



How to Poach Chicken

Ingredients:

4 cups water
1 clove garlic
peppercorns
1 tsp. salt
1 bay leaf
3 chicken breasts, skinless and boneless

Directions:

Bring 4 cups water with 1 large clove garlic, a few peppercorns, 1 teaspoon salt, and a bay leaf to a boil over high heat in a medium saucepan.

Add 3 boneless, skinless chicken breasts, and simmer gently, uncovered, for 7 minutes. Remove pan from the heat, cover it, and let stand for 10 minutes.

Remove 1 chicken breast to a plate and cut into the center to make sure the breast is cooked through. If it is, remove the remaining breasts to a plate. If chicken is still underdone, return it to the saucepan, cover, and simmer for 2 minutes more.

Transfer chicken to a clean plate to cool before shredding or slicing.