

Poached Chicken Breasts

Ingredients

- 2 Chicken Breasts (boneless, skinless)
- 8 c Water
- 1 T Salt

Instructions

1. Take chicken breasts out of the fridge 30 minutes before cooking. Place chicken breasts in the pan. Add salt and water to the pan until the chicken breasts are fully submerged.
2. Bring the water to a gentle simmer over medium heat. Turn the heat down to low and cover the pan. Simmer for ten minutes. Once the chicken is done, take it off the heat.
3. Let the chicken rest in its poaching liquid for a few minutes. As the chicken rests in the cooking liquid, it will reabsorb some of the moisture it released during cooking.