



Creamy Artichoke Baked Chicken Thighs With Lemon White Wine Sauce

Camine Pappas / February 2020
Serves 10 (*can be easily halved*)

INGREDIENTS:

10 boneless and skinless thighs
1 ½ C mayonnaise
1 C lightly grated (use a zester) parmigiana reggiano cheese
1 can artichoke hearts drained and chopped
1 T fresh thyme leaves
1 T fresh chopped flat leaf parsley
Zest of 1 lemon
½ t fresh grated nutmeg
1 t kosher salt + more for chicken and for wine sauce
¼ t black pepper + more for chicken and for wine sauce
½ C white wine
1/3 C fresh squeezed lemon juice
3 T butter
2 whole sprigs of thyme
1 T cornstarch and 2 T water
3 T good fresh olive oil (make sure it has no odor)

METHOD:

Remove thighs from fridge at least 30 minutes prior to baking to reach room temperature. Place thighs in a baking pan with about ½ inch between them. Rub with the olive oil, and sprinkle a slight bit of salt and pepper on the thighs.

In a small saucepan combine the wine, lemon juice, thyme, and let it come to a boil, reduce heat so that it stays bubbling but not boiling over. Let reduce for about 15+ minutes until reduced by half. Remove from heat, remove thyme sprig, stir in the butter, and blend in the cornstarch roux. If it doesn't immediately tighten raise the heat slightly and use a whisk to blend in and thicken. Salt and pepper to taste. Can add a T of heavy cream if you want it a bit creamier.

In a large bowl combine the mayonnaise, cheese, artichoke hearts, parsley, zest, nutmeg, salt, and pepper. Blend well and slather the sauce all over the chicken. Bake in a preheated 375 F degree oven for 30-40 minutes until chicken is done.

Serve with lemon wine sauce. Can be served over rice, mashes potatoes, or just with a light salad.

Optional: I might add about ½ C sliced Kalamata olives to the artichoke chicken mix!

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