



PERFECT POACHED CHICKEN

Brought to you by ENJO & Australia's leading sustainable chef, Matt Stone.



Ingredients

- 1 large free range organic chicken
- 6 spring onions
- 1 x 5cm piece of ginger
- Salt



Equipment

- 1 large pot



Method

Bring to the boil a large pot half filled with water. Roughly chop the spring onions and slice ginger. Add to the water with a few pinches of salt. Place chicken into the boiling stock. Bring the chicken back up to a simmer and cook for 20 minutes. Place a lid on the pot, turn off the heat and let sit for 40 minutes.

Once the 40 minutes are up, take the chicken from the pot (keep the poaching liquid) and plunge into iced water. Once cool take out from the water. With a fork pull away legs and wings, discarding the skin and shred the meat off the chicken. Return the bones to the poaching stock, bring to the boil then drop back to a simmer for 2 hours, skimming away impurities every half an hour. Strain the broth when the 2 hours is up.

Tip: Add shredded chicken to the broth with noodles if desired. Alternatively you can serve up the chicken with salads on a share table or store in the fridge for 3-4 days to use in salads and sandwiches.

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