

Oven Poached Ready Chicken

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1 (3 pound) bag frozen boneless, skinless chicken breasts (or equivalent fresh)

Kosher salt, black pepper and Cajun seasoning, *to taste*

1 medium sweet or yellow onion, *halved and sliced thick*

2 ribs celery with leaves, *cut into chunks*

2 small carrots, *cut into chunks, optional*

1/2 cup chicken stock/broth or water

Preheat oven to 350 degrees F. Line a 9 x 13 inch baking pan with a large sheet of wide heavy duty foil and place chicken breasts on top. If using frozen breasts, brush first with warm water.

Season to taste with salt, pepper and Cajun seasoning; turn and season other side. Top with vegetables and form a tub. Pour chicken stock or broth around chicken and bring up sides of foil to seal. Cover baking dish with another sheet of foil and bake 55-60 minutes for frozen breasts, 40-45 minutes for fresh; total time will depend on size and thickness of breasts.

Let rest in foil for 10 minutes, then remove chicken, drain off broth to use or reserve. Discard vegetables. Internal temperature should be 165 degrees F. Chop or shred as needed, reserving broth for another use.

Cook's Notes: May substitute other cuts of chicken. Actual cooking time will depend on size, number and cuts of chicken used, as well as whether it is bone-in, or boneless, and whether fresh or frozen are used. Always check internal temperature. Use other herbs such as rosemary, thyme or parsley, or other seasonings as desired for additional flavor. Use chicken for tacos, burritos, chicken salad, in casseroles or in any recipe calling for cooked chicken, or prepare for the freezer. I highly recommend [vacuum sealing](#) to retain optimum flavor and freshness.

For the Stovetop: Place chicken in a large pot, add vegetables and seasonings. Increase water to cover plus about an inch and add a heaping tablespoon of chicken base or equivalent bouillon. May also substitute chicken broth. Bring to a boil, reduce heat to a simmer and cook until cooked through. Check internal temperature. Boneless, skinless chicken breasts are usually done in about 15 to 20 minutes. For a whole cut up chicken, or bone-in thighs or quarters, I usually let it barely simmer for 1-1/2 hours or longer, until meat is falling off the bone. (continued page 2)

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Instant Pot/Electronic Pressure Cooker: Season chicken and use saute/browning setting to brown chicken in 1/2 tablespoon oil on both sides, if desired. Remove, add 1 cup chicken broth, insert steam rack into instant pot and place chicken on top. Add onion and celery, seal and cook for 5 minutes on high pressure; let pressure release naturally. For a whole 3-4 pound chicken, increase time to 20 minutes; for larger add additional 5 to 15 minutes, depending on size; let pressure release naturally.

Seasoning for Tacos, Tex-Mex Bowls and Burritos: Combine 4 cups of cooked chopped or shredded chicken with 2 teaspoons of chili powder, 1/2 tablespoon cumin powder, 1/4 teaspoon garlic powder and 1/4 teaspoon Cajun seasoning or cayenne. Use as is or stir in 1/3 cup salsa.

Visit the original page for some great recipes using this chicken by clicking [here](#).