

How to cook boneless chicken

Ingredients:

- Chicken breast or thighs, boneless
- Marinade of your choice

Oven Instructions:

- Preheat oven to 400°F/200°C. Pound chicken to half an inch thickness (this ensures even cooking and tender chicken). Marinate with desired flavors (or just salt and pepper). Cook for 18-20 minutes or until internal temp reaches 165°F.

Air Fryer Instructions:

- Marinate chicken. Set the air fryer to 400°F and set time for 15-20 minutes, turning over halfway through cooking. Check the temp of the chicken at 15 minutes, and remove when the internal temp reaches 165°F.

Pressure Cooker Instructions:

- Marinate chicken. Pour marinade and chicken into the inner pot of your pressure cooker. Add ½ cup of extra liquid (water, broth, etc) if needed. Set your pot on high pressure for 6-10 minutes (add time for thicker pieces of chicken). At the end of the time, allow your pot to Natural Pressure Release (NPR) for 5 minutes before releasing the pressure. Check chicken temp right away. If the chicken is not at 165°F, reseal your lid and set your pot for another 1 minute.

Sous Vide Instructions:

- Marinate chicken. Set your immersion circulator to 165°F. Seal your chicken in a leak proof bag. Set your circulator for 1-4 hours for very juicy tender chicken. Set your time for 4-8 hours for a fall off the bone braised chicken.

Stove Top Instructions:

- Marinate your chicken. Heat 1 Tablespoon of oil in a skillet (cast iron preferred). If your chicken still has skin on it, put your chicken skin side down. Cover and cook for 5 minutes. Turn over, cover and cook an additional 7-9 minutes or until internal temp reaches 165°F.

Grill Press Instructions (with probe):

- Marinate your chicken then before it goes on the grill, pat your chicken dry. Heat grill to 400 and insert your temp probe. Set your ideal temp to 160°F (The residual heat from the grill will continue to cook your chicken for about 5 minutes and help it reach the ideal temp of 165°F) and get your chicken on the grill. Allow the top to press lightly (heavy press will squeeze out all the juices). This will take 5-9 minutes depending on the thickness of your chicken.