

recipe for herbs de provence chicken

Recipe for Herbs de Provence Chicken is a delightful culinary experience that brings the flavors of the French countryside right into your kitchen. This aromatic blend of herbs, including thyme, rosemary, and lavender, elevates chicken dishes to new heights, offering a fragrant and savory meal that is both easy to prepare and incredibly satisfying. In this article, we will explore the ingredients, preparation methods, and tips for creating the perfect Herbs de Provence chicken, ensuring you can impress family and friends with this delectable dish.

What is Herbs de Provence?

Herbs de Provence is a classic blend of dried herbs that originated in the Provence region of France. While recipes for this blend can vary, the most common herbs included are:

- Thyme
- Rosemary
- Oregano
- Basil
- Marjoram
- Lavender
(optional, but adds a unique floral note)

This aromatic mix is known for its ability to enhance the natural flavors of meats, vegetables, and even baked goods. When used with chicken, it creates an irresistible dish that captures the essence of French cuisine.

Ingredients for Herbs de Provence Chicken

To prepare a delicious Herbs de Provence chicken, you will need the following ingredients:

- 4 chicken thighs (bone-in, skin-on for best flavor)

- 2 tablespoons olive oil
- 2 teaspoons Herbs de Provence
- 4 cloves garlic (minced)
- 1 lemon (zested and juiced)
- Salt and pepper to taste
- Fresh parsley (for garnish)

These ingredients combine to create a flavorful and juicy chicken dish that is sure to please any palate.

Preparation Steps

Follow these detailed steps to create a mouthwatering Herbs de Provence chicken:

Step 1: Marinate the Chicken

1. In a large bowl, combine the olive oil, Herbs de Provence, minced garlic, lemon zest, lemon juice, salt, and pepper.
2. Add the chicken thighs to the bowl, ensuring they are well covered with the marinade.
3. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes, or up to 4 hours for a more intense flavor.

Marinating the chicken allows the herbs and spices to penetrate the meat, resulting in a more flavorful dish.

Step 2: Preheat the Oven

Preheat your oven to 400°F (200°C). This temperature will help achieve a beautiful golden-brown crust on the chicken while keeping it juicy and tender inside.

Step 3: Sear the Chicken

1. Heat a large oven-safe skillet over medium-high heat.

2. Once hot, place the marinated chicken thighs skin-side down in the skillet.
3. Sear for about 5-7 minutes until the skin is crispy and golden brown.
4. Flip the chicken over and cook for an additional 2-3 minutes.

Searing the chicken creates a flavorful crust and locks in moisture, enhancing the dish's overall taste.

Step 4: Roast in the Oven

1. Transfer the skillet to the preheated oven.
2. Roast for 25-30 minutes, or until the internal temperature of the chicken reaches 165°F (74°C).
3. If desired, you can baste the chicken with the pan juices halfway through cooking to keep it moist.

Roasting allows the chicken to cook evenly, and the herbs will infuse throughout the meat.

Step 5: Rest and Serve

1. Once cooked, remove the skillet from the oven and let the chicken rest for about 5 minutes. This will help the juices redistribute, ensuring a moist chicken.
2. Garnish with freshly chopped parsley before serving.

You can serve the Herbs de Provence chicken with a side of roasted vegetables, mashed potatoes, or a fresh salad for a complete meal.

Tips for the Perfect Herbs de Provence Chicken

To ensure your Herbs de Provence chicken turns out perfectly every time, consider the following tips:

- **Use quality herbs:** Fresh or high-quality dried herbs will make a significant difference in flavor.
- **Don't skip the marinade:** Allowing the chicken to marinate will enhance the flavor and tenderness.
- **Use a meat thermometer:** To avoid overcooking, use a meat thermometer to check for doneness.
- **Experiment with vegetables:** Add seasonal vegetables to the skillet

during roasting for a complete one-pan meal.

- **Marinate overnight:** For an even deeper flavor, consider marinating the chicken overnight in the refrigerator.

Variations of Herbs de Provence Chicken

While the classic recipe is delicious on its own, you can easily customize it to suit your taste preferences. Here are some variations to try:

1. Herbs de Provence Chicken with White Wine

Add a splash of white wine to the skillet after searing the chicken. This will create a delicious sauce that complements the herbs beautifully.

2. Grilled Herbs de Provence Chicken

Marinate the chicken as usual, then grill it over medium heat for a smoky flavor. This method is perfect for summer barbecues.

3. Creamy Herbs de Provence Chicken

After roasting, remove the chicken from the skillet and stir in heavy cream and Parmesan cheese to create a rich sauce. Return the chicken to the skillet to coat it in the creamy mixture.

Conclusion

The **recipe for Herbs de Provence chicken** is a simple yet elegant dish that showcases the beauty of French cuisine. With its aromatic flavors and tender meat, this dish is perfect for weeknight dinners or special occasions. By following the steps outlined above and experimenting with variations, you can create a meal that will impress your family and friends. Enjoy the rich flavors and delightful aromas that will fill your kitchen, making this dish a staple in your cooking repertoire.

Frequently Asked Questions

What is Herbs de Provence?

Herbs de Provence is a blend of dried herbs typical of the Provence region in France, usually including thyme, basil, rosemary, tarragon, savory, and sometimes lavender.

What ingredients do I need for Herbs de Provence chicken?

You will need chicken (breasts or thighs), olive oil, garlic, salt, pepper, and a blend of Herbs de Provence.

How can I make my own Herbs de Provence seasoning?

You can make your own blend by mixing equal parts dried thyme, basil, rosemary, and oregano, and adding a pinch of lavender if desired.

How long should I marinate chicken in Herbs de Provence?

Marinate the chicken for at least 30 minutes to 2 hours for the best flavor, but overnight is ideal.

What is the best cooking method for Herbs de Provence chicken?

Baking or grilling are both excellent methods for cooking Herbs de Provence chicken, as they allow the flavors to develop while keeping the meat juicy.

Can I use fresh herbs instead of dried for the chicken recipe?

Yes, you can use fresh herbs, but you'll need to use about three times the amount of fresh herbs compared to dried, as dried herbs are more concentrated.

What sides pair well with Herbs de Provence chicken?

Great sides include roasted vegetables, rice, potatoes, or a fresh salad to complement the herby flavors.

Is Herbs de Provence chicken suitable for meal prep?

Yes, Herbs de Provence chicken is great for meal prep; it can be cooked in

advance and stored in the refrigerator for up to four days or frozen for longer storage.

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