

Pan Fried Boneless & Skinless Chicken Breast or Thighs



TIP: I like using boneless & skinless chicken not only because it's low in fat but also because whatever you use to flavor it is applied directly to the meat.

Preparation Time: 2-5 minutes

Total Cooking Time: 15 minutes

Ingredients

1 Boneless Chicken Breast or 1-2 Boneless
Chicken Thighs per Person

Flour

Garlic Salt

Paprika

Ground Black Pepper

Olive (or Vegetable) Oil



Equipment

Large Frying Pan with Top

Paper Towels

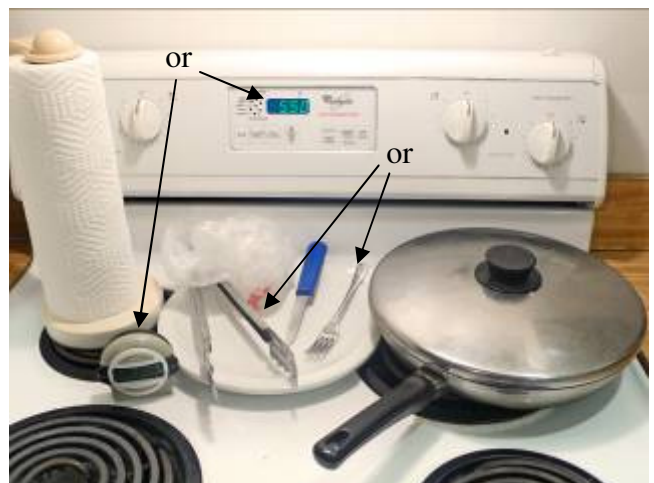
Plate

Plastic Bag

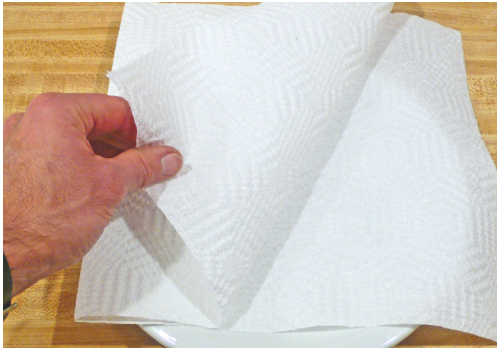
Tongs or Fork

Sharp Knife

Kitchen Timer (egg or oven clock or any
time piece)



1. Cover a plate with 2 layers of paper towel.



2. Give the **chicken pieces** a quick rinse under the tap,...



...lay them flat on the paper towel covered plate and pat dry with another piece of paper towel.



3. Put the frying pan on the stove and turn on the burner heat to **LOW-MEDIUM** (As shown in the photo, I've turned on my burner half way between "3" and "4" on a stove with a 1 (LOW heat) to 10

(HIGH heat) scale.



4. While the pan warms, which should take about 5 minutes, add about as much **flour** (1), **paprika** (2), **garlic salt** (3) and **ground black pepper** (4) to a plastic bag as shown in the photos below.

(1)



(2)



(3)



(4)



5. Close and shake the bag (1) until the **chicken pieces** are well mixed as shown in (2).

(1)



(2)



6. Add the **chicken pieces** to the bag and shake (1) until they are evenly coated as shown in (2).

(1)



(2)



7. Check the frying pan for proper cooking temperature by running tap water on your fingers (1) and flicking it in the pan (2). The pan is ready for cooking if the water sizzles when it hits the pan surface and quickly evaporates. (NOTE: If the water sizzles and evaporates in a puff as soon as it hits the pan, move the pan to a cool burner for a few minutes. Turn down the heat setting a few notches on the burner you originally used and heat the pan again. If the water doesn't sizzle, keep heating the pan until it does.)



(1) Run tap water onto your fingers.

(2) Flick the water into the pan (without touching the pan surface). The water should evaporate with a sizzle.



8. Pour about as much **olive** or **vegetable oil** to coat the pan bottom as shown in (1) and add the **chicken pieces** (2) so that they look...

(1)



(2)



... about as shown in (3). Then, cover the pan with pan top tilted to allow steam to escape as shown in (4).

