



Cooking With Kalota

Smokey Pulled Chicken

This chicken recipe uses a “Lawry’s Seasoned Salt” dupe. Once you make your own spice blend, you’ll never go back! You can make it in big batches, put it in a mason jar, and label for future use. No preservatives necessary! Serves 4-5.

Ingredients:

For The Chicken:

- 4 chicken breasts, filleted if necessary
- 1 tsp extra virgin olive oil
- 1 cup + chicken stock (homemade if possible!)
- Salt + Pepper to taste
- 1 small shallot, sliced
- 1 medium onion, sliced

For the “Seasoned Salt”

- 1 tsp kosher salt
- ½ tsp ground cinnamon
- 1 tsp onion powder
- ½ tsp garlic powder
- 1 tsp turmeric
- 1 tsp cumin
- 1 tbsp smoked paprika
- 1 tsp brown sugar *optional*

1. Combine the salt, cinnamon, onion powder, garlic powder, turmeric, cumin, smoked paprika, and optional brown sugar in small bowl. Set aside.
2. Salt and pepper both sides of your chicken fillets.
3. Heat a large cast iron sauté pan. Lower in your chicken breasts and brown on each side. Once browned remove the chicken.
4. Make sure the heat is turned down to low and add olive oil, shallots, and onion. Cook the onions on low until translucent.
5. Add the spice mix and mix in well with the onions.
6. Remove onions and set aside with the chicken. Deglaze the pan by adding in a cup of chicken stock and scrapping all the brown bits up from the bottom.
7. Add back in the chicken and onions and add more chicken stock if necessary to cover the chicken just halfway. Cover the pan and let cook on a very low simmer for 20-25 minutes and monitor the stock level, it should always stay at half way.
8. Take out the chicken and remove the pan from the heat- DO NOT DISCARD THE CHICKEN STOCK. If there is not a lot of stock left, add more.
9. Shred the chicken on a cutting board and set it aside. Turn the heat back on and add the shredded chicken back to the stock. Cook until the shredded chicken absorbs the stock and taste for salt and pepper.
10. Serve over rice, couscous, in tacos, in wraps, basically in anything!