

# Poached Chicken and Chicken Stock

January 27th, 2019

Prep Time: 01:30

Cook Time: 00:00

Poached Chicken is similar to boiling chicken, but produces a much better result. Boiling involves cooking the chicken in rapidly boiling water. This will result in a dry and tough final product. Poaching chicken involves reaching a high initial temperature, then cooking at a lower temperature until the meat is cooked. Poaching chicken results in moist, flavorful meat.

## Ingredients:

3 or 4 pounds of Chicken meat with skin and bones

2 large Carrots - Peeled

2 large Celery Stalks

1/2 Yellow Onion

3 Cloves Fresh Garlic

1 Sprig Rosemary

Drinking Water

Salt

## Directions:

**NOTE: If using a whole chicken, you should Spatchcock the chicken first.**

Cut the Carrots into 1 inch pieces.

Cut the Celery stalks into 1 inch pieces.

Cut the Onion into about 4 pieces.

## Stovetop Method

Add all the ingredients into a large Stock Pot.

Add enough water to cover the contents. Add a pinch of salt.

Cover the pot and bring to a rolling boil.

Remove the lid and reduce the heat to a low simmer for about 10 minutes.

Cover and remove from heat.

Let it sit for another 30 to 45 minutes.

## Instant Pot Method

Add all the ingredients into a large Instant Pot.

Add enough water to cover the contents. Do not overfill the Instant Pot.

Add a pinch of salt.

Seal the Instant Pot.

Set the Instant Pot timer for a 20 minute cook and start the cooking cycle.

After the timer completes, manually release the pressure.

## Finishing the Chicken and Stock

Carefully remove the Chicken from the pot.

Skin the chicken and remove the bones. Discard the skin and bones.

Strain the stock and discard any remaining solids.

Refrigerate the stock for about an hour to solidify the Chicken Fat. Discard the fat.

The Stock will keep refrigerated for 3 days or frozen for about 3 months.