Boiled Chicken Breast Recipes

Boiled Chicken Breast Recipes uses gently simmered chicken for shredding. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
10 min	20 min	5 min	4	Easy

Ingredients

- 1 1/2 pounds boneless skinless chicken breasts / 680 g
- 4 cups low-sodium chicken broth / 960 ml, plus water to cover if needed
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf

Ingredient Notes

Liquid: The exact top-up water depends on pot shape.

Boiled intent: Gentle poaching avoids toughening the meat.

Instructions

1. Place thawed chicken in a saucepan in one layer; add broth and enough water to cover by about 1 inch.

2. Add salt, pepper and bay leaf, then bring just to a gentle simmer.

3. Lower heat and partly cover; simmer about 12 to 20 minutes, checking from 10 minutes for 165°F (74°C) in every breast.

4. Transfer to a clean plate, rest 5 minutes and discard bay leaf.

5. Slice or shred. This recipe uses gentle poaching rather than a vigorous rolling boil; chill leftovers promptly.

Time, Temperature & Doneness

Use a thermometer to check every chicken portion for 165°F (74°C) in its thickest center, avoiding bone. Exterior color, browning and clear juices are not reliable safety tests. Listed times vary with thickness and equipment.

Tips & Mistakes to Avoid

Tips: Keep heat gentle. Check pieces individually. Discard bay leaf.

Avoid: Boiling violently. Using too little liquid. Assuming a fixed time is enough.

Variations & Serving

Broth-free: Use water and season to taste. Herb: Add thyme to liquid. Shredded: Use cooked chicken in separately prepared soups or wraps.

Divide poached chicken into four portions. Optional sides are separate from these ingredient quantities.

Storage, Freezing & Reheating

Storage: Refrigerate promptly in shallow containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3 to 4 days. Follow the oldest ingredient's original deadline; mixing or reheating does not restart the storage clock.

Freezing: Freeze promptly cooled cooked portions airtight at 0°F (-18°C) or below for up to 3 months for best quality. Thaw in the refrigerator. Continuous freezing preserves safety longer, although quality declines.

Reheating: Reheat chicken covered at 350°F (175°C) with a small splash of water or broth until centers reach 165°F (74°C). Stir mixtures and check multiple spots. Bring leftover sauces to a boil, then avoid prolonged cooking. Do not reheat leftovers in a slow cooker.

Recipe & References

Recipe: https://howtocookchickenrecipes.com/boiled-chicken-breast-recipes/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart