

Helergon Kitchen

Irresistible Bourbon Chicken – Easy One-Pan Dinner

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Chicken Prep

- [ ] 4 boneâ–in, skinâ–on chicken thighs (about 2 lbs total)
- [ ] 1 tbsp olive oil
- [ ] 1 tsp salt
- [ ] 1/2 tsp black pepper

Bourbon Glaze

- [ ] 1 cup lowâ–sodium soy sauce
- [ ] 1/2 cup honey
- [ ] 1/4 cup light brown sugar
- [ ] 1/4 cup bourbon flavor (nonâ–alcoholic bourbon extract or a splash of bourbonâ–flavored concentrate)
- [ ] 1 tbsp rice vinegar
- [ ] 2 tsp garlic powder
- [ ] 1 tsp ginger powder
- [ ] 1/2 tsp red pepper flakes (optional)

Thickener and Garnish

- [ ] 2 tbsp cornstarch
- [ ] 2 tbsp water (for slurry)
- [ ] 2 scallions, sliced (for garnish)
- [ ] Fresh cilantro, chopped (optional garnish)

Instructions

1. Start by patting those chicken thighs dry with some paper towels. Honestly, it's a small step, but it makes such a difference for the crust. Sprinkle both sides with salt and pepper just to get them seasoned right.
2. Heat your olive oil in a large ovenâ–proof skillet over mediumâ–high heat. Once it's nice and hot, add the thighs skin side down. Let them sear for 4â–5 minutes until that skin is golden brown and beautifully crispy.
3. Flip the thighs over and sear the other side for about 3 minutes. Now, just remove the skillet from the heat and set the chicken aside for a moment.
4. In a small bowl, whisk together your soy sauce, honey, brown sugar, bourbon flavoring, rice vinegar, garlic powder, ginger powder, and red pepper flakes. Pour this sweet glaze over the seared thighsâ–and here is a little trick, spoon some of it right beneath the skin.
5. Slide the skillet into a preheated 400°F (200°C) oven. Bake for 20 minutes, or until the chicken reaches an internal temperature of 165°F (74°C) and the glaze has thickened up nicely.

6. While that's baking, mix 2 tbsp cornstarch with 2 tbsp water until smooth. When the chicken is done, take the skillet out, pour in your slurry, and stir over medium heat for 2 minutes. You're looking for a sauce that's silky and coats the chicken perfectly.

7. Transfer the chicken to a serving platter and spoon any remaining glaze over the top. Garnish it all with sliced scallions and chopped cilantro for a little pop of color.

8. Now, the hard part: let the chicken rest for 5 minutes before serving. It just lets those juices redistribute so every bite is tender.

Nutrition per serving

480 kcal	36 g	22 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Allow chicken to reach room temperature for 15 minutes before searing for a better crust.
- A cast-iron skillet is wonderful for achieving a consistent sear and deep caramelization.
- Adjust the spice level with extra red pepper flakes or sriracha if you like a kick.