



Poached Chicken Breasts with Aromatics

Ingredients

6-8 boneless skinless chicken breasts

1 tsp salt

Aromatics: Have fun here! Use what appeals to you. Two of my favorite blends are:

~ One chopped onion, 2 stalks chopped celery, 2 chopped carrots, 2 lemons (halved), 1 T lemongrass, two inches grated ginger, 1 tsp. peppercorns

~ One chopped onion, 2 stalks chopped celery, 2 chopped carrots, 2 lemons (halved), 2 sprigs fresh rosemary and/or fresh thyme, 2 cloves garlic (smashed)

Directions

1. Place chicken breasts in a single layer (overlapping as necessary) in bottom of a large pot. Scatter salt and aromatics on top. Cover with enough water to cover chicken and aromatics, plus an additional inch of water.
2. Bring pot of chicken with water to a boil over medium-high heat, then reduce heat to a simmer and cover pot. Cook 12-18 minutes depending on size of chicken breasts, and until internal temperature of chicken registers at 165 degrees on a thermometer placed in the thickest part of the meat. The meat should be opaque through to the center.
3. Remove chicken from water and eat hot, at room temperature or cooled, depending on the recipe you are using. Strain water through a sieve into a container and reserve! Sip as-is or use as stock in soups or when cooking rice or quinoa.