

chicken breasts

chicken

olive oil

salt and pepper

garlic powder

fully defrost chicken. apply a generous amount of the seasonings and enough olive oil to coat all sides of the chicken. Rub in everything. Wash your hands thoroughly, and set the chicken aside to rest. Put your pan or pot on the stovetop, add a drop of olive oil, and turn the burner on high. After a few minutes, that oil will start smoking.

With the burner still on high, add the seasoned chicken breasts to the pan, and cook them uncovered for one minute. (I just count Mississippis in my head until I get to 60.)

After that minute is up, turn the heat to low, flip the breasts over, and put the lid on. Set a timer for ten minutes.

Once the timer sounds, turn the heat off, but leave the pan covered. Don't open it to check on the chicken—that'll let heat and moisture out. Set the timer for another ten minutes.

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