

Teriyaki 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

3 Tablespoons Soy Sauce

4 Ounces Pineapple Chunks with the juice (Juice, not syrup)

1/2 Teaspoon Garlic Powder

1 inch Ginger, thinly sliced

Sesame Seeds

Directions:

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

Mix the Soy Sauce, the Pineapple, Garlic, and Ginger.

Add the Soy Sauce mix to the bag.

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).

Remove the bag from the Sous Vide. and rest for 10 minutes.

Remove the meat from the bag, reserving the Au Jus.

Sear the meat.

Serve each Chicken Breast with Jasmine Rice, and a vegetable medley.

Use the Au Jus for a sauce, if desired.

Sprinkle with Sesame Seeds.