

# CHICKEN MUSHROOM SKILLET

*No need to even plate this dish, take it to the table & let everyone serve themselves.*

*HEARTWARMING FOOD!*

For all intents & purposes, all you are doing is adding seared chicken to the Chowder. If you're not well versed in searing chicken, you will be shortly.

## STEPS

*AS PROMISED, HERE IS THE SUREFIRE WAY TO SEAR CHICKEN.*

🔗 Before anything – make sure your chicken is out of the fridge for **30 minutes & at room temperatures.**

*If your protein is NOT at room temperature & is cold, it will NOT cook through properly. The outside will sear or even burn & the inside will be raw.*

**SIMPLE TIP – BUT YOU’LL HAVE BETTER PROTEIN MOVING FORWARD SHOULD YOU GRASP ONTO & REMEMBER IT.**

1

I prefer chicken thighs, but whether you are using thighs or breasts, this is an easy way to successfully achieve golden brown seared chicken.

**\*NOTE - Skin on chicken does not work here. No matter how well you sear the skin, it will get gummy once the Chowder is added to the chicken. The jus of the Chowder will negate all your effort to create that brown sear.**

2

🔗 This SHAKE-UP is done in one pot. To that heavy-bottomed pot, add a couple tablespoons of olive oil.

## TIPS

- **Speaking chicken**, I personally prefer thighs. You almost have to try to overcook them.
- I completely get it if you want to use white meat instead. It takes less time to cook through, but it takes much more supervision so that it doesn't get too dry.

**No matter what cut of chicken you choose, the jus of the CHOWDER will save you. If you need saving, that is.**



3

- 🔪 Turn the heat on medium. If the heat is too high, your chicken will burn. If it's on low, it will not achieve that beautiful golden brown.
- 🔪 You'll know the oil is ready to sear the chicken when it thins out and moves easily by itself when you tilt the pot.

*HERE'S THE END...*

4

- 🔪 Place your chicken in the pot & sear it for **3 minutes per side**.
- 🔪 After the chicken is in the pot, don't & I mean **DON'T**, move it. Give it the **3 minutes** & then flip it to the other side for the remaining **3 minutes**.
- 🔪 See, achieving golden brown chicken will never be difficult again!

*THE REMAINDER OF THIS DISH IS INTENSE.*

5

- 🔪 To the seared chicken, pour in a couple cups of Chowder, warm on medium for **30 minutes** & done.



**GET READY FOR THIS COMFORTING MEAL.**

**IT'S ABOUT TO HIT YOU - IN A VERY GOOD WAY!**