

# Basic Chicken Thighs (Instant Pot)

## Ingredients

Chicken thighs .....	3 lbs
Water .....	2 cups
Better Than Bouillon - Chicken .....	1 Tbsp.
Dried rosemary .....	2 tsp.
Bay leaf .....	1

## Directions

Remove skin from **thighs** (if bone-in) — Trim excess fat — Prepare **stock** with **Better Than Bouillon**

1. Combine **water** and **Better Than Bouillon** in a measuring cup, stirring to dissolve completely.
2. Place **chicken thighs** in the Instant Pot. Add prepared **stock**, **dried rosemary**, and **bay leaf**.
3. Seal lid and set valve to sealing position. Cook on *high* pressure for *15 minutes*.
4. Allow natural release for *5 minutes*, then carefully quick release remaining pressure.
5. Remove **chicken** and set aside. Strain **cooking liquid** through fine-mesh strainer, discarding solids. Reserve **broth** for other recipes.
6. Use **chicken** as needed - whole, sliced, or shredded.

## Equipment Required

- Instant Pot (6-quart or larger)
- Measuring cups and spoons
- Fine-mesh strainer
- Large measuring cup or bowl (for stock preparation)
- Storage containers for chicken and broth
- Tongs or slotted spoon
- Cutting board and knife (for trimming)

## Mise en Place

- Remove skin from bone-in **thighs** if necessary
- Trim excess fat from **thighs**
- Measure **water** and **Better Than Bouillon**
- Have storage containers ready for finished products

## Ingredient Tips

- Both bone-in and boneless **thighs** work with this timing
- Bone-in **thighs** produce more flavorful **broth**
- Skin can be removed before or after cooking - before is easier
- **Better Than Bouillon** concentration is intentionally strong to account for chicken moisture release
- Quality **dried rosemary** makes a noticeable difference

## Preparation Tips

- Ensure **Better Than Bouillon** is fully dissolved before adding to pot
- Don't overfill Instant Pot - 3 lbs is appropriate for 6-quart model
- If using bone-in **thighs**, arrange with meatier portions toward bottom for even cooking
- *5 minute* natural release prevents vigorous boiling and keeps meat tender
- Strain **broth** while still hot for easier filtering
- For shredding, use two forks while **chicken** is still warm

## Make Ahead & Storage

- Cooked **chicken** keeps refrigerated for *3-4 days*
- Reserved **broth** keeps refrigerated for *4-5 days*
- Both **chicken** and **broth** freeze well for up to *3 months*
- Store **chicken** and **broth** separately for maximum flexibility
- Label containers with date and contents
- Cool to room temperature before refrigerating
- Skim fat from **broth** after refrigeration if desired

## Serving Suggestions

- Use whole or sliced for grain bowls and salads
- Shred for tacos, enchiladas, casseroles, and sandwiches
- Dice for soups, fried rice, and pasta dishes
- Use reserved **broth** as soup base or for cooking grains
- **Broth** adds depth to sauces and gravies
- Reheat gently to prevent drying - add splash of reserved **broth** if needed