Chicken with Gravy

Make chicken with gravy using boneless skinless chicken breast and the stovetop method below. Stir the flour into the pan fat thoroughly before adding broth.

PREP	COOK	ADDITIONAL	YIELD
15 min	22 min	0 min	4 servings



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) salt
- 1/4 tsp (0.5 g) black pepper
- 2 tbsp (16 g) all-purpose flour
- 2 cups (480 ml) chicken broth
- 1 onion (150 g), thinly sliced
- 1 tsp (1 g) dried thyme

METHOD

1. Slice chicken horizontally into 4 even cutlets; season with salt and pepper.
2. Heat oil in a wide skillet over medium-high heat. Cook chicken 4-5 minutes per side until 165°F (74°C); transfer to a clean plate.
3. Soften onion in the pan 5 minutes; stir in flour and cook 1 minute.
4. Slowly whisk in broth and thyme. Simmer 6-8 minutes, stirring, until gravy coats a spoon.
5. Return chicken and juices to the pan; warm gently 1-2 minutes and serve.

FOOD SAFETY Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

Tips, Serving & Storage

Practical notes for reliable results and safe leftovers.

COOK’S TIPS & MISTAKES

- Stir the flour into the pan fat thoroughly before adding broth.
- Relying on color alone for doneness.
- Overcrowding the pan.
- Using utensils that touched raw chicken on cooked food.
- Adding salt before tasting the sauce.

DONENESS

- Check chicken reaches 165°F (74°C) in the thickest part, avoiding bone. For a whole bird check breast and innermost thigh and wing. Time and color do not replace a thermometer check.

VARIATIONS

- Mushroom: add sliced mushrooms with onion.
- Herb: replace thyme with sage.

SERVING

- Divide into 4 portions. Serve with cooked vegetables or a green salad; spoon any sauce over the chicken.

STORAGE, FREEZING & REHEATING

- Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below; use within 3-4 days. Include any previous storage time of cooked chicken.
- Freeze cooled portions promptly in airtight containers for up to 2 months for best quality. Thaw in the refrigerator. Cream sauces may separate and crisp coatings soften.
- Reheat leftovers to 165°F (74°C) throughout. Warm gently in a covered skillet with a splash of water; use a 350°F (175°C) oven for breaded pieces.

QUICK FAQ

How do I check doneness? Measure 165°F (74°C) in the thickest part with a food thermometer.

Can I prepare it ahead? Prepare ingredients separately and refrigerate promptly; cook as directed.

What is the main technique? Stir the flour into the pan fat thoroughly before adding broth.