

Chicken, Beans & Carrots

Crisp-skinned chicken thighs over white-wine-braised navy beans and carrots, finished in the oven.

RECIPE DEVELOPED BY LUKE SOHL

SERVES

4

PREP

20 min

COOK

1¼ hr

TOTAL

About 1½ hr

REMEMBER

Cooking isn't copy and paste. Treat the timings and measurements here as guidelines, and let sight, smell, taste, and texture tell you when to adjust.

Ingredients

CHICKEN & HERBS

5–6 Bone-in, skin-on chicken thighs

4 Sprigs fresh thyme

4 Sprigs fresh rosemary
Leaves finely chopped

VEGETABLES & BEANS

4–5 Multicolored carrots
Peeled and halved lengthwise

3 Bell peppers, finely minced
One each of orange, yellow and green

1 Small red onion, finely minced

1 Can (15 oz) navy beans
Drained and rinsed

SAUCE

2 tbsp Minced garlic

1 cup Dry white wine

2 cups Chicken broth

3 tbsp Butter
Plus extra for finishing the chicken

PANTRY

6 tbsp Olive oil

To taste Salt and pepper

Method

1

Prep the chicken and carrots

Season the chicken skin with salt and pepper.

Season the meat with salt, pepper, and some of the thyme and minced rosemary.

Peel the carrots and halve them lengthwise.

2

Preheat the oven

Heat the oven to 400°F.

3

Sear skin side down

Heat a wide, deep-sided stainless steel pan over medium-high heat.

Once hot, add the chicken skin side down. Don't move the thighs until the skin releases easily from the pan.

4

Render and set aside

Cook until the skin is deep golden brown and a generous amount of fat has rendered.

Transfer the chicken to a plate. The meat should still be pink.

5

Soften the vegetables

Add the minced onion and bell peppers to the rendered fat and cook over medium heat until soft and nearly broken down.

Add the garlic and cook until fragrant, taking care not to burn it.

6

Deglaze

Pour in the white wine and scrape up the browned bits from the bottom of the pan with a wooden spoon.

7

Build the braise

Add the chicken broth, butter, rosemary, thyme, and navy beans.

Cook until the sauce has reduced but still covers the beans.

TOOLS

Wide, deep-sided stainless steel pan
Needs to go from stovetop to oven

Glass lid
Covers the pan in the oven

Wooden spoon
For scraping up the browned bits

8

Layer and cover

Arrange the carrots on top of the beans, cut side down, then set the chicken thighs on the carrots, skin side up.

Cover with a glass lid and roast at 400°F for 15 minutes.

9

Lower the heat

Reduce the oven to 350°F and roast for 30 more minutes, watching the skin so it doesn't burn.

1

Finish with butter

Remove from the oven and lift the lid.

Top each thigh with a small pat of butter.

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Serve

Serve the chicken over the beans and carrots with the pan sauce.

1