

# Chicken in Milk

Makes 4 Servings

## Ingredients

- 1 tablespoon oil
- 4 skin-on chicken legs
- 2 teaspoons salt
- 1 teaspoon pepper, plus more to taste
- 1 tablespoon flour
- 3 cups milk
- 3 cloves garlic, smashed
- 4 sprigs fresh thyme or 1 teaspoon dried thyme (optional)
- 1 lemon, cut into slices

## Directions

1. Heat 1 tablespoon oil in large pan over medium heat. Pat chicken dry with paper towels and season with salt and pepper. Cook chicken, skin-side-down until golden-brown, about 5 to 7 minutes. Move chicken to a plate. Stir in flour and cook, about 30 seconds (you should start to smell the flour cooking). Stir in milk, garlic and thyme and bring to a simmer (bubble) over medium-low heat.
2. Return chicken to pan, skin-side-up and cook, covered, until fully cooked, or until meat thermometer reads 165°F, about 30 to 35 minutes. Season with salt and pepper to taste. Take out thyme sprigs. Serve with lemon slices and enjoy.



Recipe from: Feeding Pennsylvania and PA Eats