

Treasure Barrel

Old Bay Chicken Thighs Recipe

15 min Prep time	**35 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 12 bone-in, skin-on chicken thighs (about 2 lbs)
- [ ] 2 tablespoons olive oil
- [ ] 1 cup low-sodium chicken broth
- [ ] 1 tablespoon unsalted butter, cut into small cubes
- [ ] 2 cloves garlic, minced

Seasoning Paste

- [ ] 3 tablespoons Old Bay seasoning
- [ ] 1 teaspoon garlic powder
- [ ] 1 teaspoon smoked paprika
- [ ] 1 tablespoon honey
- [ ] 1/2 teaspoon salt

Garnish

- [ ] 1 lemon, cut into wedges
- [ ] Fresh parsley, chopped, for garnish

Instructions

1. Start by preheating your oven to 425°F (220°C). I like to line my baking sheet with aluminum foil or parchment paper—honestly, it just makes the cleanup so much easier later on.
2. Take a few paper towels and gently pat the chicken thighs dry. Well, look, it seems like a small step, but it's the secret to getting that skin really nice and crisp.
3. In a small bowl, stir together the Old Bay seasoning, garlic powder, smoked paprika, salt, and honey. Keep stirring until it forms a thick, fragrant paste.
4. Drizzle a bit of olive oil over the thighs, then rub that lovely seasoning paste all over each piece. Make sure you cover both sides—no spot should be left behind.
5. Arrange the thighs on your prepared sheet, skin-side up. I'll tuck a few garlic cloves around them for those subtle, warm aromatics.
6. Carefully pour the chicken broth into the bottom of the sheet. This keeps everything moist and, wow, it creates the most flavorful pan sauce.
7. Bake for 25 minutes. Then, flip each thigh and baste them with those little butter cubes. Bake for another 10-12 minutes until the skin is golden-brown and the internal temperature hits 165°F.

8. Remove the sheet from the oven and let the chicken rest for about 5 minutes. It's hard to wait, but it lets those juices redistribute.

9. While the chicken is resting, put those pan juices over medium-high heat and reduce them until they thicken up into a quick, savory sauce.

10. Plate your thighs, spoon that rich sauce right over the top, and garnish with lemon wedges and fresh parsley. Serve it up immediately while it's hot.

Nutrition per serving

400 kcal	32 g	8 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- Patting the skin dry is non-negotiable for crispiness.
- The chicken broth prevents the bottom from drying out.
- Basting with butter at the end adds a professional shine and richness.