

# Buffalo Chicken (Sous Vide)

November 30th, 2021

**This recipe serves: 4**

Prep Time: 00:15

Cook Time: 02:00

This is an easy Chicken recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

## Ingredients:

4 Chicken Breasts, boneless and skinless

1/4 Teaspoon Table Salt

2 Ounces unsalted Butter

1/4 Cup Frank's Hot Sauce (or other Hot Sauce)

1 Tablespoon Honey

2 Ounces Blue Cheese (optional)

## Directions:

Salt the Chicken Breasts.

Place the Chicken into a Sous Vide bag, in a single layer.

Melt the Butter in the microwave.

Mix the Butter, Hot Sauce, and Honey.

Add the Hot Sauce mix to the bag.

Optionally, add the Blue Cheese.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

## Sous Vide at 143° F for 1.25 hours (1.5 hours if frozen).

The unopened bag can be refrigerated up to 1 week or frozen up to 6 months.

Remove the bag from the Sous Vide.

Cut the Chicken Breasts into strips and toss with the juice from the bag.

Serve with celery sticks and blue cheese dressing.