**Roam with Roni**

[https://roamwithroni.hebrewlion.com/](https://roamwithroni.hebrewlion.com/recipes)

**Chicken – Two “Loud Squawk” variations**

Variation 1 | Lazy Squawk

Ingredients:

* **Olive oil**
* 2-3 large **onions**, sliced into rings, then halved
* 6-8 **chicken thighs** – I prefer to include bones and skin
* **Stone ground mustard** to taste
* **Salt** to taste
* **Black pepper** to taste
* Optional: **oregano** to taste
* Juice of ½ a large **lemon**
* **Water**
* Your favorite **veggies:** I switch it up. Sometimes I use **bell peppers** sliced to match the onions, or **cauliflower**, cut into florets. Avoid sweet veggies like carrots, as they don’t complement the flavor profile of this dish.

Direx:

1. Preheat oven to **400˚F/205˚C**.
2. Scoop out a generous amount of **mustard**, set aside,and return bottle to fridge to avoid cross-contamination later.
3. Drizzle **olive oil** over the bottom of a large, deep baking pan.
4. Add a layer of **onions** to evenly cover the bottom of the pan.
5. Arrange the **thighs** in a single layer on a board or counter.
6. Generously rub **mustard** on both sides of each thigh.
7. Sprinkle **salt**, **pepper**, and **oregano** on both sides of the thighs.
8. Arrange the seasoned **thighs** as the next layer in the baking pan. They can be close together or touching—even placed on their sides—as long as the skin side faces up.
9. Pour the **lemon** **juice** evenly over the thighs.
10. Add **water** through any small gaps between the chicken pieces. This method avoids displacing the mustard rub. Add enough **water** to cover ¾ of the height of the **thighs**.   
    **Tip:** The water will combine with the dish’s other flavors to become a sauce. If you prefer a thicker sauce, use less water—or use more for a brothier sauce.
11. Drizzle or brush **olive oil** over the tops of the **thighs**.
12. Bake for 90 minutes.
13. Rub **mustard** and sprinkle **salt**, **pepper**, and **oregano** on the **veggies**.
14. After 90 minutes of baking, remove the pan from the oven and add the **veggies**. Find or create space to arrange the veggiesamong the **thighs**.
15. Return the pan back to the oven and continue baking until the amazing aroma indicates that the dish is ready to be served. Depending on your oven, this may take an additional 30-90 minutes. Check for doneness by ensuring that the skin on the thighs is browned and visually appealing.

Variation 2 | Mediterranean Squawk

Ingredients:

* **Olive oil**
* 2-3 large **onions**, sliced into rings, then halved
* 6-8 **chicken thighs** – I prefer to include bones and skin
* **Za’atar** to taste
* **Salt** to taste
* **White pepper** to taste
* **Hungarian** or **spicy paprika** to taste
* **Olive tapenade**, **muffletta mix**, or a homemade combination of:
  + **Olives** to taste, finely chopped
  + **Bell** or **baby peppers** to taste, finely chopped
  + **Pepperoncini** to taste, finely chopped
  + **Carrots** to taste, finely chopped
  + **Cauliflower** to taste, finely chopped
  + **Celery** to taste, finely chopped
  + **Capers** to taste, finely chopped
  + **Garlic** to taste, finely chopped
  + **Red wine vinegar** to taste
  + **Red pepper flakes** to taste
* ¼ cup **red wine**
* **Water**

Direx:

1. Preheat oven to **400˚F/205˚C**.
2. Drizzle **olive oil** over the bottom of a large, deep baking pan.
3. Add a layer of **onions** to evenly cover the bottom of the pan.
4. Arrange the **thighs** in a single layer on a board or counter.
5. Drizzle or brush **olive oil** on both sides of each thigh.
6. In a bowl mix together the **za’atar**, **salt**, **white pepper**, and **paprika**. Use this dry rub to coat both sides of the **thighs**.
7. For each **thigh**, lift the skin and stuff about 1 tsp of **tapenade** or **muffletta mix** between the flesh and the skin, spreading it as evenly as possible. Once finished, replace the skin and smooth out the thigh.
8. Arrange **chicken** over the onions, ensuring that the skin side faces up.
9. Arrange the seasoned **thighs** as the next layer in the baking pan. They can be close together or touching—even placed on their sides—as long as the skin side faces up.
10. Sprinkle any remaining **tapenade** or **muffletta mix** throughout the dish.
11. Add **wine** through any small gaps between the chicken pieces.
12. Using the same method, add **water** to cover ¾ of the height of the **thighs**.
13. Bake for 90 minutes until the juices run clear and the chicken is tender enough to fall off the bone. Depending on your oven, you may need to extend the baking time by an additional 30-90 minutes.

*The dish pairs well with rice or potatoes.*