

## ***Poached Chicken***

Start with 4 quarts of cold water. Add 1/4 cup table salt, 2 tablespoons sugar, 1/2 cup Worcestershire Sauce, and 5 smashed cloves of garlic to the water.

Place chicken between two pieces of plastic wrap. Pound chicken to a uniform thickness, approximately 3/4" thick. Place chicken on the steamer basket and submerge in brine. Let the chicken sit in the brine for 30 minutes with *NO HEAT* applied.

Heat the pot, uncovered, over medium heat for 15-20 minutes, stirring the brine occasionally. Heat the liquid until it reaches 175 degrees.

Cover the pot and remove from heat. Let stand for 17-22 minutes, until the chicken's internal temperature is 160 degrees.

Slice or shred.