

Poached Chicken Breasts



Poaching is an easy way to cook tender, flavorful chicken breasts. Keep poached chicken breasts on hand for wraps, salads, etc.

Yield: Your choice

Instructions

Poaching Instructions

Instructions vary between cookbooks. Here's my favorite technique.

- Place chicken breast in single layer (not overlapping) in a pot with a wide base (large, deep frying pan is the best). Cover in water.
- You can add ingredients to the water (e.g. salt, pepper, onions, garlic, carrots, celery, bay leaves)- but in my experience, this does not add much flavor to the chicken.
- Cover and bring to boil. As soon as it starts to boil, reduce heat (air bubbles barely forming). Simmer for about 20 minutes until the chicken is cooked through (internal temperature 165°F).
- Serve the chicken immediately or cool for later use. They freeze well.

Using Frozen Chicken Breasts

- *Thawing:* thaw in the refrigerator. If you are in a rush put the chicken breast in a water proof sealed bag and then into a container of water.
- *Using cold:* the thawed chicken breasts are great for salads, wraps, sandwiches, etc.
- *Reheating:* The thawed chicken breasts can also be reheated for a quick meal. Microwaving is the easiest, but here are a few other ideas.
 - Heat a grill (BBQ, frying pan, etc.) with a small amount of oil. Brown both sides of the chicken breast. Don't heat longer than 3-4 minutes per side or the chicken will be over-cooked. For extra flavor, brush with a marinade (see Condiments & Flavourings).
 - Warm the chicken breast in a steamer. Serve with a sauce (e.g. white sauce in Condiments & Flavourings).