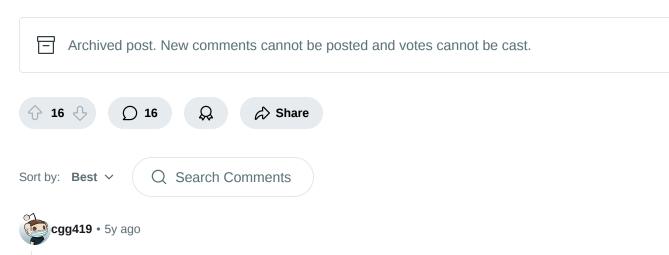


Chicken Thigh Recommendation

Howie Morenz

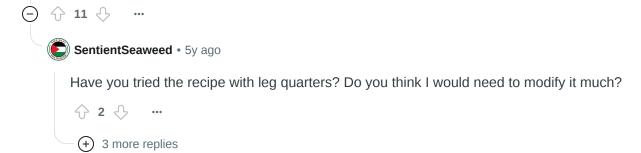
Hi, I have a pack of bone-in, skin on chicken thighs. I am planning on marinading them overnight in the fridge, sous viding them tomorrow followed by an ice bath. I will finish them by searing them in the oven under the broiler. Does anyone have any recommendations for time and temperature as well as any marinade ideas?



The Food Lab's Complete Guide to Sous Vide Chicken Thighs

As far as marinade goes, I find you get better flavour with a dry rub when cooking sous vide. The spices depend on what you're going for, really.

Garlic, onion, coriander, oregano, and cumin for a mexican spin, or you could try this <u>Simon and Garfunkel</u> <u>spice rub</u> from amazing ribs. I've only used it for smoked chicken, but I'm sure it would be good here.







timing. And as the other poster recommended, look at the Food Lab site for SV guides on various meats.

As for marinades, I've done a few recipes but mostly just wing it. I liked one with diced up chipotles (with a little of the canned adobo sauce it comes in), but I think my favorite is lemon herb. Just ad some lemon zest and a squeeze of juice to whatever herbs you might use (thyme, basil, sage, garlic powder, etc) + S&P. Always delicious and versitile.





○ 42 5 €



ghostfacespillah • 5y ago

Seconding this comment! I also do chicken thighs SV at 155° for 1-2 hours, depending on if they're bonein and/or skin-on or not. It's the perfect temp to do a quick sear to finish them.

I don't use liquid marinades when I SV; I stick to dry seasonings-- salt, pepper, cayenne, garlic powder, onion powder and lemon zest are my staples. After I SV them, I dry the skin with a paper towel and sear them in cast iron. (broiler works, too!)

Also, save the liquid from the SV bag and use it to deglaze the pan you sear the thighs in, or just add it back to your finished chicken (extra helpful for keeping leftovers moist).











edubkendo • 5y ago

For marinade combine mirin, soy sauce and alcohol (sake, sherry or even clear rum), ginger and garlic. Thighs come out delicious in this.









BostonBestEats • 5y ago

De-bone, pound flat, sous vide 167°F x 45min. If no marinade, sear them skin side down without oil on a very hot non-stick skillet for 2 min to get the skin super crispy.

https://www.chefsteps.com/activities/crispy-chicken-thighs-made-simple-with-sous-vide





Howie_Morenz OP • 5y ago

Thank you for all the ideas and links. I ended up making a marinade with some chipotle peppers in adobo sauce, lime juice and soy sauce after seasoning the chicken with salt, pepper and garlic powder. Two hours at 155 followed by an ice bath. I will reduce the leftover marinade and bag juices and try and make a cream sauce later.

1 €







Just my two cents, I theo thighs sous vide about 10 years ago, never attempted it again. Some meats just beg for the grill...thighs are one of them. I've heard others complain of the rubbery texture it produces as well.











thepiombino • 5y ago

155 for an hour or two, don't need long.



r/biggreenegg • 1 mo. ago

Chicken thigh advice?

3 upvotes · 9 comments



r/smoking • 4 mo. ago

Does anyone ever get sick of chicken thighs?



1K upvotes · 381 comments



r/smoking • 4 mo. ago

Chicken thighs are underrated.



450 upvotes · 79 comments



r/smoking • 4 mo. ago

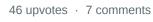
Chicken thighs blew my mind

74 upvotes · 48 comments



r/homecooking • 3 mo. ago

Crispy Chicken thigh











109 upvotes · 47 comments



r/FriedChicken • 4 mo. ago

Fried Chicken Thigh



117 upvotes · 14 comments



r/Cooking • 4 yr. ago

Gluten/dairy free chicken thighs

14 comments



r/sousvide • 5 mo. ago

Peri Peri Chicken Thighs



416 upvotes · 25 comments



r/smoking • 19 days ago

Skin-On Bone-In Chicken Thighs



59 upvotes · 7 comments



r/smoking • 2 mo. ago

Chicken thighs



107 upvotes · 20 comments



r/sousvide • 5 mo. ago

Bone in frozen chicken thighs?

29 comments



r/smoking • 2 mo. ago

Chicken thighs



30 upvotes · 6 comments







47 upvotes · 8 comments



r/Noom • 4 yr. ago

Easy, minimal ingredient veggie-heavy recipes?

6 upvotes · 29 comments



r/sousvide • 3 mo. ago

What temp for bone-in chicken breast?



49 upvotes · 30 comments



r/sousvide • 6 mo. ago

Chicken Breast 🔽



228 upvotes · 34 comments



r/sousvide • 7 mo. ago

Chicken Breast - 2hrs @ 148



84 upvotes · 18 comments



r/sousvide • 3 mo. ago

Usually not a pork tenderloin person, but good lord



127 upvotes · 29 comments



r/sousvide • 14 days ago

Pork Tenderloin AMAZING!



211 upvotes \cdot 44 comments



r/AskRedditFood • 4 yr. ago

Marinade for pork and cicken

20 upvotes · 10 comments

3 upvotes · 17 comments



r/sousvide • 2 mo. ago

Chicken breast, 1st time

7 upvotes · 13 comments



r/Chefit • 4 yr. ago

Sauce ideas

4 upvotes · 10 comments



r/Cooking • 5 yr. ago

Recipe for French onion soup?

3 upvotes · 21 comments

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