The Smoke Beneath Her Sunday

Herb-Marinated Chicken & Creamy Parmesan Rice
with Char-Roasted Vegetables



Roasted edges. Deep herbs. A little smoke beneath the comfort.

Aromatic chicken thighs and char-roasted vegetables fold into softly creamy rice. Parmesan lends a savory finish while the vegetables keep their character.

Approximately 4 servings | Marinate: about 3 hours
Indulgence, conjured slowly.

Gather your ingredients

Chicken & marinade

1 1/2 lb boneless, skinless chicken thighs (about 4), left whole
1 tbsp extra virgin olive oil for the marinade
1 tbsp extra virgin olive oil for the skillet
2 tsp liquid smoke
1 tsp each smoked paprika, garlic powder, onion powder, adobo and ground sage
1/2 tsp each dried thyme, black pepper and turmeric
No additional salt in the chicken marinade

Char-roasted vegetables

8 oz Brussels sprouts, trimmed and halved
8 oz mushrooms, quartered (halve small mushrooms)
1/2 each red, yellow and green bell pepper, cut into broad pieces
1/2 large red onion, cut into wedges
2 tbsp extra virgin olive oil
4 tbsp woodfire garlic rub
1/2 tsp black pepper
Himalayan sea salt, to taste

Creamy Parmesan rice

1 cup dry jasmine rice, rinsed and thoroughly drained
1 3/4 cups prepared chicken bouillon broth (mix according to the bouillon label)
3/4 cup half-and-half
1/2 cup freshly grated Parmesan
2 tbsp butter, divided
1 tsp finishing spice blend, below

Finishing spice blend

Mix 1 tsp each smoked paprika, garlic powder, onion powder and ground sage with 1/2 tsp each dried thyme and black pepper. Makes 5 tsp; use **only 1 tsp** for this dish. Store the remainder airtight. Prepare separately from the raw chicken marinade. No adobo or turmeric in this finishing blend.

You will need: A covered marinating bowl, Gourmia air fryer, deep skillet with a tight-fitting lid, and meat thermometer. Contains milk; check the rub and bouillon labels for additional allergens.

Marinate, roast & sear

1 / Give the chicken its herbs

Combine **1 tbsp olive oil, 2 tsp liquid smoke, 1 tsp each smoked paprika, garlic powder, onion powder, adobo and ground sage, plus 1/2 tsp each dried thyme, black pepper and turmeric**. Rub over **1 1/2 lb whole chicken thighs**. Cover and refrigerate for approximately **3 hours**.

2 / Roast the vegetables

Toss **8 oz Brussels sprouts, 8 oz mushrooms, 1/2 each red, yellow and green bell pepper, and 1/2 large red onion** together with **2 tbsp olive oil, 4 tbsp woodfire garlic rub, 1/2 tsp black pepper** and Himalayan sea salt to taste. Account for salt already in the rub.

Air-fry in the Gourmia at **400 F for approximately 20 minutes**, until browned at the edges and just tender with some bite. Shake or turn partway through for even cooking. Work in batches if needed to allow airflow. Set aside.

3 / Sear the whole thighs

Heat **1 tbsp olive oil** in the skillet over medium-high heat. Add the whole thighs with their coating of marinade (approximately **2 tbsp** carried into the pan). Sear until golden on both sides, then lower the heat and finish cooking until the thickest part reaches **165 F**. Discard any unused raw marinade.

Transfer the cooked thighs to a clean plate and let them rest while you prepare the rice. Keep them whole until it is time to fold them into the finished dish.



Finish with cream

4 / Toast and cook the rice

Leave approximately **1 tbsp of the cooked chicken fat/oil** in the skillet, retaining the browned bits. Add **1 tbsp butter** over low heat. Stir in **1 cup rinsed, drained jasmine rice** and toast for **1-2 minutes**.

Pour in **1 3/4 cups prepared chicken bouillon broth**, scraping up the browned bits. Bring to a simmer, cover and cook over low heat for approximately **15 minutes**, until the rice is tender and the liquid is absorbed. Rest covered off heat for **10 minutes**. Rice brands vary: follow the package absorption guidance if substantially different; if firm and dry, add a little hot water and cook covered a few minutes longer.

5 / Fold in the cream and seasoning

Gently warm **3/4 cup half-and-half**. Fold into the tender rice over low heat, then stir in **1 tsp of the finishing spice blend**. Remove from heat and stir in **1/2 cup Parmesan** and the remaining **1 tbsp butter**. Avoid a hard boil after adding dairy.

6 / Bring her together

Cut the rested chicken into bite-size pieces. Gently fold the chicken and all the roasted vegetables through the creamy rice. Taste before adding any extra salt. Serve warm, with distinct rice grains, a creamy coating, and vegetables that retain a little bite.

At the table

The roasted vegetables arrive first, followed by sage and herbs. The dish is savory and aromatic, with a gentle Parmesan finish. The cream should coat the rice without turning it soupy.

A note on the seasoning

The original batch uses **4 tbsp woodfire garlic rub**. Rubs vary in salt and heat, so choose a mild blend for this dish and taste before adding Himalayan sea salt. Air fryer capacity and vegetable size can affect browning and cooking time.

Brown Butter & Black Magic

Recipe and photography by Zacara L. Riggins
brownbutterblackmagic.com
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