

Treasure Barrel

Persian Chicken - Aromatic Middle Eastern

20 min Prep time	**1 h 15 min** Cook time	**1 h 35 min** Total time
6 Servings	**Medium** Difficulty	**Middle Eastern** Cuisine

Ingredients

Main Ingredients

- [ ] 6 bone-in, skin-on chicken thighs (about 3 lbs)
- [ ] 2 large yellow onions, thinly sliced
- [ ] 4 tablespoons olive oil, divided
- [ ] 1 teaspoon saffron threads
- [ ] 2 tablespoons warm water
- [ ] 2 teaspoons ground turmeric
- [ ] 1 teaspoon ground cinnamon
- [ ] 1/2 teaspoon ground cardamom
- [ ] 2 dried limes (limoo amani), pierced with a fork
- [ ] 3 tablespoons tomato paste
- [ ] 4 cloves garlic, minced
- [ ] 1 cup chicken broth
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tablespoons butter (optional, for finishing)

For Serving

- [ ] Fresh parsley or cilantro, chopped
- [ ] Lemon wedges
- [ ] Basmati rice or warm flatbread

Instructions

1. Pat the chicken thighs dry with paper towels and season generously with salt and pepper. In a small bowl, soak the saffron threads in 2 tablespoons of warm water to bloom.

2. Heat 2 tablespoons of olive oil in a large, heavy-bottomed pot or Dutch oven over medium-high heat. Working in batches if necessary, sear the chicken skin-side down until golden brown, about 5-7 minutes. Flip and sear the other side for 2-3 minutes. Remove chicken and set aside.

3. Reduce heat to medium and add the remaining 2 tablespoons of oil. Add the sliced onions and cook, stirring occasionally, until they become soft and golden brown, about 15-20 minutes. Don't rush this step - the caramelized onions are key to the flavor base.

4. Push the onions to one side and add the tomato paste to the cleared space. Cook the tomato paste for 2-3 minutes until it darkens slightly and becomes fragrant. Stir in the garlic and cook for another minute.

5. Add the turmeric, cinnamon, and cardamom to the pot and stir constantly for about 30 seconds until fragrant. Pour in the bloomed saffron with its soaking water, then add the chicken broth and dried limes.

6. Return the chicken to the pot, nestling it into the onion mixture. Bring to a simmer, then reduce heat to low, cover, and cook for 45-50 minutes until the chicken is very tender and falling off the bone.

7. Remove the chicken to a serving platter. If the sauce seems thin, increase heat and simmer uncovered for 5-10 minutes to thicken slightly. Stir in the butter if using for extra richness.

8. Pour the sauce over the chicken, garnish with fresh herbs, and serve with lemon wedges, rice, or warm bread to soak up every bit of the delicious sauce.

Nutrition per serving

420 kcal	32 g	12 g	28 g
Calories	Protein	Carbs	Fat

Tips & notes

- The dried limes are available at Middle Eastern markets and are worth seeking out for authentic flavor
- This dish improves if made ahead and reheated - the flavors meld beautifully overnight
- For a crispier skin, you can broil the chicken for 2-3 minutes after cooking