Juicy Chicken

Juicy Chicken uses boneless skinless chicken breast and the stovetop method. Even thickness and a thermometer protect against overcooking; clock time alone is not enough.



PREP	COOK	ADDITIONAL	SERVINGS	DIFFICULTY
15 min	**16 min**	**5 min**	**4**	**Easy**

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp black pepper
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/4 cup (60 ml) water
- 1 tbsp (14 g) butter

Ingredient Notes

Even thickness and a thermometer protect against overcooking; clock time alone is not enough.

Instructions

1. Pound chicken to an even 3/4-inch thickness and season with salt, pepper, paprika and garlic powder.
2. Heat oil over medium heat. Sear chicken 5–6 minutes on the first side.
3. Turn, add water and cover. Cook gently 5–8 minutes until 165°F (74°C), checking early.
4. Remove chicken to a clean plate. Stir butter into pan juices off heat. Rest chicken 5 minutes and spoon juices over it.

Temperature & Doneness

Use a food thermometer to check the thickest chicken meat reaches 165°F (74°C). For stuffed chicken, the filling must also reach 165°F (74°C). Avoid touching bone or the pan.

Key Tips

- Even thickness and a thermometer protect against overcooking; clock time alone is not enough.
- Measure ingredients before starting. Keep utensils used for raw chicken separate from cooked food.

Common Mistakes

- Relying only on color or elapsed time.
- Crowding the pan and preventing even cooking.
- Using pieces of very different thickness.

Variations

- Lemon: add 1 tbsp lemon juice off heat.
- Herb: finish with thyme.
- Garlic: add 1 minced clove after turning chicken.

Serving

Serve with potatoes and steamed carrots.

Storage & Reheating

Storage: Refrigerate within 2 hours, or 1 hour above 90°F (32°C), in shallow covered containers at 40°F (4°C) or below. Use within 3–4 days, including prior storage of any cooked chicken.

Freezing: Freeze cooled portions airtight at 0°F (-18°C) for up to 2 months for best quality. Thaw in the refrigerator. Freeze fresh salad sides separately.

Reheating: Reheat chicken and cooked leftovers to 165°F (74°C). Warm gently in a covered pan with a splash of water or broth; use a 375°F (190°C) oven for crumb-coated chicken. Keep fresh salad sides separate.

FAQs

Which chicken cut should I use? Use boneless skinless chicken breast as listed; other cuts need different cooking times.

How do I check doneness? Use a thermometer and check the thickest chicken reaches 165°F (74°C).

Can I prepare it ahead? Measure ingredients ahead and refrigerate perishable components; cool and store leftovers promptly.

Food-safety reference: FoodSafety.gov — Safe minimum internal temperatures —

https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures

Food-safety reference: FoodSafety.gov — Cold food storage chart — https://www.foodsafety.gov/food-safety-charts/cold-food-storage-charts