

BATCH COOKING CHICKEN BREAST

These methods are a great way to set yourself up with multiple days of protein on hand. Great for salads, sliced, lettuce cups, soup, enchiladas, you name it! You can take it any flavor direction you want or keep it fairly simple and flavor after.

My three favorite methods are dry poaching, wet poaching, and electric pressure cooker.

DRY POACHING:

This is my go-to favorite method for producing a flavorful chicken breast fast. It is quick enough for use on busy nights and easy for cooking up a bunch for lunches. It is hands-off once you get started so you can spend your time on other things.

I usually bake up a value pack from the store, about 6 breasts. Preheat oven to 400. Rub a baking sheet pan, or large baking dish with olive oil or lined with foil for easy clean up. Season with salt and pepper, a pat of butter or olive oil on top and lemon slices. Bake at 400 degrees covered with parchment paper until done. Start checking temperature at about 20 minutes. The internal temperature should be 165.

Feel free to change up with your spices but always with salt and pepper

- 1) Lime, onion, garlic and chilli powder
- 2) White wine, thyme, dab of butter
- 3) Curry powder and coconut oil
- 4) Italian seasoning and garlic powder

WET POACHING:

Wet poaching is great for lots of recipes. I love using it for chicken salad. It is perfect for dicing for chicken soup. Even for just slicing on top of salad. The key is not to over cook your breast and don't forget to take it off the heat and cover with a lid.

Put chicken breast in a large pot. Cover with at least an inch of water or stock. Add salt and pepper. You can add any of the following: diced onion, tomato paste, paprika, smashed garlic, bay leaves, Italian seasoning, soy sauce and lime, you name it. You can't go wrong. Bring to a boil, cover, and remove from heat. Let stand for about 20-30 minutes until temperature reaches 165.

Electric Pressure Cooker (aka Instant Pot):

Using the pressure cooker gives me the best chicken when I want it shredded for chicken salad, shredded BBQ chicken or chicken enchiladas.



Thawed or fresh chicken: place meat in Instant Pot on High for 10-15 minute. Natural Release 5 minute then release pressure.

Frozen Chicken: place in instant pot on high pressure, set for 25 minutes. Natural Release, 5 minutes then release pressure. If you want to easily shred the chicken for chicken salad or enchiladas set for 30 minutes and natural release for 5. You might have to experiment a couple times since it depends on how many breasts you use. Trust me you will find your perfect time.

You can experiment with using the rack in the bottom of the instant pot and only forming on layer of meat. About 3-4 breasts will fit on bottom. I usually don't because I just shred all of my chicken cooked this way to feed my large family or guests. If you set the in