

Lemon Thyme Chicken, Sous-Vide

Healthy chicken breast cooked to perfection...tender, moist and packed with flavor. How? Cooking using sous vide method.



Yes, I am still playing with the sous vide method...so far this method has not disappointed me...

This week, I am sharing with you a very simple recipe for a juicy, flavorful chicken breast. The good thing about this method is that you never overcook, even if you leave the chicken breasts in the water-bath longer than the set time. As your chicken is cooking (sous-vide) you have all the time to do whatever you need to do and not to worry that the chicken breasts will be over cooked, therefore, dry and rubbery.

The sous vide cylinder, that I use is from Anova and you can find it [HERE](#).

Ingredients:

- 2 chicken breasts
- 1½ tablespoons olive oil
- 6-7 sprigs of fresh thyme leaves
- 2-3 garlic cloves finely chopped
- Salt and pepper to taste
- 1 lemon thinly sliced



Method:

Rinse the chicken breast and pat it dry. In a medium bowl add the olive oil, garlic, thyme, salt and pepper.

Cover and place in the refrigerator for about 2 hours.

When ready to cook, preheat water oven to 60.5°C.

Place the chicken breasts into a 1 gallon freezer quality plastic bag. Gently place the sliced lemon on top of the chicken breasts.

To create a vacuum in the bag, carefully place the bag with chicken breast into the water-bath, make sure to immerse the bag until near the seal, this will create a vacuum, then seal the bag. I usually seal the bag leaving approximately 1 inch open and then immerse the bag until near the seal and finish by sealing the remaining 1 inch.

Cook for 2 to 3 hours. Once the cooking time is off, remove the chicken breasts and sear both sides in a cast iron pan, just enough to produce a golden color.

Garnish with fresh thyme and lemon. Serve hot.





If you enjoy this sous vide recipe, you might want to check Steak recipe and Butter Lemon Swai recipes, both using sous vide method.



Did you know that “sous vide” is “under vacuum” in French? This method cooks food in a sealed plastic bag under vacuum in a controlled temperature.

***Thank you for stopping by Color Your Recipes...have
a colorful week!***