

Sous Vide Red Chile Chicken

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Servings: 4

1. Preheat sous vide to 145°F. (And yes, after 1 1/2 hours of immersion, the chicken breast will be perfectly cooked, even though the water temp is below the usually accepted cooked chicken temp.)
2. In a medium skillet, heat oil until it shimmers, then add chiles and toast until lightly browned, about 20 seconds (I skipped this step). Transfer to a food processor, saving the oil in the skillet. Process until coarsely chopped (I had to tear some of the pieces into smaller ones), about 30 seconds.
3. In a small saucepan bring the water to a boil. Add the chile mixture, oregano and garlic. Cover and remove from the heat and set aside for 15 minutes.
4. In the food processor combine the sugar, vinegar, salt, pepper, cumin, cinnamon and the little bit of reserved chili oil from the frying pan. Add the chile-water mixture and process until smooth, about a minute, scraping the bowl as needed.
5. Place each chicken breast into a vacuum-seal bag and add an equal portion of the chile mixture to each one. Squeeze the bag a bit to coat the chicken evenly. Seal each chicken breast, then refrigerate for a few hours if time permits. If not, place breasts in sous vide. Chicken packets must remain completely under the water, not floating. Once the temperature reaches 145°F again (usually just a few minutes), set a timer for 90 minutes.
6. When chicken is cooked, remove from sous vide. Pour the juices from inside each bag into a saucepan and simmer until liquid is thickened slightly, about a minute or two. Off heat add the butter and lime juice. Serve the chicken drizzled with the sauce. Garnish with chopped cilantro.

2 tablespoons grapeseed oil, or canola oil
2 ounces dried ancho peppers, stemmed and seeded

2/3 cup water

1 tablespoon dried oregano, Mexican type if available

2 large garlic cloves, smashed

2 tablespoons dark brown sugar

1 tablespoon cider vinegar

2 1/2 teaspoons salt

1/4 teaspoon freshly ground black pepper

1/2 teaspoon ground cumin

1/4 teaspoon ground cinnamon

4 boneless skinless chicken breast halves

SAUCE:

2 tablespoons butter, salted if available

1 tablespoon lime juice

GARNISH:

1/3 cup cilantro, chopped

Per Serving (excluding unknown items): 322 Calories; 15g Fat (42.5% calories from fat); 30g Protein; 17g Carbohydrate; 4g Dietary Fiber; 84mg Cholesterol; 1484mg Sodium. Exchanges: 1/2 Grain(Starch); 4 Lean Meat; 0 Vegetable; 0 Fruit; 2 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com