

How To Cook Poultry by Braising



Braising: This method of first browning then cooking in liquid is particularly good for bone-in pieces or whole poultry.

How To: Preheat pan (usually skillet or roaster) over medium heat for 2 to 3 minutes, until a few drops of water splashed in the pan bead and dance. Cook poultry on all sides until browned. Note: For added flavor, pour ¼ cup (wine or broth) over poultry or as required by recipe. Cover; when Vapo-Valve™ clicks, reduce heat to low and cook according to the chart.

Braising Poultry		Minutes Per Pound
Chicken		
	whole, halves, quarters	20
	serving-size pieces	20
	boneless breasts	15
Turkey		
	whole breast, bone-in	20
	boneless "steaks" or "fillets"	15
Cornish Game Hens		
	whole, halves	25
Duck		
	whole, halves, pieces	30

Rating:
★ ★ ☆ ☆ ☆