

Really Scary Chicken

A French food-preservation technique, confit (KAHN-fee) requires cooking salted meat immersed in its own fat at very low temperatures. The result is meat that can keep (in coolish temperatures) for weeks. The amount of fat used in confit recipes conjures the name of our 3-ingredient “really scary chicken,” because Americans tend to be fat-phobic and our recipe uses a full cup of olive oil.

Be brave! You don’t eat all that oil! Once the chicken is cooked, “you’ll be left with a dish full of salty, lemony, garlicky, chickeny fat that should be put to use as often as you can,” according to Alison Roman, who contributed the 5-ingredient recipe precursor to the New York Times.

Garlic is at its peak in August -- plentiful in farmers markets and gardens right now. Whole bulbs are used here, cut in half so they simmer to silken softness and pop right out of their paper shells. Feel free to use the bulbs that may have opened up too much (and thus won’t keep as long), or the smaller bulbs that are a pain to peel (use more than 2).

You can see Roman put this dish together, plus 2 ingredients (carrots and oregano) in [this video](#).

Ingredients:

- 4 bone-in, skin-on chicken leg quarters (or substitute favorite dark meat)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 heads garlic
- 1 lemon
- 1 cup olive oil or vegetable oil



Cooking Instructions:

Preheat the oven to 350 degrees. Sprinkle chicken all over with salt and pepper. Arrange chicken in a 3-quart (or so) shallow baking dish or pot so they are all in one layer. the legs are snug and lying flat. Remove any loose outer papery skin from the garlic but no need to separate or peel. Cut the bulb in half to expose a cross-section of garlic cloves and tuck among the chicken. Slice the lemon in thin slices, discarding any seeds, and scatter them over the casserole. Pour olive oil over all of it. Bake, uncovered until the chicken is very tender, about an hour, basting with pan juices halfway through to enhance browning. Remove from oven cool slightly. Divide chicken, lemons and garlic among 4 plates. Retain the oil and refrigerate. Use to roast vegetables, brown grilled cheese or cook eggs, as the fat in any recipe that calls for cooking onions and garlic as a first step, and any other way you would use cooking oil. Serves 4.

--Sarah Fritschner, Kentucky Food Writer