



[Poached Chicken Recipe](#)

Recipe found on AnnsEntitledLife.com

Prep Time: 20 Minutes

Cook Time: 1 hour

Poached Chicken Mise en Place:

- [Stock Pot](#)
- [Measuring Cup](#)
- [Measuring Spoons](#)
- Knife
- Peeler
- [Colander](#)
- Large Bowl

Poached Chicken Recipe Ingredients

1 lb. White Onion, sliced

1 Carrot, peeled and sliced

1/2 cup Dried Parsley

1 cup Dry White Wine

1 TBSP Garlic, minced

3 TBSP Black Peppercorns

Enough water to cover all ingredients

5 lbs. Chicken Breasts, boneless, skinless (fresh or defrosted)

- Combine onions, carrot, parsley, wine and garlic in a large [stock pot](#).
- Add enough water to cover the chicken (not yet in the pot) and all other ingredients.
- Bring mixture to a simmer (you have not yet added your chicken).
- Simmer 10 minutes.
- Add peppercorns.

- Simmer 10 more minutes.
- Remove from heat, strain into a large bowl and allow the liquid to cool.
- Return the strained liquid to your [stock pot](#).
- Add the chicken to the pot, and cover.
- Turn heat to high, and bring to a boil.
- Boil for 1 minute, turn off the heat and allow the chicken to sit in the hot water for 15 minutes.
- Allow poached chicken to cool in refrigerator.

Make approximate 10 servings