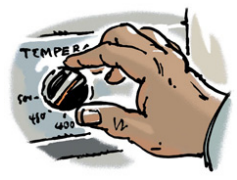




You'll need: a frying pan and a baking dish, tongs, a meat thermometer or a metal fork, salt and pepper, Cajun spice mix (optional), olive oil, a bone-in, skin-on chicken breast.

Step
1



Heat the oven to 450 degrees Fahrenheit. (Ovens take at least 20 minutes to warm up.)

Step
2



Rub the chicken all over with a good amount of **olive oil**. Season generously with **salt and pepper**. If you have it, sprinkle on **Cajun spice mix**.

Step
3



Heat a frying pan over high heat for a few minutes. If it gets too hot and starts to smoke, take it off the stove to cool a bit. **Put the chicken, breast side down**, in the dry pan. Your chicken should sizzle. Don't move it around, because the skin is becoming crispy and browned.

Step
4



After about three minutes, **flip** the chicken over with tongs and **put it in the oven** to finish cooking. (If you're not using an oven-safe frying pan, transfer the chicken to a baking dish first.)

Step
5



After about **15 minutes**, take the chicken out to check it. If it's done, it will register **160 to 165 degrees Fahrenheit** on a meat thermometer. If a metal fork or a skewer stuck inside the breast for 30 seconds doesn't feel hot when you pull it out and hold it against your skin, or the chicken feels spongy when you poke it, it's not there yet. Put it back in for another five minutes.

Step
6



Take the chicken out and **let it rest** for five minutes so the juices settle before eating.

*From the store to the kitchen to the table: We outline the steps that get you from something raw to something cooked using simple ingredients, free of measurements and complicated techniques. A method that you can have in your back pocket and whip out whenever you like. We call it recipe-free cooking.