

Sous Vide Chicken Breast

3 medium sized chicken breast, cleaned and trimmed Salt and pepper
1-2 sprigs of thyme or tarragon Canola/vegetable/grapeseed
1 tsp olive oil
Vacuum sealed bags

Turn your CSO on to full steam mode at 165 F

Place your chicken breast in the vacuum sealed bag along with your herbs and olive oil. Seal the bag closed with your vacuum sealer.

Place it on a tray in the oven for at least 1 hour, can hold up to 4 hours.

When ready to serve, remove the chicken from the oven, open the vacuum sealed bag, discard the liquid. The chicken is fully cooked at this point, but in order to develop flavor and color, it is recommended to do the reverse sear.

Season the chicken breast generously with salt and pepper.

Heat a medium skillet to high, place 1-2 tbl oil in the pan. When hot, place the seasoned chicken breast into the pan and sear on both sides (around 1-2 minutes on each side)

Remove from the pan, slice and serve!