

Crispy Roasted Chicken Thighs with Gravy and Homemade Mashed Potatoes

Bone-in and skin-on are non-negotiable for maximum flavor and juiciness.



OVEN
400°F

TIME
20 min

TEMP
165°F

METHOD
Air fryer

INGREDIENTS

For the Chicken & Gravy:

2 chicken thighs: Bone-in and skin-on are non-negotiable for maximum flavor and juiciness.

1 tbsp olive oil: To help the skin crisp up and the spices stick.

1 tsp garlic powder & ½ tsp paprika: For depth of color and a savory punch.

1 tsp dried thyme or rosemary: These woody herbs are the backbone of the roast.

Salt & pepper: To taste.

1 tbsp butter & 1 tbsp flour: To create the roux for your gravy.

1 cup chicken broth: The base of your silky sauce.

Chopped parsley: For a pop of freshness at the end.

For the Mashed Potatoes:

3 medium potatoes: Russet or Yukon Gold work best for mashing.

2 tbsp butter: For richness.

... cup milk or cream: For a smooth, velvety texture.

For the Carrots:

200g baby carrots: These cook quickly and evenly.

1 tbsp olive oil or butter: For roasting.

1 tsp honey or maple syrup: To enhance the natural sweetness.

Salt, pepper, & thyme: To mirror the flavors on the chicken.

DIRECTIONS

1. Prep the : Potatoes: Peel and cube your potatoes into even pieces. Place them in a pot of cold salted water and bring to a boil. Cook for 15-20 minutes until they are fork-tender.
2. Mash: Drain the potatoes and return them to the warm pot. Add butter and milk, then mash until creamy. Season well with salt and pepper and keep covered to stay warm.
3. Roast the : Carrots: Toss your baby carrots with olive oil, honey, salt, pepper, and thyme. Spread them on a baking sheet and roast at 200°C (400°F) for 20-25 minutes. You're looking for those beautiful caramelized edges.
4. Sear the : Chicken: Pat the chicken thighs dry with a paper towel-this is the secret to crispy skin! Season with garlic powder, paprika, salt, pepper, and herbs. In an oven-safe skillet, heat olive oil over medium-high heat. Place chicken skin-side down and sear until golden and crispy.
5. Roast the : Chicken: Flip the thighs and transfer the skillet to the oven. Roast at 200°C for 20-25 minutes or until the internal temperature reaches 75°C (165°F).
6. The : Masterful Gravy: Remove the chicken from the skillet and set aside to rest. Do not clean the pan! Place the skillet back on the stove over medium heat. Melt the butter into the chicken drippings, then whisk in the flour to form a roux. Gradually pour in the chicken broth, whisking constantly until the sauce thickens and becomes glossy.
7. Plate and : Serve: Place a generous dollop of mashed potatoes on the plate, nestle the chicken and carrots

alongside, and ladle that rich gravy over everything.
Garnish with fresh parsley.

SWAPS & NOTES

The Potatoes: If you want a lower-carb option, you can swap the potatoes for mashed cauliflower.

The Herbs: If you have fresh herbs on hand, use three times the amount of dried herbs (e.g., 1 tablespoon of fresh thyme instead of 1 teaspoon dried).

The Chicken: While thighs are the star here, you could use drumsticks.

If you prefer white meat, keep in mind that chicken breast dries out faster and won't yield the same amount of fat for the gravy.

TIPS FOR SUCCESS

Don't Rush the Sear: Let the chicken skin develop a deep golden-brown color before flipping.

This "fond" at the bottom of the pan is what makes the gravy taste incredible.

Dry the Meat: Moisture is the enemy of crispiness.

Always pat the chicken skin dry before adding oil and spices.

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

Original recipe: <https://chefmaniac.com/crispy-roasted-chicken-thighs-with-gravy-and-homemade-mashed-potatoes/>