

Davis Estates Zephyr 5 Spice Chicken Thighs paired with Davis Estates Zephyr

INGREDIENTS:

Chicken Thighs

8 chicken thighs
2 tablespoons extra-virgin olive oil
As needed Davis Estates Zephyr 5 Spice
2 tablespoons chopped parsley for garnish
1 lemon quartered

Dressing

¼ cup olive oil
2 tablespoons red wine vinegar
½ teaspoon cumin
¼ teaspoon salt
¼ teaspoon pepper

Red onions with Sumac

2 tablespoons olive oil
3 red onions, thinly sliced
2 tablespoons sumac
2 teaspoons ground cumin
Salt and pepper to taste
2 tablespoons red wine vinegar

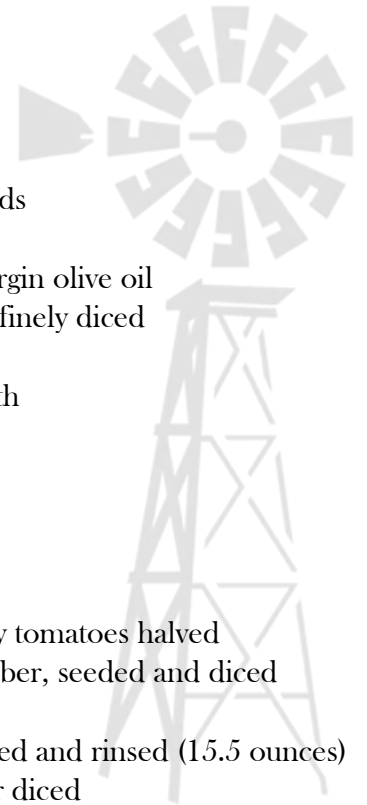
SERVES: 4

Saffron Rice

Pinch of saffron threads
1 cup basmati rice
2 tablespoons extra virgin olive oil
1 small yellow onion, finely diced
1 garlic clove, minced
1 ½ cups chicken broth
1 bay leaf
1 small lime, zested
Small pinch of salt

Chickpea Salad

2 cups grape or cherry tomatoes halved
2 cups English cucumber, seeded and diced
1 avocado, diced
1 can chickpeas drained and rinsed (15.5 ounces)
¾ cup red bell pepper diced
½ cup fresh parsley chopped
¼ cup mint, chiffonade
¼ cup red onion finely chopped
½ lemon juiced



METHOD:

Chicken Thighs

- Preheat the oven to 400°F.
- In a 9 x 13 baking dish, drizzle the tops of the chicken thighs with the extra virgin olive oil and rub the oil all over the chicken thighs. Sprinkle the Zephyr 5 Spice generously and evenly all around the chicken thighs.
- Bake for 30-40 minutes or until the thickest part of the chicken thighs reach an internal temperature of 180-190°F.
- Chicken thighs only need to reach an internal temperature of 165°F, but they are more tender when cooked to a higher internal temperature. Briefly broil if desired to further crisp up the skin, then let the chicken thighs rest for 10 minutes before serving.

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Dressing

- In a small bowl add olive oil, vinegar, cumin, salt, and pepper. Mix well to combine. Refrigerate for at least one hour before serving.

Red Onions with Sumac

- In a large sauté pan over medium high heat add oil and onions. Cook, stirring often, until soft and just starting to brown.
- Add in sumac, cumin, salt, and pepper and continue to cook for 2 to 3 minutes longer.
- Add red wine vinegar and cook until vinegar evaporates. Remove from heat and set aside.

Saffron Rice

- In a small bowl place chicken broth and the pinch of saffron, allow to bloom while prepping rest of ingredients.
- Put the rice in a fine mesh strainer and rinse with cold water until the water runs clear.
- In a medium saucepan set over medium-high heat, add the olive oil, and diced onion. Cook, stirring, until the onion softens and turns translucent.
- Add the minced garlic and stir for about 30 seconds. Stir in the rice.
- Add the bloomed saffron chicken broth, salt, bay leaf and lime zest. Stir and bring to a boil.
- Once boiling, turn the heat to low and cover. Cook until liquid is absorbed, about 15 to 20 minutes.
- Turn the heat off. Leave the rice, covered and undisturbed, for 5 more minutes. Remove the bay leaf, fluff rice with a fork and serve.

Chickpea Salad

- In a medium bowl, combine tomatoes, cucumber, avocado, chickpeas, bell pepper, parsley, mint, red onion, and juice for half a lemon. Toss with chilled dressing.

To Finish

Plate and garnish chicken thighs with chopped parsley and a wedge of lemon, and Red Onions with Sumac. Plate a scoop of Saffron rice and chickpea salad. Serve with a glass of Zephyr!