AMERICAN · DINNER · LUNCH

Crispy-Skin Chicken Thighs in Tallow

40 min · Serves 2 · 521 kcal a serve · Video 9:35 · Laura Spath

Carnivore · Gluten-free ingredients · Dairy-free · Nut-free

Salt and a spoonful of tallow are all it takes; the skin crisps in its own fat with no breading, flour or sugar. Two thighs give about 47 g of protein and most of a day's selenium.

Diet notes: Keto (0 g net carbs a serve).

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Ingredients 3 · SERVES 2

- [ ] 4 **chicken thighs** (bone-in, skin-on), deboned with the skin left on
- [ ] about 1 tbsp **beef tallow**
- [ ] **salt**, to season

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: none of the common allergens in the listed ingredients. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400°F. Debone the thighs: cut along the bone, slide the knife underneath and lift it out, keeping the skin attached so each thigh lies flat. Save the bones for broth. 1:45
2. Season with salt only; pepper and garlic tend to burn at this heat. 4:10
3. Heat a cast-iron pan over medium to medium-high, add about 1 tbsp tallow, and when it shimmers lay the thighs in skin-side down, away from you. 4:48
4. Leave them completely alone for 10–12 minutes until the skin is deep golden and crisp (a splatter guard helps). 6:02
5. Move the pan to the oven, still skin-side down, for 10 minutes, then flip and roast 5 minutes more until the thickest part reads 165°F. 6:54
6. Cool on a wire rack rather than in the hot pan so the skin stays crunchy. 8:28

> **Tip** Serves 2 (our estimate: 2 thighs each, as a meal), or 4 as a side. Bacon fat or another animal fat can replace the tallow; butter burns at this heat. Best eaten straight away while the skin is crisp.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
521 kcal	47 g	0 g	0 g	36 g	560 mg
2,180 kJ	93% of a day	0 g net · 0 g sugars	0% of a day	12 g saturated	24% of a day
		0% of a day		47% of a day	

Energy from net carbs 0% · protein 37% · fat 63% — fits keto: 0 g net carbs, 63% of the energy from fat

High in (20%+ of a day) Selenium 80% · Zinc 36% · Vitamin B6 35% · Vitamin B12 25%

Source of (10–19%) Omega-3 15% · Iron 12% · Magnesium 10% · Vitamin A 10%

Recipe and video: Laura Spath (@LauraSpath) on YouTube — youtube.com/watch?v=dT1VplopL1c, published 3 October 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/crispy-skin-chicken-thighs-tallow