



The most luxurious, delicious, decadent, indulgent chicken thigh bake that you will enjoy for all your mealtimes!!!



Ingredients

For the marination

5 Rosemary sprigs	2 tablespoons of soy
1 teaspoon of Thyme	5 tablespoons of balsamic vinegar (or ACV)
1 heaped tablespoon of cumin	1 bulb of garlic, minced

For the mchuzi

1 large red onion, diced	½ teaspoon of nutmeg
1 cup of dania stems	½ teaspoon of turmeric
6 cloves of minced garlic	4 bay leaves
1 teaspoon of cumin	3 tablespoons of tomato paste
1 teaspoon of coriander spice	400 g of heavy cream (double cream)
2 tablespoons of curry	Dania leaves for garnish

Method

Place the chicken thighs in your bowl and dump in the marination ingredients. Mix until evenly distributed and let it sit overnight & refrigerated for the marination to sink in. You can use any bone-in chicken piece, for me, chicken thighs are the best!

Next day, sear the chicken until you get a delicious golden brown color on them. The purpose of this stage is to get color on the chicken. They will not cook through, but will finish cooking in the braising we will get into abit later. Once golden brown, set aside.

For the mchuzi, begin with sauteeing your red onion, garlic and dania stems in your pan that has some oil and some salt. Once fragrant and softened, add your tomato paste, the spices, the bay leaves, a bit of water (or chicken stock) and let this simmer for a few minutes until the spices cook down. Add the heavy cream thereafter, mix it in and let it simmer on low heat for about 10 min. Once done, mix in the dania (cilantro)

Place your seared chicken onto your Luminarc bowl, pour the mchuzi over it and cover with foil. Let this braise at 150c for 30 minutes and our perfect bake is ready to chow down!



SERVE WITH: any starch and veggie sautee and salad of choice!

This recipe was brought to you by Kaluhi's Kitchen from: <https://www.kaluhiskitchen.com/wp-content/uploads/2020/11/CREAMY-ROSEMARY-CHICKEN-THIGH-BAKE.pdf>

Video: <https://www.instagram.com/p/CHP8a18BoXo/>