

Chicken-Shredded

This recipe makes about 6-7 cups of shredded chicken



Ingredients

3 lbs chicken breast (about 6 breasts)

Directions:

1. Remove any visible fat from the chicken and cut it into smaller chunks. I like to cut 1 breast into 3-4 thick slices.
2. Cook the chicken in a large pot of water with a tsp of salt. Simmer for 10-12 minutes or until the internal temperature of the chicken reaches 165°F
3. Shred the chicken. An easy way to do this is to place cooked chicken in the mixer bowl with the paddle attachment, and run the mixer on a low speed until the chicken is shredded to desired consistency.
4. Add parchment paper to your trays
5. Spread the chicken evenly on your trays
6. Pre Freeze when possible
7. Freeze dry (my cycle time was 29 hours)
8. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add the chicken to a bowl and cover with warm broth or water. Allow to sit for 5-10 minutes. Don't worry about over-hydrating it – your freeze dried meat will only reabsorb the liquid it need

Notes:

See our recipes on freeze dried chicken tacos and BBQ chicken using freeze-dried shredded chicken

Nutritional Value Per 8 oz chicken breast

Calories: 258 Carbohydrates 0 g Protein 48 g Fat 5 g Fiber 0 g Sugar 0 g