

Poached Chicken Thighs

Ingredients

1 1/2 lb Chicken Thighs
1/2 Onion (cut into chunks)
1 T Black Peppercorns
1 Carrot (cut into chunks)
2 Celery Ribs (cut into chunks)
3 Bay Leaves
4 Thyme Sprigs
1 Rosemary Sprig
6 Parsley Sprigs
6 c Water
1 T Salt
1 T Lemon Juice

Instructions

1. Place chicken in the bottom of a 3 quart pot. Add in the rest of the ingredients.
2. Cover and bring to a boil, once the water is at a rolling boil reduce heat to barely a simmer. Crack the lid an inch and cook for 15 minutes, then turn off the heat, leaving the chicken to finish cooking in the hot water for an additional 20 minutes.
3. Remove the chicken from the pot and either shred, slice or chop. Strain liquid and discard solids, use chicken broth for whatever recipe.