

ORANGE-SOY CHICKEN THIGHS

(sous-vide or regular oven)

(from the Bewitching Kitchen)

8 chicken thighs
1/2 cup soy sauce (or coconut aminos)
zest and juice of a large orange
1 tablespoon Dijon mustard
1 tablespoon agave nectar
2 tsp lime juice
1 tsp grated ginger
salt and black pepper to taste

Make a marinade whisking well all the ingredients. Add the pieces of chicken to a large bag, pour the marinade over and let it sit in the fridge for a few hours, or at room temperature for 30 minutes.

If cooking sous-vide:

Remove the chicken from the marinade (save the marinade in the fridge), vacuum-seal four pieces in each of two bags. Place the bags in a water-bath set to 168 F for 5 hours. Close to the end of cooking time, place the reserved marinade in a small pan and cook it over medium-high heat for a few minutes to reduce it slightly. Remove the chicken pieces from the bag, place over a roasting pan, and brush the skin with the reduced marinade. Add a little more salt if you like. Place the pieces under the broiler and roast until dark and crispy.

If cooking in a regular oven:

Place the chicken pieces skin down in a roasting pan with enough marinade all over to keep them moist during roasting. Season lightly with more salt if you like (we do). Cover with aluminum foil and roast at 325 F for 1 hour. Remove the foil, turn the pieces over and finish roasting at 425F until the skin is crispy.