



INFUSED WITH FLAVOR. Boneless chicken is seen poaching in a broth in Amagansett, New York. Home cooks can poach boneless, skinless chicken breasts to make them juicy, flavorful, plump, and tender. (Elizabeth Karmel via AP)

Poach boneless chicken breasts for flavor, tenderness

By Elizabeth Karmel
The Associated Press

This time of year, boneless, skinless chicken breasts are my go-to protein. You can add them to a grain bowl, a green salad, or Caesar, or shred them to make chicken salad, soup, casseroles, one-pot meals, etc.

But so often they are dried out and tasteless. You know what I mean: that flat, rigid, sliced white meat that comes on top of a salad or pasta, or is made into a sandwich. But one little trick will change all that. You can poach your boneless, skinless chicken breasts and they will be juicy, flavorful, plump, and tender.

If you can boil water, you can poach chicken breasts.

Choose boneless, skinless chicken breasts that aren't too large; they shouldn't look like turkey breasts. If they're too large, they're often tough before you start cooking them.

When I am ready to poach, I fill a heavy-duty 4- or 5-quart pot with a mixture of 6 to 7 cups of water and chicken broth, add a cup of white wine, some herbs, carrots,

onions, celery, etc., just as if I were making a stock. Next, I add the raw chicken breasts — four or five maximum. I bring it all to a rolling boil and let it boil for about one minute. Then I turn the heat off, put a lid on the pot and let it sit for an hour. The chicken breasts absorb the flavors of the stock as they sit and cook, and become plump and tender. They are very easy to shred with your fingers at this point.

Wait a full hour and the poached chicken breasts are done and ready for your recipe or your meal. If you are poaching chicken to make chicken salad, I love that the chicken can be either cubed or shredded. Some people prefer a shredded chicken salad and do this in the food processor. The poached chicken is so tender that you don't need to do anything except cut it into chunks and shred with a fork.

I add mayonnaise, celery, tarragon, white pepper, and a pinch of dehydrated garlic to mine for a classic chicken salad.

For a change of pace, add a touch of curry powder to the mayo and add raisins, sliced red grapes, and celery. It's time to start enjoying chicken again!

Postponed baseball season delays debut for four Asian stars

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Japan-born player take the field for them.

Cincinnati has high hopes for Akiyama, offering him a three-year deal worth \$21 million and saying in a statement, "We like his approach at the plate as well as his outfield defense, and we think he will complement our team very well."

In nine seasons with the Seibu Lions, Akiyama hit .301 with a .376 on-base percentage, averaging double-digit steals throughout his NPB career. He earned six Gold Gloves and made five all-star appearances as Seibu's centerfielder, but the Reds think he could play all three outfield positions.

He'll also hit in front of Joey Votto, one of baseball's most patient hitters, giving Akiyama a chance to steal a base, or he can score when Votto laces one into the gaps. It's hard to imagine a better player to introduce Cincinnati fans to Asian baseball players and bring the same excitement that Ichiro Suzuki once brought to the Seattle Mariners.

These four join many other Asian players already making their mark in MLB: Shohei Ohtani, Masahiro Tanaka, Yu Darvish, and Shin-Soo Choo, to name

Wuhan's favorite noodles are back as virus-hit city recovers

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with much variety. The food boxes delivered by volunteers to low-rise compounds typical of older neighborhoods such as Yanzhi Street were loaded mainly with carrots and cabbages.

The variety may be slightly better at the vegetable stalls set up around residential compounds, but social distancing is largely ignored at those: Customers and sellers gather in groups with little distance between them, bargaining and exchanging cash.

A delivery man who declined to give his



PLAYERS ON HOLD. Shogo Akiyama of the Cincinnati Reds runs to first base to beat out an infield single during a spring training baseball game against the Los Angeles Dodgers on March 2, 2020, in Good-year, Arizona. (AP Photo/Ross D. Franklin)

just a few. It's safe to say that the wave of Asian baseball players I once predicted has arrived, and that they have earned themselves a well-deserved, permanent place in our national pastime.

name said he leaves all his packages at the fences set up to isolate residential compounds. After resuming his job two days earlier, he said he has his work cut out for him, with warehouses stuffed with packages that have been stuck there for months.

"We are still delivering the packages that people bought before the Lunar New Year," he said, referring to the end of January. "It's hard to tell which are daily necessities bought after the virus outbreak."

AP video journalist Olivia Zhang contributed to this story.

PROPER HANDWASHING

Duration of the entire procedure: 40-60 seconds

0

Wet hands with water;

1

Apply enough soap to cover all hand surfaces;

2

Rub hands palm to palm;

3

Right palm over left dorsum with interlaced fingers and vice versa;

4

Palm to palm with fingers interlaced;

5

Backs of fingers to opposing palms with fingers interlocked;

6

Rotational rubbing of left thumb clasped in right palm and vice versa;

7

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;

8

Rinse hands with water;

9

Dry hands thoroughly with a single use towel;

10

Use towel to turn off faucet;

11

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