**Chicken Squawk– Variations Included**

Ingredients for Variation 1: Lazy Chicken Squawk

* **Olive oil**
* 2-3 large **onions**, sliced into circles and then each circle is cut in half
* Your favorite **veggies:** I rotate, sometimes using bell peppers cut to match the size/shape of the onions. Sometimes, I do a cauliflower, cut into florets – or substitute whatever veggies you prefer.
* **Salt**
* **Pepper:** Optional, esp. if veggie is peppers, right?
* **Oregano** (optional)
* 8 **chicken thighs** – I prefer to include bones and skin
* **Stone ground mustard**
* **Water**
* Juice of ½ a large **lemon**

Instructions for Variation 1:

* Preheat oven to 400˚.
* So as to avoid cross contamination, set aside a generous scoop of **mustard** and return bottle to fridge.
* Drizzle **olive oil** to coat a large/deep bake pan.
* Over the oil, add a single layer of **onions**, covering the bottom of the pan.
* Add and arrange **veggies** similarly over the onions.
* Sprinkle **salt**, **pepper**, and **oregano** to taste.
* Generously rub **mustard** on both sides of each **chicken** piece and arrange all as the final layer of your dish, ensuring that the skin side faces up.
* Squeeze **lemon** into a glass or bowl. Add **water** and stir.
* Pour **water/lemon juice** mixture over the food in the pan. I usually find a small space between chicken pieces and pour it all into there, so as not to displace the mustard rub.
* Add more water, enough to cover approximately 40% of the food. This water will mix with the other flavors, creating a liquidy sauce. If you like it thicker, use less water—or for a brothier sauce, use more.
* Drizzle or brush **olive oil** over the tops of the **chicken** pieces.
* Bake at 400˚ for 75 minutes, give or take.\*   
  *\* My thigh quantities and ingredient combos vary. Rather than timing it, when the entire house smells overwhelmingly delicious, I check on progress. The skin’s brown, crisp appearance is my gauge as to when to remove from oven. Back in the day, I was careful and even fork-tested.*

*In the past, I would serve this dish with rice or potatoes, but no longer. Without these starches, the dish is flavorful and filling, so I stop there.*

Ingredients for Variation 2: Mediterranean Chicken Squawk

* **Olive oil**
* 2-3 **large** **onions**, sliced into circles and then each circle is cut in half
* **Olive tapenade, muffletta mix, or a homemade combination of:** Olives, bell or baby peppers, pepperoncini, carrots, cauliflower, celery, capers, garlic, red wine vinegar, red pepper flakes.
* **Dry rub**: Combine **za’atar**, salt, **white pepper**, and **Hungarian** or **spicy paprika**.
* 8 **chicken thighs** – I prefer to include bones and skin
* ¼ cup **red wine**
* **Water**

Instructions for Variation 2:

* Preheat oven to 400˚.
* Generously drizzle **olive oil** to coat a large/deep baking pan.
* Over the oil, add a single layer of **onions**, covering the bottom of the pan.
* Drizzle **olive oil** over the tops of the **chicken** pieces.
* Mix **dry rub** and coat both sides of the **chicken**.
* Lift chicken skin and stuff about 1 tsp **tapenade/muffletta mix/alternative ingredient combo** between the flesh and skin of each piece, replacing chicken skin and evening out mixture when done. Save remainder.
* Arrange **chicken** over the onions, ensuring that the skin side faces up.
* If there is remaining **tapenade/muffletta mix**, sprinkle it between chicken pieces.
* Being careful to avoid pouring over the chicken, pour **wine** in. Follow with **water** until chicken is halfway submerged.
* Bake at 400˚ for 45-75 minutes, or until juices run clear and chicken falls off the bone.