

Main dish
Author: America's Test Kitchen
Servings: 8–12

Prep. Time: 1 hr.
Cook Time: 1.75 hrs.
Stand Time: 2 hrs.

White Chicken Chili

We found not one but three solutions to bland chicken chili recipes: To fix watery sauce, we pureed some of our sautéed chile-onion mixture and beans with the broth to thicken the base. To avoid floating bits of rubbery chicken, we browned, poached, and shredded bone-in, skin-on chicken breasts, which gave our chicken pieces a hearty texture and full flavor. And to solve the problem of insufficient chile flavor, we used a trio of fresh chiles: jalapeño, poblano, and Anaheim. The optional hot sauce “kicks it up a notch,” as Emeril Lagasse would say.



Ingredients

- 3–5 lb. bone-in, skin-on chicken breast halves
- 3 C chicken broth, low-sodium
- 2 14.5 oz. cans great northern/canellini beans
- ½ C white rice
- 2–3 T cooking oil (refined olive or avocado is best)
- 3 jalapeño peppers, med.
- 3 poblano/passilla peppers, med.
- 3 Anaheim peppers, med.
- 2 onions, med.
- 6 garlic cloves
- 2 limes OR
- 3 T lemon juice
- 1 T cumin, ground
- 1½ t coriander ground
- 4 green onions/scallions OR
- 1 shallot, med.
- 1 T hot sauce (opt.)
- ¼ C cilantro leaves
- salt, mineralized, e.g., pink/unrefined sea
- TT ground pepper, black

Tools

- Stove
- Food processor with S blade installed
- Dutch oven, 6 qt.
- Measuring cup, 4 C
- Measuring cup, 1 C
- Citrus reamer/juicer
- Serving platter
- Knife, chopping
- Strainer, hand-held
- Thermometer, instant-read
- Cooking spoon
- Tongs
- Prep bowl, 1 qt. – 2
- Prep bowl, 3 C
- Prep bowl, 2 C
- Soup bowl
- Salad bowl
- Ramekins – 6
- Dishwashing gloves (for hand protection when shredding hot chicken)

Instructions

Brown the chicken

1. Heat 1 T cooking oil in the dutch oven on the stove.

Main dish
Author: America's Test Kitchen
Servings: 8–12

Prep. Time: 1 hr.
Cook Time: 1.75 hrs.
Stand Time: 2 hrs.

2. While the oil heats up, season the chicken liberally with the salt and pepper. When the oil starts to smoke, place as many breasts halves as will fit in the pot face down and brown them. Brown small and medium breasts for 4 min. Brown large breasts brown for 6 min.
3. Using the tongs, turn the breasts over, and brown that side. For small and medium breasts, brown them 2 minutes. For large breasts, brown them for 3 minutes.
4. Remove the browned breasts to the serving platter.
5. Repeat the steps above until you've browned all the breasts.
6. Turn off the heat under the dutch oven.

Prep produce, spices

1. As the chicken browns, mince the garlic, and then place it in a ramekin. Set the ramekin aside. This will give the allicin time to develop (about 10 min).
2. Stem and de-seed the Anaheim peppers.
3. Rough-chop the Anaheim peppers, and then put them in the 1-qt. work bowl.
4. Repeat the two steps above for the poblano/passilla peppers.
5. Stem and de-seed two of the jalapeño peppers.
6. **Mince two of the jalapeño peppers, and then place them in a ramekin.**
7. Repeat the two steps above for the third jalapeño pepper, and place it in a separate ramekin.
8. Rough-chop the onions, then place them in a 2 C prep. bowl.
9. Slice the white and green-white parts of the green onions/scallions thinly. Place them in a ramekin and set it aside.
10. Mince 1 inch from the top of the bunch of cilantro, and then put it into a measuring cup. If it measures $\frac{1}{4}$ C, put the cilantro into a ramekin, and then set it aside. If necessary, mince more cilantro, until you get the $\frac{1}{4}$ C.
11. Open the cans of beans, then strain and rinse them in the strainer.
12. Place the beans in the second 2 C prep. bowl.
13. Measure the ground cumin and coriander into a ramekin and set it aside.
14. Ream the limes, and then measure 3 T of the juice into a ramekin. Set it aside.
15. Put half of the Anaheim and poblano peppers plus half of the onions into the food processor. Process the mixture until the pieces medium-sized chunks, by using 3–6 1-sec. pulses, then scrape down the sides of the work bowl.

Main dish
Author: America's Test Kitchen
Servings: 8–12

Prep. Time: 1 hr.
Cook Time: 1.75 hrs.
Stand Time: 2 hrs.

16. Repeat the previous step to get the mixture down to small-sized pieces, like what you'd find in chunky salsa.
17. Place the pepper-onion mixture in the 3 C work bowl.
18. Repeat the food processor steps above for the other half of the Anaheim and poblano peppers plus the onions.

Note: Don't wash the food processor work bowl or blade at this point.

Cook the produce

1. Put the pepper-onion mixture into the dutch oven.
2. Add the ramekins with the 2 jalapeño peppers, the garlic, cumin, coriander, optional hot sauce, and ¼ t salt, and mix all ingredients together with the cooking spoon.
3. Heat the mixture, covered, at medium heat, for 10–15 min., stirring occasionally, until the mixture is cooked through.
4. Remove the pot from the heat.

Create thickener

1. Transfer 1 C of the cooked vegetable mixture to food processor work bowl.
2. Add 1 C of the beans and 1 C of the broth to the work bowl.
3. Process the mixture until it's smooth (about 20 seconds).

Poach the chicken, rice

1. Add contents of the work bowl, the remaining 2 C of broth, the chicken breasts, and the rice, and ½ t of salt to the Dutch oven.
2. Cover the pot, and then bring it to a boil over medium-high heat.
3. Reduce the heat to medium-low and simmer, covered, stirring occasionally, for 15 min (small chicken breasts)–30 min (large chicken breasts).
4. Using the tongs, remove one of the breast pieces to the platter, and probe it with the instant-read thermometer. Your target temperature is 160° F. If the temperature is at least that, remove all the rest of the chicken to the platter. If the temperature is lower, put the meat back in the pot for an additional five minutes.
5. Repeat the step above until the chicken reaches 160° F.

Cook remaining beans

1. Stir the remaining beans into the Dutch oven.
2. Continue to simmer the chili, uncovered, until beans are heated through and chili has thickened slightly, about 10 minutes.

Main dish
Author: America's Test Kitchen
Servings: 8–12

Prep. Time: 1 hr.
Cook Time: 1.75 hrs.
Stand Time: 2 hrs.

3. Turn the burner under the Dutch oven to its lowest setting.

Finish cooking

1. Put on the dishwashing gloves.
2. Hand-shred the chicken on the platter, discarding the bones and skin as you shred.
3. Cut the chicken in the direction perpendicular to the shred into bite-sized pieces.
Don't worry if you find that the chicken isn't thoroughly cooked; you'll simmer it to doneness soon.
4. Remove the gloves.
5. Add the chicken, remaining ramekin of jalapeño pepper, lime juice, green onions/scallions, cilantro, and hot sauce to the Dutch oven.
6. Increase the heat under the Dutch oven to low, simmer the chili for another 10 minutes, and then taste the chili. Add more salt and/or pepper, if needed.
7. Remove the pot from heat, then let it sit for 2 hours to let the flavors meld. Decant into food storage containers and refrigerate.