

Apple Cider Chicken Thighs

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Persons 6

Ingredients

2 cups apple cider or unfiltered apple juice
2 fresh rosemary sprigs
1 Tbsp Dijon mustard
2 lbs bone-in, skin-on, chicken thighs
1/4 cup gluten-free flour
2 cloves fresh garlic, slightly crushed
1 small onion or large shallot, diced
1 Tbsp mustard seeds
sea salt, or to taste
freshly ground black pepper to taste
2 Tbsps olive oil or avocado oil

Instructions

1. Season your chicken thighs with some sea salt and pepper. In a shallow dish, add the flour and dredge your chicken thighs firmly on both sides, shaking off the excess flour; set aside.
2. In a small saucepan add your apple cider, rosemary sprig, mustard seeds, Dijon mustard, and garlic; whisk well to combine. Place the saucepan over medium-low heat and bring to a low boil. Simmer until liquid is reduced by half, about 10 minutes.
3. Once your sauce is done, remove the rosemary sprigs and discard them.
4. Heat a heavy-bottomed skillet over medium heat, add in the oil, and heat until sizzling.
5. Once hot carefully add the chicken thighs and sear each side until nicely golden brown about 4-5 minutes on each side.
6. Set chicken aside on a plate.
7. In that same preheated skillet, add in your diced onions and cook until just softened.
8. Pour in your apple cider sauce and using a wooden spoon gently stir to incorporate the brown bits from the bottom of the pan.
9. Bring this sauce to a boil, then reduce the heat to a medium-low.
10. Return your browned chicken thighs back to the skillet and simmer for 8-10 minutes, or until chicken is cooked through and the sauce is nicely thickened.
11. Enjoy!