

## Poached chicken in saffron (or turmeric), leek and parsley broth

### Ingredients

- 1½ pounds boneless, skinless chicken breasts\*\* (3–4 pieces, similar in size)
- 2 large leeks, white and light green parts only, halved lengthwise, sliced into half-moons
- 3 cloves garlic, thinly sliced
- 2 stalks celery, diced
- 1 medium carrot, diced
- 1 tablespoon extra-virgin olive oil
- 4 cups chicken broth, no salt or low-salt preferred
- 2 cups water
- 1 lemon, sliced into rounds, reserve half for serving
- 2 bay leaves
- 4 sprigs fresh thyme
- ½ teaspoon whole black peppercorns
- 1 teaspoon kosher salt, plus more to taste
- 4 cups cooked barley or farro

#### Saffron version

- ¼ teaspoon saffron threads, soaked in 2 tablespoons warm water for 10 minutes

#### Turmeric version

- ¾ teaspoon ground turmeric and ¼ teaspoon ground ginger stirred directly into broth

#### Before serving

- ½ cup fresh flat-leaf parsley, stems and leaves roughly chopped
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- Pinch of flaky sea salt
- Optional: A drizzle of quality extra-virgin olive oil

\*\* For a richer broth: substitute bone-in, skinless chicken thighs and increase poaching time to 25–30 minutes.



### Nutritional information

Cost: Saffron: \$20.46/\$5.12

Turmeric: \$18.06/\$4.52

Serves 4

Calories: 590 per serving

## Directions

- Add olive oil to Dutch oven or wide, heavy bottom pot and heat at medium-low.
- Add leeks, celery and carrots, simmer 10-12 minutes, stirring occasionally, until leeks are completely soft.
- Add garlic and cook 2 more minutes, until fragrant.
- Add chicken broth, water, lemon rounds, bay leaves, thyme sprigs and peppercorns.
- Add saffron threads and their soaking water. If using turmeric, whisk it directly into liquid along with ginger. Bring to a gentle simmer.
- Add chicken breasts in a single layer, fully submerged in the broth.
- Reduce heat to low and partially cover pot.
- Poach at lowest simmer, about 160–175°F, for 15–18 minutes, until chicken registers 160°F at the thickest part. The liquid should barely tremble. Do not boil.
- Place cooked chicken on a cutting board, tent loosely with foil and rest 5 minutes. The carryover heat will bring the internal temperature to 165°F.
- Remove bay leaves, thyme stems and lemon rounds.
- Shred or slice chicken against the grain or shred it and return to pot.
- Stir in lemon juice and zest. Taste and adjust salt.
- Ladle into bowls of cooked farro or barley with plenty of leeks and broth.
- Garnish with fresh parsley, a pinch of flaky salt and a drizzle of olive oil, if desired.