

## Cajun Sticky Chicken

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3 pounds boneless, skinless chicken thighs  
1 teaspoon Cajun seasoning (like Slap Ya Mama)  
1/4 teaspoon freshly cracked black pepper  
2 tablespoons cooking oil  
2 tablespoons light brown sugar  
1/2 stick unsalted butter, divided  
1 cup chopped onion  
1/2 cup chopped bell pepper  
1/4 cup chopped celery  
1 tablespoon minced garlic  
2 tablespoons all-purpose flour  
2 cups chicken broth or stock  
2 teaspoons dried parsley, *optional*

Heat oil and one tablespoon butter in a heavy, deep skillet or pot over medium high heat. Season chicken generously, or to taste, with Cajun seasoning and black pepper. Quickly sear on both sides; remove to a plate to reserve juices. Deglaze pan with a splash of water and pour over the chicken. In that same skillet, melt 2 tablespoons of the butter over low heat and stir in the brown sugar until well combined. Increase heat back to medium high and return chicken to the skillet top (skin) side down. Cook until chicken is caramelized on one side, about 3 to 4 minutes; remove chicken and set aside; top side up. Add enough water to pan to deglaze and stir in remaining butter to skillet.

Add onion, bell pepper and celery to the skillet, cooking over medium about 3 minutes. Add garlic and cook another minute. Stir in flour, cook, stirring constantly 2 minutes, then begin stirring in the chicken broth a little at a time until fully incorporated. Bring to boil, lower heat and simmer for 5 to 10 minutes to reduce and thicken; stir in parsley, if using.

Reduce heat to a low simmer, returning chicken to the pot. Turn to coat and leave top side up. Cover and simmer over low for approximately 25-30 minutes, or until chicken is cooked through and reaches 170 degrees F on an instant read thermometer, stirring around a few times to prevent sticking. (continued page 2)

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Add additional chicken broth and reduce heat, only if liquid is reducing too much. Total cook time will depend on the size of the chicken thighs; don't overcook. Spoon pan sauce over plated chicken and serve with cornbread, rice and butter beans and a green veggie or salad.

*Cook's Notes:* If you use skin-on chicken you will need to drain off chicken fat before proceeding with sauteing the vegetables.

*Honey Garlic Chicken:* Season and sear chicken as above. Melt butter, substitute 1/2 cup honey for the brown sugar, and add 1/4 cup soy sauce and 1-1/2 teaspoons of freshly grated raw ginger. Omit vegetables and proceed with remaining recipe as written.

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