

## 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  $\frac{1}{4}$  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 |
|--------------------------------------|-------------------|
| <b>Chicken</b>                       |                   |
| whole,<br>halves,<br>quarters        | 20                |
| serving-<br>size pieces              | 20                |
| boneless<br>breasts                  | 15                |
| <b>Turkey</b>                        |                   |
| whole<br>breast,<br>bone-in          | 20                |
| boneless<br>"steaks" or<br>"fillets" | 15                |
| <b>Cornish Game Hens</b>             |                   |
| whole,<br>halves                     | 25                |

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## Duck

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|-----------------------------|----|
| whole,<br>halves,<br>pieces | 30 |
|-----------------------------|----|

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