



L. Scott

Pan-Roasted Chicken Thighs with Blackberries & Thyme

Serves 4

INGREDIENTS

4 bone-in, skin-on chicken thighs

Sea salt & black pepper

1 T preferred high-heat oil

1 C frozen blackberries, thawed

2T butter

1 garlic clove, peeled and smashed

6 sprigs fresh thyme

INSTRUCTIONS

If time allows, generously salt and pepper chicken thighs several hours ahead of time and refrigerate, uncovered, on rack over a sheet pan.

Preheat oven to 425F

In a large, heavy skillet, warm oil over medium-high heat. Once hot, add chicken skin-side down and cook until well-browned (6-8 min). Flip thighs so the skin side is facing up.

Add blackberries to skillet and place in oven. Roast until the chicken reaches an internal temperature of 170F (15-20min).

Remove skillet and spoon off excess fat. Push chicken thighs to one side of the skillet and add butter, garlic and thyme, tilting pan so butter pools to one corner. Use a spoon to baste the chicken several times.

Serve with a drizzle of herb butter.

Recipe by oregon-berries.com



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Himalayan Blackberry

(Rubus armeniacus)

ID Characteristics

- Sprawling, evergreens shrub which forms large thickets of trailing or climbing stems.
- The stems are strongly angled and bear curved prickles (ouch!).
- The leaves have a grey, woolly underside and a smooth top surface, and prickled stalks.
- The leaves are generally in groups of 5 on the new canes, and groups of 3 on second-year, flowering canes.
- Flowers are small, white to pink, with 5 petals. They are arranged in clusters of 5-20.

Lookalikes

- Not to be confused with native Black Raspberry (*Rubus leucodermis*), which has white residue on its stems and doesn't grow in monocultures.

Vectors of Spread

- Himalayan Blackberry reproduces vegetatively: the cane tips root down when they touch the ground or form nodes along the canes.
- Birds and mammals that eat the fruit can also spread Blackberry seeds in their excrements.

Impacts

- Outcompetes native vegetation.
- Limits movements of humans and wildlife by forming dense thickets.
- Takes over stream channels and banks.
- Outcompetes deep-rooted shrubs and trees that normally stabilize banks and prevent flooding.