



UNLOCK THE MAGIC OF YOUR CONVECTION KITCHEN!
www.convectionkitchen.com

STEAMED BONE-IN CHICKEN FOR SALADS

Steaming bone-in chicken*, yields two great results. Succulent chicken that can be used for salads or sandwiches or added to pizza or a stir-fry as well as some flavorful chicken stock. The flavor of the stock will be determined by the type of aromatics and seasoning you add to the pan. This recipe uses onion, celery, carrot, bay leaf and mixed Italian seasoning.

*This is old video that I am publishing as a recipe. And, yes, the logo is different but the essence is the same! I hope you enjoy and learn more about the benefits from using a Steam oven, also known as Combi Oven.

Ingredients

- 1 bone in chicken breast
- 1 whole chicken leg
- 1 small onion, peeled and halved
- 1 small carrot, trimmed and scrubbed
- 1 celery stick
- 1 bay leaf
- 1/4 tsp mixed Italian seasoning
- 3 stalks fresh parsley (optional)
- 2 cups cold water

Preparation

Place all the ingredients in the solid pan from the steam oven or in an oven safe casserole dish.

Heat the steam oven in the Steam Mode 212°F.

Place the casserole dish in the oven and set the timer for 45 minutes. The meat should be very tender and falling off the bone. If it's not quite there return it to the oven for 5 - 8 more minutes.

Remove the pan from the oven, carefully remove the cooked chicken pieces and place on a plate to cool. When cool enough to handle, remove the skin and discard, shred the chicken by hand or with a knife and fork and discard the bones.



Steam Chicken

When the stock has cooled discard the aromatics and either refrigerate or freeze the stock for later use.

WRITE YOUR NOTES: