

How to Make Tender and Flavorful Shredded Chicken

| Prep time | Cook time | Total time |
|------------|------------|------------|
| 20 minutes | 40 minutes | 1 hour |

By gently simmering boneless chicken thighs in a flavorful cooking broth, they become tender and very moist. We go the extra step to make sure the chicken is as juicy and flavorful as possible. Once the chicken is cooked, we simmer the cooking liquid down by one-third, and then spoon the concentrated broth over the chicken.

Yield: Makes about 4 cups of shredded chicken



You Will Need

- 3 pounds boneless chicken thighs (or combination of thighs and breast)
- 1 medium onion, peeled and sliced
- 4 cloves garlic, peeled and lightly crushed
- 1 bay leaf
- 1 teaspoon coarse salt
- 1-1/2 teaspoons ground cumin
- 1/2 teaspoon ground black pepper
- Water

Directions

Cook Chicken: Combine chicken, onion, garlic, bay leaf, salt, cumin and pepper in a large heavy-bottomed saucepan. Add just enough water to cover the chicken. Turn heat to high, bring to a boil then remove any foam or scum that floats to the top.

Adjust the heat so that the water simmers very gently around the chicken. Cook until chicken is very tender, about 30 minutes.

Shred Chicken: Transfer chicken to a cutting board. Once it is cool enough to handle, use two forks or your fingers to shred the meat.

Reduce Cooking Liquid: Boil the liquid remaining in the saucepan until it has reduced by one-third, or until its flavor has concentrated.

Spoon about 1 cup of the concentrated cooking liquid over the chicken and toss to coat. Use within 2 to 3 days.

Notes and Tips

We have made this recipe using boneless, skinless chicken thighs and chicken thighs with skin still attached. Both work very well. If you use chicken with skin, simply remove and discard the skin before you shred the chicken. You may also find that you need to skim some of the fat from the cooking broth before spooning it over the chicken.

You will have cooking liquid leftover. It is quite delicious on its own as a light soup. You can also use it as broth for other recipes. Or, if you're keeping the chicken more than a day, add a spoonful or two to add a little extra moisture.

To make this chicken in a slow cooker, simply add all the ingredients to the slow cooker then cook on LOW until the chicken is cooked and tender, 3 to 4 hours. Shred the chicken and transfer the broth to a saucepan. Simmer the broth until reduced by a third then spoon over the chicken.

Recipe by Inspired Taste - Easy Recipes for Home Cooks at <http://www.inspiredtaste.net/27293/tender-shredded-chicken-recipe/>