

chattavore

BBO CHICKEN SKILLET CORNBREAD BAKE

Prep time 15 minutes

Cook time 50 minutes

Serves 6-8

- 1 tablespoon olive oil
 - salt and pepper
 - 1 1/2 pounds boneless, skinless chicken thighs, trimmed
 - 1 cup yellow cornmeal
 - 1/2 cup all-purpose flour
 - 1 teaspoon salt
 - 1 tablespoon baking powder
 - 1/2 teaspoon baking soda
 - 1 1/2 cups buttermilk
 - 1 egg
 - 1/4 cup butter, melted
 - 1 cup barbecue sauce
 - 1 cup corn kernels
1. Preheat oven to 450 degrees. Heat the olive oil in a 10-inch cast iron skillet over medium-high heat. While the oil is preheating, sprinkle salt and pepper on both sides of the trimmed chicken thighs.
 2. Place the chicken thighs in the pan and cook for 2-3 minutes on each side, until golden. Remove from heat and place into the oven. Roast for 15 minutes.
 3. While the chicken is cooking, prepare the cornbread batter. Whisk together the cornmeal, flour, salt, baking powder, and baking soda in a large bowl. In a measuring cup, beat the egg into the buttermilk. Pour the buttermilk/egg mixture into the cornmeal mixture then add the butter. Whisk until thoroughly combined.
 4. Remove the chicken from the oven. Use two forks to shred the chicken. Stir in the barbecue sauce and the corn and spread the chicken evenly over the bottom of the skillet. Pour the cornbread batter over the top. Place in the oven and bake for 30 minutes (check the center when you take it out-mine was a little underdone right in the middle). Serve immediately.