

Blackened chicken

FOOD-035 / REV A / 2026.09.01

The recovered recipe uses butter or oil as a binder, a paprika-forward seasoning with garlic, onion, pepper, thyme, oregano, salt, and optional cayenne, then a hot cast-iron finish. For a smoky variation, the chicken can be taken through a lower-temperature smoke before the final sear.

STATUS	Recovered/Partial
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / RECOVERED/PARTIAL
CATEGORY	Cooking
RECORD TYPE	recipe

TECHNICAL NOTES

Blackened chicken breast seasoning and a smoke-then-sear workflow.

GOAL

Build a dark, savory crust while keeping boneless chicken breast juicy.

A RECIPE TO MAKE / ADDED TO THIS RECORD

The original blackening blend with direct-sear and smoke-and-sear options, both finished to a measured 165°F.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

BLACKENED CHICKEN BREASTS

Adapted from the measured FOOD-035 formula and CHAT-0307 excerpt; thickness, batch weight and safe completion instructions are new clarifications.

YIELD	2-4 servings
PREP / WAIT	15 minutes
COOK	10-15 minutes direct; 45-90 minutes for smoke-and-sear

RECIPE INGREDIENTS

- 2 boneless skinless chicken breasts, about 1-1 1/2 lb total
- 1-2 tbsp melted butter or oil for coating
- 1 tsp neutral oil for the skillet
- 1 tbsp paprika
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp salt
- 1/2 tsp dried thyme
- 1/2 tsp dried oregano
- 1/4-1/2 tsp cayenne (optional)
- 1/8 tsp brown sugar (optional)

RECIPE METHOD

1. Butterfly or pound breasts to an even 1/2-3/4 inch thickness. Do not rinse raw chicken. Pat dry, coat with the butter or oil and press on the combined seasonings.
2. Heat a heavy skillet over medium-high with the 1 tsp oil and use ventilation. Add chicken, leaving space between pieces.
3. Cook 4-6 minutes on the first side and 4-5 on the second, reducing heat if the seasoning burns. Check the thickest part of each piece from the side and continue until it reaches 165°F.
4. For smoke-and-sear instead, heat the smoker to 225-250°F, smoke the seasoned chicken until about 145°F, then transfer immediately to a preheated skillet to finish. Check frequently during the sear and reach 165°F before taking off the heat; do not store partially cooked chicken.
5. Rest on a clean plate 5 minutes before slicing.

RECIPE NOTES & STORAGE

- Preserves FOOD-035's seasoning proportions; cayenne and sugar remain optional. Use mild paprika for the requested milder flavor.
- This method supersedes the saved 160-165°F endpoint: a rest is not a substitute for verifying 165°F.
- Refrigerate promptly at 40°F or below for 3-4 days; reheat leftovers to 165°F.

RECIPE BASIS & REFERENCES

FOOD-035 source record

<https://u225x.com/record/FOOD-035>

CHAT-0307 source record

<https://u225x.com/record/CHAT-0307>

USDA: safe minimum internal temperatures

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

USDA: washing raw poultry is not recommended

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/washing-food-does-it-promote-food>

FoodSafety.gov: cold food storage chart

<https://akaproducts.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

FDA: storing food safely

<https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

ORIGINAL RECORD / RETAINED NOTES

INGREDIENTS

- 2 boneless skinless chicken breasts
- 1-2 tbsp melted butter or oil
- 1 tbsp paprika
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp black pepper
- 1 tsp salt
- 1/2 tsp thyme
- 1/2 tsp oregano
- 1/4-1/2 tsp cayenne, optional
- Pinch of brown sugar, optional

METHOD / STEPS

1. Butterfly or pound the breasts to even thickness.
2. Pat dry, coat lightly with butter or oil, and press on the seasoning.
3. Heat cast iron until very hot and add a small amount of oil.

4. Cook about 4-6 minutes on the first side and 4-5 minutes on the second.
5. For a smoky version, smoke at 225°F until about 135-145°F, then finish in the hot pan.
6. Cook to 160-165°F internal and rest 5 minutes.

RESULT / WHERE THIS STANDS

Recovered recipe with a direct-sear and smoke-then-sear path.

SAFETY / LIMITATIONS

- Use a thermometer and verify the chicken reaches a safe internal temperature before serving.
- Hot cast iron and oil can cause burns and flare-ups; use appropriate handling.

SPECIFICATION

CHICKEN	2 boneless skinless breasts
DIRECT FINISH	Hot cast iron / 4-6 min + 4-5 min
SMOKE OPTION	225°F, then sear
TARGET	160-165°F internal

DEVELOPMENT HISTORY

2026.09.01 / Rev A

Imported as an independent manifest record; public copy keeps uncertainty visible.

RELEASED MATERIAL / SOURCE LINKS

FOOD-035_blackened-chicken.txt

RECIPE / PUBLIC SUMMARY

https://u225x.com/downloads/food-records/FOOD-035_blackened-chicken.txt

CONNECTED RECORDS

FOOD-036

<https://u225x.com/record/FOOD-036>

FOOD-037

<https://u225x.com/record/FOOD-037>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/FOOD-035>