

## Rosemary Chicken Thighs

By

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1. Put 1T. of olive oil in large skillet with a lid and heat.
2. Pat chicken dry. With tongs, spread chicken thigh out and salt on one side. Put into pan with the side you've salted facing down in the pan and repeat until all six pieces are in the pan searing.
3. Shake [sea salt](#) on all of the chicken pieces facing up (and that you haven't salted already). Sprinkle lots of fresh rosemary over the chicken.
4. When thighs easily lift from pan without sticking, turn over the thighs, and cook. The rosemary should be on the underside of the thighs, but you can also now sprinkle fresh rosemary on that side. (It really depends on how much you like rosemary).
5. Add about 2 T. of [Braggs organic apple cider vinegar](#) to the pan. As soon as that apple cider vinegar hits the pan, it will create a lot of steam. Put the lid on the skillet immediately.
6. Wait a few minutes before taking the lid off and checking it. If there is liquid in the pan, leave the lid off to finish cooking the chicken. If not, add a little bone broth or chicken broth to deglaze the pan and turn the heat down to simmer.
7. A nicely reduced liquid should be forming in the pan as the chicken finishes cooking. If the juice doesn't thicken you can add some thickening agent like [arrowroot](#) or corn starch to suite your taste.
8. Check chicken for doneness. Safe minimum internal temperature for chicken is 165 for 15 seconds.