

**Poaching**

Poaching is the simplest way to cook chicken and experts claim that it is also one of the healthiest methods as it involves just water which enables the chicken to retain its nutrition. Boil water in a pan, once it reaches the boiling point, reduce the heat and add chicken. Allow it to simmer till the chicken is cooked. You can later season with salt and pepper.

**Grilling**

Grilling is also considered a healthy way to cook chicken. But it is important that you should use a healthy oil in marinating your chicken. Wash and pat dry chicken. Add spices, salt and a little oil. Rub well and allow the chicken to marinate for 4-5 hours. Grill in a pre-heated oven till it is fully cooked.



It is very important to cook chicken in the right manner lest you lose to gain from the benefits it offers. Chicken is a rich source of protein and has immunity boosting properties, but if you do not cook it the way it is required to be cooked, you will lose all its nutrition and it will be nothing but a piece of lean fat for you! In fact the role of chicken soup in providing relief in common cold has been scientifically established.

Experts believe that poaching is the best way to cook chicken, followed by grilling and sautéing. But it is important to use very little oil while you are sautéing your chicken as it will make it richer and heavier thus defeating the purpose of having lean meat.

Never cook chicken in too much oil or it will defeat the purpose of having lean meat. Use a non-stick for sautéing as this will reduce the amount of oil you consume. Also, add spices towards the end of the cooking process to retain the flavour. Do not throw away the water in which the chicken has been cooked.

Use it as a base for other dishes.

Use skinless chicken. It has lesser oil content. Experts believe that chicken thighs are healthier than chicken breast. Do not use processed chicken as it is loaded with salts and preservatives.

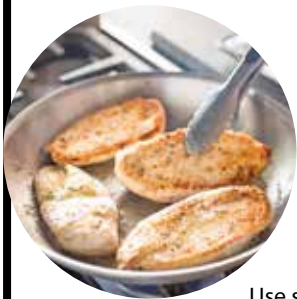
Here are some facts related to the perfect way of cooking chicken that you would like to know.

**Sauteing**

It is among the most popular methods used to cook chicken. Sautéing chicken with vegetables and spices is what most people practice. You can also sauté chicken in water instead of oil. But your chicken will taste better if you add a little oil.

**Things to keep in mind**

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**Tips**

to make chicken healthier

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# Cooking chicken the right way

**RECIPES****Salmon Wellington****Ingredients**

- ▶▶ 2 medium cucumbers, peeled
- ▶▶ 5 tbsp Dijon mustard
- ▶▶ 2 tbsp clear honey
- ▶▶ 1 tbsp white wine vinegar
- ▶▶ 50g/1¾oz fresh dill, finely chopped
- ▶▶ salt and freshly ground black pepper
- ▶▶ 1 x 380g/13oz ready-made puff pastry sheet
- ▶▶ plain flour, for dusting
- ▶▶ 1 x 2.8kg/6lb salmon, skin removed and filleted into 2 pieces
- ▶▶ 1 free-range egg, beaten, combined with a little milk

**Method**

- Step 1.** Preheat the oven to 180C/350F/ Gas 4. Line a large baking tray with baking parchment.
- Step 2.** Slice the cucumbers lengthways, scrape out the seeds with a teaspoon, and chop into 1cm/½in thick pieces.
- Step 3.** Place the cucumbers in a mixing bowl with the mustard, honey, vinegar and finely chopped dill. Season well with salt and freshly ground black pepper and set aside.
- Step 4.** Roll the pastry out to 40cm/16in x 30cm/12in on a lightly floured surface.

Lay on the lined baking tray.

**Step 5.** Lay one fillet in the centre of the pastry, pile half of the filling on top and then cover with the second fillet.

**Step 6.** Brush the edges of the pastry with the mixture of milk and beaten egg.

**Step 7.** Fold the pastry over the fish, sealing the edges by pressing them together, leaving a gap in the centre, so that you can see inside.

**Step 8.** Brush the pastry with more beaten egg and milk and bake for 45 minutes.

**Step 9.** Serve with the remaining cucumber mixture. (BBC Food)

