

COURSE NAME	The Perfect Poach and Sauces Simplified
INSTRUCTOR	
DATE	
STUDENT NAME	

Perfect Poached Chicken

NOTES FOR THE HOME COOK

Poached chicken is great for bulk cooking; the chicken can be used to enhance quick meals throughout the week. To make cooking easier, read the recipe through before you start cooking so you're familiar with the process. As you prep your ingredients, line them up in the order you will need them. To ensure that the chicken cooks through, don't use breasts that weigh more than 8 ounces each. Use the hands-off cooking time (like the marinating, poaching, and resting steps) to prepare a flavorful sauce such as Warm Tomato-Ginger Vinaigrette or Parsley Sauce with Cornichon and Capers. We like to serve this with a simple side dish like rice pilaf or a green salad.



INGREDIENTS

- 4 (6- to 8-ounce) boneless, skinless chicken breasts**
- ½ cup soy sauce**
- ¼ cup salt**
- 2 tablespoons sugar**
- 6 garlic cloves**

EQUIPMENT

- **Chef's knife**
- **Cutting board**
- **Plastic wrap**
- **Meat pounder**
- **Dutch oven (at least 6 quarts)**
- **Measuring cups**
- **Measuring spoons**
- **Steamer basket**
- **Instant-read thermometer**
- **Aluminum foil**
- **Serving platter**

KITCHEN NOTE

No Steamer? No Problem

A pasta insert is a good substitute. You can also place the chicken directly on the bottom of the pot, but be sure to turn the chicken breasts a few times during cooking to promote even cooking.

RECIPE SNAPSHOT

TOTAL TIME	1 hour
PREPARATION TIME	20 minutes
ACTIVE COOKING TIME	10 minutes
YIELD	4 servings
MAKE AHEAD	Poached chicken can be refrigerated for three days
DIFFICULTY	Easy

NOTES
