

Chef William Rolle's Never-Dry Chicken Breast

2 chicken breasts, skinned and boned

2 to 3 tablespoons oil (olive, vegetable, safflower, peanut)

Coarse salt

Ground black pepper

Any herb or spice of choice (optional) – cayenne, paprika, oregano, thyme, basil, parsley

Important tools:

digital meat thermometer with metal probe

square baking dish, glass or ceramic

1. Set the oven to 300 degrees F.
2. Arrange chicken breasts in a square baking dish. Rub both chicken pieces with oil, sprinkle with salt, pepper and any herb of choice.
3. Insert digital thermometer's metal probe into the thickest part of the thickest chicken breast, then place the baking dish in the oven. Set the thermometer for an internal temperature of 160 degrees F. Bake until the thermometer beeps.
4. Remove the chicken breasts from the oven. Most importantly, allow to rest in the baking dish for 10 minutes. The juices will be re-absorbed into the meat. For best presentation, slice diagonally to serve.

Makes 2.