



CHEAT SHEET

Poaching Chicken & Fish

Poaching is a simple technique for cooking foods by simmering them gently in a liquid base. It is a quick and handy alternative to grilling or baking poultry or fish. Poaching generally works best with boneless, skinless cuts or fillets.

TIP: If you need cooked chicken for a recipe in a hurry and don't have any leftovers on hand, you can do a very simple quick poaching hack for plain chicken breast in 10 minutes. Fill a large sauté or soup pan with several inches of chicken or vegetable broth (you can use water in a pinch, but the broths yield a more flavorful chicken). Add a couple of teaspoons of salt, bring the liquid just to a boil and gently submerge raw boneless, skinless chicken breast(s). Set the timer for about 10 minutes, cover and keep the liquid at a steady simmer. When the chicken is just-opaque all the way through, remove it and drain well. Chop, slice or shred the breast(s) with 2 forks and it's ready for your recipe – enchiladas, chicken salad, quick-soup, etc.

Basic Ingredients:

Poaching Liquids:

- Water
- Broth (fish, chicken, vegetable, etc.)
- Milk (coconut, rice, almond, pastured cow, etc. – use half water or broth and half milk. Note: do not use an acid if poaching in cow's milk.)

Acids (per 4 cups base liquid):

- Citrus juice (lemon, lime, orange, etc. – up to the juice of 2 fruits)
- Wine (red, white, etc. – up to 1/2 cup)
- Vinegar (red wine, apple cider, balsamic, etc. – up to 3 tablespoons)

Optional Seasonings (per 4 cups base liquid):

- Handful of any fresh herb combinations you enjoy, lightly crushed
- 1-2 tablespoons of whole spices you enjoy, such as 2 teaspoons peppercorns, half a cinnamon stick and 2 star anise or just a bay leaf
- 4-6 cloves garlic, crushed or 3 shallots, sliced
- 2 lemon grass stalks, trimmed and pounded
- Chopped veggies, such as 1/2 each carrot, onion and celery or 1 each bell pepper and sweet onion
- 1 tablespoon sea salt

Cooking Technique:

Step 1: Add enough cooking liquid to just cover your breast/fillets in a large skillet or sauté pan - usually about half way up the pan. Add a good splash of one acid element and any seasonings you enjoy (aromatics, pungents, spices, etc.) plus salt, to taste.

Step 2: Bring the liquid to a boil then reduce heat to a simmer for 5-20 minutes. This pre-simmering step is not strictly necessary, but it will strengthen the flavor infusion during your poaching.

Step 3: Add your chicken or fish and reduce the heat to a very low simmer, just a few bubbles surfacing in the liquid, for about 10 minutes.

Step 4: Turn off the heat, cover, and let sit for 5-15 minutes until chicken or fish is opaque – just-cooked all the way through. Do not overcook.

Step 5: Drain well and use or refrigerate.

Helping You Make Tastier, Healthier Food in Less Time

www.thecleanfoodcoach.com | www.cleanfoodcentral.com

© copyright 2013 Jeannette Bessinger. All rights reserved.

