

OLIVE OIL POACHED CHICKEN

Tender poached chicken with an olive oil sauce.

Adapted from a recipe by Julia Moskin, [New York Times](#)

Featured Food: Olive Oil

Yield: Serves 3-4

Ingredients

1 lb. boneless, skinless chicken breasts	4 cloves of garlic, smashed
Salt	1 fennel bulb, thinly sliced
Pepper	1 bay leaf
3 c. delicately flavored olive oil	1 t. orange zest
4 sprigs of rosemary	

Preparation

Pat chicken dry with paper towel, then season chicken on both sides with salt and pepper. Choose a heavy pan just wide enough for chicken to fit in a single layer without touching.

To the empty pan, add oil, rosemary, garlic, fennel, and bay leaf. Fit pan with a deep-fry thermometer. Heat oil to 180°F over medium-low heat. Reduce heat and monitor temperature, adjusting until temperature is stable at 180°F with small bubbles occasionally rising to surface. When temperature is stable, add chicken. Oil temperature will drop, so raise heat slightly (never above medium-low) just until it reaches 180°F again; then reduce heat. Cook chicken for about 15 minutes, or until internal temperature of chicken is 160°F. Remove to a plate lined with paper towels.

To make sauce, place fennel and garlic in blender along with about a cup of the olive oil. Blend until smooth. Stir in orange zest. Adjust seasoning with salt and pepper to taste. To serve, slice chicken and top with the sauce.

Filter remaining olive oil and save in refrigerator for another use.

Chef Kurt Kwiatkowski, MSU Culinary Services, adapted this [recipe](#) from Julia Moskin of the New York Times. He changed the protein to the ever-popular chicken to highlight this olive oil poaching technique. He finished the dish with fennel and orange zest. This recipe is perfect for a weeknight meal when time is limited.