

Baked Chicken Gizzards Recipe: Tender, Seasoned, and Full of Flavor

2 pounds chicken gizzards, cleaned and trimmed



OVEN
350°F

TIME
25 min

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INGREDIENTS

- 2 pounds chicken gizzards, cleaned and trimmed
- 1 large onion, sliced
- 2 bay leaves
- 1 teaspoon salt, for boiling
- 1/2 teaspoon black pepper, for boiling
- Water, enough to cover the gizzards
- 2 tablespoons vegetable oil or butter
- Cajun seasoning, to taste
- Onion powder, to taste

DIRECTIONS

- 1.** Clean the gizzards: Rinse the chicken gizzards thoroughly under cool water. Trim away any extra fat or yellow membrane if needed. Taking a few extra minutes here helps improve both texture and flavor.
- 2.** Boil until tender: Place the cleaned gizzards in a large pot and cover them with water. Add the sliced onion, bay leaves, 1 teaspoon salt, and 1/2 teaspoon black pepper. Bring everything to a boil, then reduce the heat to a simmer. Cover and cook for 1 1/2 to 2 hours, or until the gizzards are fork-tender.
- 3.** If you want to speed things up, you can use a pressure cooker and cook them for 25 minutes instead.
- 4.** Drain and season: Once tender, drain the gizzards well. Preheat your oven to 350°F (175°C). Transfer the boiled gizzards to a bowl and toss them with oil or melted butter, Cajun seasoning, and onion powder until evenly coated.
- 5.** Bake until browned: Spread the seasoned gizzards in a single layer on a baking sheet or place them in a Dutch oven. Bake for 30 minutes, until they begin to brown and the edges get slightly crispy.
- 6.** Serve hot: Remove from the oven and serve immediately over rice or with mashed potatoes for a warm, satisfying meal.

SWAPS & NOTES

This recipe is very forgiving, which makes it ideal for home cooks who like to adjust as they go.

Oil or butter: Butter adds a richer flavor, while vegetable

oil gives a lighter finish.

Cajun seasoning: Use as little or as much as you like depending on how bold or spicy you want the dish.

Pressure cooker option: If you are short on time, pressure

cooking the gizzards for 25 minutes is a great shortcut before baking.

TIPS FOR SUCCESS

The biggest secret to great chicken gizzards is not rushing the tenderizing step.

If they are not soft enough after 90 minutes, keep simmering.

Gizzards can vary in size and toughness, so it is worth checking them with a fork before moving to the oven.

While the simmering step builds a base of flavor, the Cajun seasoning and onion powder are what bring personality to the final dish.

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

Original recipe: <https://chefmaniac.com/baked-chicken-gizzards-recipe-tender-seasoned-and-full-of-flavor/>