Split Chicken Breast Recipes

Split Chicken Breast Recipes uses rosemary split chicken breasts. Cook chicken to 165°F (74°C); times are estimates and depend on thickness and equipment.



Prep	Cook (estimate)	Rest	Servings	Difficulty
10 min	50 min	5 min	4	Easy

Ingredients

- 2 large split bone-in skin-on chicken breasts / about 2 pounds / 900 g
- 1 tablespoon olive oil / 15 ml
- 3/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 teaspoon dried rosemary
- 1/2 teaspoon garlic powder

Ingredient Notes

Split breast: A breast half with rib bones and skin, not a boneless cutlet.

Rosemary: Crush dried leaves for even distribution.

Instructions

1. Heat oven to 400°F (200°C). Pat split breasts dry without rinsing.

2. Rub with oil, salt, pepper, rosemary and garlic powder.

3. Place skin-up in a shallow roasting pan with space between portions.

4. Roast about 35 to 50 minutes, checking from 30 minutes for 165°F (74°C) in thickest meat away from bone; shield darkening skin with foil if needed.

5. Rest 5 minutes, then carve each large breast into two servings.

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 skin facing up. Probe meat rather than bone. Check pieces individually.

Avoid: Using boneless timing. Rinsing raw chicken. Serving before checking centers.

Variations & Serving

Thyme: Replace rosemary. Lemon: Finish with juice. Meal prep: Remove bones after cooking and chill promptly.

Carve each large breast into two servings. Extra sides are optional and are not included in 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/split-chicken-breast-recipes/

FoodSafety.gov - safe temperatures

FoodSafety.gov - cold storage chart