



Milk Braised Chicken

Adapted from [Jamie Oliver](#) and [Sassy Radish](#)

BAH Note: For more Milk Braised Chicken love, please check out [The Kitchn](#) and [Big Red Kitchen](#). And for the how and why it works, The Kitchn has you covered [here](#).

- 1 whole chicken, approximately 3 1/2 to 4 pounds
- 1 stick of butter
- 1 tablespoon olive oil
- 1 cinnamon stick
- 1 tablespoon dried thyme
- zest of 2 lemons
- 4 cloves of garlic, skin on
- 3 cups of whole milk
- 1/2 cup half and half

Heat your oven to 375 degrees. Melt the butter and olive oil over medium heat in a dutch oven big enough for the chicken to fit snugly inside.

Remove the bag from inside the chicken, pat the chicken dry with paper towels and season with salt and pepper. Brown the chicken in the dutch oven, turning occasionally, until it is golden.

Once the chicken is well browned on both sides, remove the pan from the heat, and transfer the chicken to a platter. Carefully empty the dutch oven of the used oil and butter, leaving as many browned bits on the bottom of the pot as possible.

Return the chicken to the pot, add the remaining ingredients, cover and cook in the oven for 90 minutes. When the chicken is done, carefully transfer it to a cutting board and then strain the juices from the pot through a fine mesh sieve.

Carve the chicken and serve it swimming in the silky milky sauce.

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