin side up. Pour in chicken broth until it reaches halfway up the sides of the thighs.

Arrange the fresh dill sprigs over and around the thighs (reserve the chopped dill). Sprinkle on 1/2 tsp turmeric, a pinch of cayenne, and 1/4 tsp salt (if you're salt sensitive, you may omit the salt here and simply add to taste at the end of cooking). Bring broth to a simmer, then reduce heat to medium.

Cover the pan, vented, and reduce heat to medium low. Let the thighs simmer for 40-45 minutes, basting with the cooking liquid every 10 minutes or so, until meat is exceptionally tender.

Remove thighs from pan. Remove the dill sprigs from the broth. Add 2 tbsp freshly squeezed lemon juice to the pan sauce, or more to taste, as well as additional salt and pepper to taste if desired. The sauce should be semi-thick at this point; feel free to thicken it further with a slurry of 1 tbsp water and 2 tsp cornstarch, adding slowly to the pan and stirring at a simmer until desired thickness is reached.

Serve thighs and sauce topped with remaining freshly chopped dill. Pairs well with any neutral-flavored starch like rice, quinoa or mashed potatoes.