EASTERN EUROPEAN · DINNER

Shkmeruli (Georgian Garlic Chicken in Milk Sauce)

60 min · Serves 4 · 422 kcal a serve · Video 3:17 · No Frills Kitchen

Gluten-free ingredients · Nut-free

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Crisp-skinned chicken baked in a garlicky butter-and-milk sauce: about 30 g protein and 7 g net carbs a serve, 64% of the energy from fat, and rich in selenium, vitamins B6 and B12 and zinc.

Diet notes: Keto (7.2 g net carbs a serve).

Ingredients 7 · SERVES 4

- [ ] 1 small whole **chicken** (about 2 lb), butterflied (backbone removed)
- [ ] **salt**, to season liberally
- [ ] **pepper**, to season
- [ ] 1 tbsp **vegetable oil**
- [ ] 1¾ oz (4 tbsp) **butter**, divided
- [ ] 10–12 cloves **garlic**, finely minced or grated
- [ ] 1½ cups whole **milk**

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

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 400 °F. Cut out the chicken's backbone with poultry shears (save it for stock), press the bird flat, pat dry and season well on both sides with salt and pepper. 0:25
2. Heat the oil in a heavy oven-safe frying pan over medium heat and sear the chicken skin-side down without moving it for about 8–10 minutes until deep golden and crisp. Flip and cook the other side for 5–10 minutes, then set it aside uncovered. 1:04
3. Lower the heat, melt half the butter until foamy, add the garlic and stir for about 30 seconds. Slowly whisk in the milk and bring to a gentle simmer. 1:28
4. Return the chicken, skin-side up, and roast until the thickest part of the breast reads 165 °F, roughly 15–40 minutes depending on size. 1:54
5. Rest the chicken on a board. Back on medium-low heat, whisk the remaining butter into the sauce a piece at a time until glossy. Cut the chicken into quarters and serve in the sauce. 2:18

> **Tip** In Georgia it's mopped up with crusty bread; for keto, serve with green beans, a leafy salad or cauliflower mash. Cook to temperature — a 2¼ lb bird took 15–20 minutes in the oven in the video.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
422 kcal	30 g	7.4 g	0.2 g	30 g	510 mg
1,770 kJ	61% of a day	7.2 g net · 4.7 g sugars	1% of a day	12 g saturated	22% of a day
		3% of a day		38% of a day	

Energy from net carbs 7% · protein 29% · fat 64% — fits keto: 7.2 g net carbs, 64% of the energy from fat

High in (20%+ of a day) Selenium 51% · Vitamin B6 32% · Vitamin B12 30% · Omega-3 29% · Zinc 21%

Source of (10–19%) Vitamin A 19% · Calcium 11%

Recipe and video: No Frills Kitchen (@NoFrillsKitchen) on YouTube — youtube.com/watch?v=xGYn_M0vHDE, published 27 December 2020. 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/shkmeruli-georgian-garlic-chicken