

PERFECT CHICKEN BREAST

EQUIPMENT

ZIP LOCK BAG, FRYPAN, CHEF'S KNIFE, SMALL SAUCEPAN, SMALL FRYPAN, THERMOMETER

INGREDIENTS

CHICKEN BREAST, 4 SPRIGS OF THYME, SALT,
OLIVE OIL, 30GM BUTTER

METHOD

PLACE CHICKEN, THYME, SALT AND OIL IN THE BAG AND SEAL REMOVING AS MUCH AIR AS POSSIBLE

¾ FILL THE POT WITH WATER TO 60 DEGREES AND ADD THE CHICKEN

PLACE THE POT IN A PRE-HEATED OVEN STEAM SETTING 60 DEGREES FOR 60 MINS

REMOVE FROM THE OVEN AND PAT-DRY THE CHICKEN WITH PAPER TOWEL

HEAT THE FRYPAN AND PLACE THE CHICKEN IN SKIN SIDE DOWN AND PAN FRY OVER MEDIUM HEAT FOR 2 MINS THEN ADD THE BUTTER

CONTINUE TO FRY FOR A FURTHER MINUTE AND BASTE THE CHICKEN WITH THE BUTTER

REMOVE, SLICE AND SERVE

HINTS & TIPS

- THIS METHOD WILL KEEP THE CHICKEN MOIST AND WILL ALSO ENSURE IT'S PERFECTLY COOKED
- WHEN YOU HAVE A PROTEIN THAT IS COOKED PERFECTLY IT ENHANCES IT'S NATURAL FLAVOURS THEREFORE THERE IS LESS NEED FOR SPICE MIXES AND RUB