

## Perfect Poached Chicken

4 (6 to 8 ounce) boneless, skinless chicken breasts,  
trimmed  
½ cup soy sauce  
¼ cup salt  
2 Tablespoons sugar  
6 garlic cloves, smashed and peeled

Cover chicken breasts with plastic wrap and pound thick ends gently with met pounder until ¾ inch thick. Whisk 4 quarts water, soy sauce, salt, sugar and garlic in Dutch oven until salt and sugar are dissolved. Arrange breasts, skinned side up, in steamer basket making sure not to overlap them. Submerge steamer basket in brine and let sit at room temperature for 30 minutes.



Heat pot over medium heat, stirring liquid occasionally, to even out hot spots until water registers 175 degrees. Turn off heat, cover pot, remove from burner and let stand until meat registers 160 degrees, 17 to 22 minutes.

Transfer breasts to carving board, cover tightly with aluminum foil and let rest for 5 minutes. Slice each breast on bias into ¼ inch slices, transfer to platter or plates and serve.

Goes well served with Warm Tomato-Ginger Vinaigrette or Cumin-Cilantro Yogurt Sauce.

Cook's Illustrated