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GF Friendly

Poached Chicken

Chicken breast poached on the stove top

Unless frying or using some other method, when cooking a chicken breast I usually do it in the microwave (see Handy Hints – Cooking using a Microwave). Because of the occasional electrical power cut, I've been caught out a couple of times; so I thought I'd try this time on the stove top which is gas, and it turned out well.

As this is supposed to be a budget recipe, chicken breast fillets might be considered too expensive. Cheaper cuts like thighs or even drumsticks can be substituted, but they will need the skin and any fat removing before poaching. Also, if the wine is not available I daresay just extra cold water would be okay, although this will alter the flavour.

- 300g chicken breast fillet
- 1 cup warm water
- 3 tsps chicken stock powder
- 1 tsp mixed herbs
- ½ cup white wine
- 1 Tbsp instant chicken gravy or:
ordinary gravy powder mixed with a little water



You will need a suitable frying pan with a lid.

First prepare the chicken, cutting out fat, and removing any skin. Put the stock powder and mixed herbs in the pan, add the warm water and stir to make the stock. Now put in the wine (or cold water), sit the chicken in the stock, cover and leave to marinate for 30 minutes.

Bring to the boil over a medium heat; then turn down to simmer covered for 20 minutes. Turn the chicken over and simmer covered for a further 20 minutes, checking to ensure it doesn't dry out. If necessary add a little water. Remove the chicken, add the gravy powder or gravy mix and stir over a medium heat until thickened; then return the chicken and re-heat before serving.

Serves 2-3 with vegetables of choice.

Tip: try the gravy mix for taste, and if it seems a bit bland, add spices of your choice; but be careful not to overdo it.

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