Juicy Chicken Breast Recipes

Juicy Chicken Breast Recipes uses dry-salted juicy chicken breasts. Follow the numbered method and check chicken for 165°F (74°C); listed times are estimates, not proof of doneness.



Prep	Cook	Additional	Total	Servings
10 min	22 min	35 min	67 min	4

Ingredients

1 1/4 pounds boneless skinless chicken breasts / 570 g

3/4 teaspoon fine salt

1 tablespoon olive oil / 15 ml

1/4 teaspoon black pepper

1/2 teaspoon garlic powder

1/4 cup chicken broth / 60 ml

Instructions

1. Flatten breasts to an even 1/2 to 3/4 inch. Sprinkle with salt and refrigerate 30 minutes on a covered tray.

2. Pat dry without rinsing and add pepper and garlic powder; do not add more salt.

3. Heat oil over medium heat and brown about 4 to 6 minutes per side.

4. Add broth and cover briefly if needed; continue until each thickest center reaches 165°F (74°C).

5. Rest 5 minutes and slice. Equal thickness, early checking and resting matter more than promises of guaranteed juiciness.

Time, Temperature & Doneness

Use a thermometer in the thickest part of each chicken portion to verify 165°F (74°C). Avoid bone; check several large pieces for cubes or strips. Check stuffed filling centers too. Color, browning and clear juices are not reliable safety tests.

Ingredient Notes & Substitutions

Salt: This amount assumes fine salt, not an interchangeable weight of coarse salt.

Dry salting: Keep refrigerated.

Tips for Success

Flatten first.

Check every portion.

Rest before slicing.

Common Mistakes to Avoid

Dry-salting on the counter.

Adding salt twice.

Cooking far beyond the safe endpoint.

Recipe Variations

Paprika: Add sweet paprika.

Herb: Add thyme.

Oven: Use a separate oven method to 165°F (74°C).

Serving Suggestions

Divide into the stated servings; add separately prepared rice, potatoes or vegetables if desired. Side dishes are not included in the ingredient quantities.

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 an older ingredient’s original deadline; combining foods does not restart the storage clock.

Freezing

Freeze promptly cooled cooked chicken 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 but texture declines.

Reheating

Reheat chicken covered at 350°F (175°C), with a small splash of water or broth where appropriate, until the center reaches 165°F (74°C). Check more than one portion. Bring leftover sauces to a boil, then avoid prolonged cooking; do not reheat in a slow cooker.

Frequently Asked Questions

Does dry salting replace a temperature check?

No; keep chicken refrigerated during salting and verify every portion reaches 165°F (74°C).

What ingredient detail matters most?

This amount assumes fine salt, not an interchangeable weight of coarse salt.

Can I make it ahead?

Prepare ingredients in the refrigerator; cooked leftovers must be chilled promptly and used within their storage limits.

How do I know the chicken is safe?

Measure 165°F (74°C) in each thickest portion; estimated time and appearance are not enough.

Recipe & Sources

https://howtocookchickenrecipes.com/juicy-chicken-breast-recipes/

Well Plated — equal thickness and dry salting

FoodSafety.gov — safe poultry and leftover temperatures

USDA FSIS — leftovers, chilling and reheating

FoodSafety.gov — cold storage limits