

Poached Chicken



"Heaven in your mouth!" – Kaitlyn, 17 years

Ingredients

Ingredients	10 burgers	20 burgers	50 burgers	Your QTY
Raw chicken breast, whole	100g	200g	500g	_____
Water	1 ltr	1.2 ltrs	1.5 ltrs	_____
Minced garlic	1 tsp	1 tsp	1 tsp	_____

Stove instructions

- 1 In a saucepan, bring water to the boil. Add chicken breasts and garlic and simmer on stove until cooked. Ensure the chicken is covered by the water.

100g chicken approximately 5 minutes
 200g chicken approximately 7 minutes
 500g chicken approximately 10 minutes

- 2 Ensure the chicken is cooked through by cutting it open at the thickest part of the breast.

Oven instructions

- 1 Place chicken breasts and garlic in a baking dish and cover with water. Pre-heat oven to 180°C and poach chicken in oven until cooked through.

100g chicken approximately 20 minutes
 200g chicken approximately 25 minutes
 500g chicken approximately 30 minutes

- 2 Ensure the chicken is cooked through by it cutting open at the thickest part of the breast.

Thermomix instructions

- 1 Place water and garlic in Thermomix bowl and cook for **5 minutes** at **100°C** on **speed 1**.
- 2 Place the chicken inside the basket and place in Thermomix bowl. Cook in Thermomix as specified below until chicken is cooked through. Ensure the chicken is covered by water.
 100g of chicken approximately **6 minutes** at **100°C** on **speed 2**
 200g of chicken approximately **8 minutes** at **100°C** on **speed 2**
 500g of chicken approximately **10 minutes** at **100°C** on **speed 2**
- 3 Ensure the chicken is cooked through by cutting open at the thickest part of the breast.



Chef Laurent says...

Add fresh or dried herbs for extra flavour. If you let the chicken cool down in the juice it will stay moist.

Use the left over water from the cooked chicken for chicken stock in casseroles and curries. This can last up to 2 days in the fridge.

Use whole poached chicken fillets on burgers. You can poach the chicken fillets up to 2 days in advance and keep refrigerated. Re-heat fillets in hot press just before serving.

Poached chicken is great for sandwiches, salads and sushi. Chop into small pieces, mix it with mayonnaise and store in an air tight container in the fridge to use as required. Can last up to 3 to 4 days.

Use poached chicken in pasta dishes to cut down on cooking time. Also great for toasted wraps.