(3)



(4)



9. Set the cooking timer for 7 minutes (1) and start the clock (2).

(1)



(2)



10. To avoid possible contamination, put the plate used to clean and dry the **chicken pieces** in the dishwasher (1) and wash your hands well with warm water and soap (2).

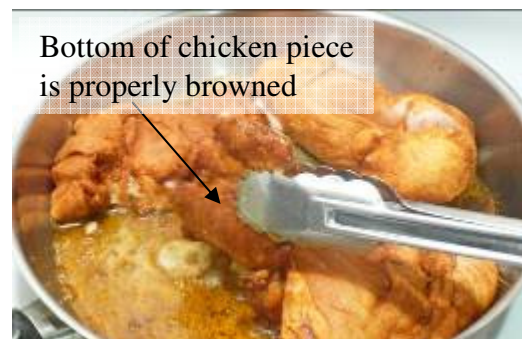
(1)



(2)



11. When the timer sounds, check the bottom of the **chicken pieces** for half doneness. The bottom of the **chicken pieces** should be lightly browned as shown with the arrow below. If your **chicken** is not yet lightly browned, cook for a few more minutes until it is. Then...



...turn the **chicken pieces** with either tongs (a) or a fork (b). Then...

(a)



(b)



...cover the pan again with the pan top tilted as shown in (1) below and cook for another 7 minutes (2).

(1)



(2)



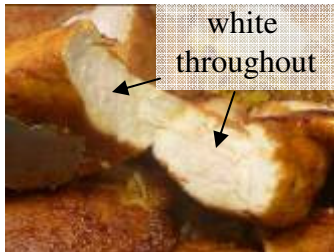
12. When the timer sounds, check the **chicken pieces** for doneness by using a sharp knife to cut into the widest part of the thickest piece of **chicken breast** or **thigh** in the pan and...



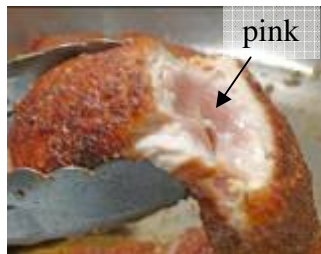
...compare what you have with the following photos according whether you're cooking **chicken breasts** (left column above) or **chicken thighs** (right column above).

Chicken Breast

Chicken breasts are properly cooked through when the **meat** is uniformly white and the juices run clear as shown here. (See next photo below to compare with **undercooked chicken breast**).



(properly cooked through **chicken breast**)



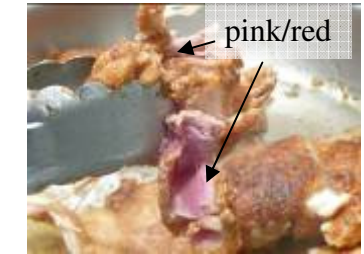
(UNDERCOOKED chicken breast – meat is still pink in middle – if your **chicken breast looks like this, keep cooking until the **meat** looks as shown two photos above)**

Chicken Thigh

Chicken thighs are properly cooked through when the **meat** is uniformly grey and the juices run clear as shown here. (See next photo below to compare with **undercooked chicken thigh**.)



(properly cooked through **chicken thighs**)



(UNDERCOOKED chicken thighs – meat is still pink/red in middle – if your **chicken thighs look like this, keep cooking until the **meat** looks as shown two photos above)**

13. Cover a fresh plate with a layer of paper towel as shown in (1) to drain **excess oil** as you take the **cooked chicken** from the pan (2).

(1)



(2)



14. To make cleanup as easy (and safe) as possible, let the hot frying pan sit on a cool burner until the **oil** in the pan is comfortably warm to the touch. Then...



brush (a) or sponge (b).

(a)



(b)



...remove as much **warm oil** as possible with a fat wad of paper towel as shown in (1) and (2) below (DON'T pour **heated oil** directly in the sink – it will clog drain pipes – or into a trash can – **heated oil** can melt trash can liners). Then...

(1)



(2)



...add warm tap water and squirt of dish detergent to the pan and...



...finish cleaning the pan with either a dish