

Shredded Slow-Cooker Chicken

Batch Cooking

Will Need

4 to 5 quart slow cooker

bouquet garni:

double-thick 8 inch square of
cotton cheesecloth & a cotton
string

INGREDIENTS

5 lbs. skinless chicken
thighs
fresh tyme
fresh parsley

2 bay leaves
4 cloves garlic
1 tsp. whole black peppercorns
32 ounces chicken broth,
reduced sodium

DIRECTIONS

1. Place chicken thighs in slow cooker.
2. Bouquet garni: place thyme, parsley stems, bay leaves, garlic and peppercorns in the center of the cheesecloth. Gather the corners together and tie closed with cotton string. Add bouquet garni to slow cooker.
3. Cover and cook on low-heat setting for 7 to 8 hours, or on high heat setting for 3 1/2 to 4 hours. Remove bouquet garni when done cooking.
4. Transfer chicken to a large bowl when done cooking. Use a slotted spoon but do not get rid of liquid (will be used to moisten chicken).
5. Remove meat from bones when cool. Shred chicken using two forks.
6. Store shredded chicken for 3-4 days in fridge with some stock to lock in moisture. Do the same when freezing the chicken (up to 3 months).