

Tender & Crispy Oven-Baked Chicken Gizzards with Savory Yellow Rice

Oven Baked Gizzards and Yellow Rice: A Soulful Southern Classic



OVEN
350°F

TIME
25 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 lbs Chicken Gizzards: Cleaned and trimmed of excess silver skin.

1 Large Onion: Sliced (this flavors the poaching liquid).

2 Bay Leaves: Essential for adding an earthy, herbal base.

1 tsp Salt: For the boiling process.

1/2 tsp Black Pepper: Freshly cracked is best.

2 Tbsp Vegetable Oil or Melted Butter: To help the gizzards crisp in the oven.

Cajun Seasoning: Adjust to your heat preference.

Onion Powder: For an extra layer of savory depth.

Yellow Rice: Prepared according to package instructions (typically includes turmeric and saffron).

Swaps and Notes:

The Rice: While yellow rice is the classic choice here, you can also serve these over this Mexican chicken and rice casserole if you want a cheesy, fusion-style twist.

Seasoning: If you don't have Cajun seasoning, a mix of smoked paprika, garlic powder, and cayenne pepper works beautifully.

The Fat: I prefer using melted butter for the oven-baking step because it adds a richness that vegetable oil lacks.

Step-by-Step Instructions:

1. The Prep:

2. The Tenderizing Simmer:

3. Drain and Season:

4. The Final Bake:

5. Serve:

Tips for Success:

Don't Overcrowd: When baking, make sure the gizzards aren't touching too much. This allows the air to circulate and gives you those crispy edges.

Save the Broth: The water you used to simmer the gizzards is essentially a rich chicken stock.

Strain it and use it to cook your yellow rice for even more flavor!

Texture Check: If you like your gizzards extra crunchy, you can turn on the broiler for the last 2-3 minutes of baking.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 380 kcal

Protein: 32g

Carbohydrates: 42g (including rice)

Fat: 12g

Sodium: 850mg

Storage and Leftover Tips:

More Recipes You Will Love:

Mexican Chicken and Rice Casserole

Cajun Chicken Sausage Gumbo

Easy Turkey Wings for Lazy Sundays

DIRECTIONS

1. **The Prep:** Rinse your gizzards thoroughly under cool water. Even if they come "pre-cleaned," check for any remaining yellow membrane or tough bits of fat. Trimming them well ensures every bite is tender.
2. **The Tenderizing Simmer:** Place the gizzards in a large heavy-bottomed pot and cover them with water. Add your sliced onion, bay leaves, salt, and pepper. Bring the pot to a boil, then immediately reduce the heat to low. Cover and simmer for 1.5 to 2 hours.
3. **Pro Tip:** Do not rush this step! This is where the magic happens. If you are short on time, a pressure cooker or Instant Pot will get them fork-tender in about 25 minutes.
4. **Drain and Season:** Once tender, drain the gizzards in a colander and discard the onion and bay leaves. Preheat your oven to 350°F (175°C). In a large mixing bowl, toss the warm gizzards with your oil or melted butter, Cajun seasoning, and onion powder. Ensure every piece is well-coated.
5. **The Final Bake:** Spread the gizzards in a single layer on a baking sheet or inside a Dutch oven. Roast for 30 minutes. You are looking for the edges to become slightly golden and crispy while the centers remain succulent.
6. **Serve:** Plate a generous portion of fluffy yellow rice and top with the oven-baked gizzards. The contrast of the turmeric-stained rice and the spicy, savory gizzards is visually stunning and delicious.
7. **Tips for Success:** **Don't Overcrowd:** When baking, make sure the gizzards aren't touching too much. This allows the air to circulate and gives you those crispy edges.

8. **Save the Broth:** The water you used to simmer the gizzards is essentially a rich chicken stock. Strain it and use it to cook your yellow rice for even more flavor!
9. **Texture Check:** If you like your gizzards extra crunchy, you can turn on the broiler for the last 2-3 minutes of baking.
10. **Serving Suggestions and Pairings:** This dish is a complete meal on its own, but it pairs wonderfully with other Southern staples. Try serving it alongside this tomato skillet with okra and sausage for a full "Low Country" feast.
11. **If you're hosting a Sunday dinner,** you might also consider serving these alongside these easy turkey wings for a meat-lover's spread. And to wash it all down? Nothing beats a classic margarita recipe to cut through the richness of the seasoned meat.
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13. **Protein:** 32g
14. **Carbohydrates:** 42g (including rice)
15. **Fat:** 12g
16. **Sodium:** 850mg
17. **Storage and Leftover Tips:** Store any leftover gizzards and rice in an airtight container in the refrigerator for up to 3 days. To reheat, I recommend using an air fryer or a skillet with a splash of water to keep the gizzards from drying out. Avoid the microwave if possible, as it can make the gizzards slightly rubbery.
18. **More Recipes You Will Love:** Mexican Chicken and Rice Casserole
19. **Cajun Chicken Sausage Gumbo**
20. **Easy Turkey Wings for Lazy Sundays**
21. **Final Thoughts:** This Oven Baked Gizzards and Yellow Rice recipe is a testament to the power of slow cooking and simple seasonings. It's affordable, high in protein, and packed with nostalgia. Give it a try this weekend and let the aroma fill your kitchen!
22. **Did you make this recipe?** I'd love to hear how it turned out! Leave a comment below or tag us on social media. Don't forget to follow Chef Maniac for more authentic, soulful recipes.

SWAPS & NOTES

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The Prep Rinse your gizzards thoroughly under cool water.

TIPS FOR SUCCESS

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More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/tender-crispy-oven-baked-chicken-gizzards-with-savory-yellow-rice/>