

Smoked chicken breasts

FOOD-036 / REV A / 2026.09.01

The recovered workflow uses a 225-250°F smoker, a simple salt, pepper, garlic, onion, and paprika seasoning, and an internal-temperature check rather than a fixed cook time. A short brine or a foil-and-butter finish is optional when extra moisture is needed.

STATUS	Recovered/Partial
CLASSIFICATION	FOOD
MATERIAL	KITCHEN / RECIPE
DISPOSITION	PUBLIC / RECOVERED/PARTIAL
CATEGORY	Cooking
RECORD TYPE	recipe

TECHNICAL NOTES

Smoked boneless chicken breasts with optional brine and a moisture-preserving finish.

EDITORIAL NOTE

This version also assumes that a short rest completes the cook after an early pull. The saved recipe gives no measured final-temperature result or validated holding method for that assumption.

GOAL

Smoke boneless skinless chicken breasts without drying them out.

A RECIPE TO MAKE / ADDED TO THIS RECORD

A measured mild seasoning blend and smoking method for boneless chicken breasts.

Added 2026-09-15. Separate from the original notes; not a claim of a tested batch.

SIMPLE MILD SMOKED CHICKEN BREASTS

New matching measured recipe adapted from FOOD-036 and CHAT-0307; the original had unmeasured seasoning and an unsupported carryover safety claim.

YIELD	4 servings
PREP / WAIT	15 minutes

COOK

About 45-90 minutes; thick breasts can take 1 1/2-2 hours

RECIPE INGREDIENTS

- 2 lb boneless skinless chicken breasts
- 1 tbsp olive oil
- 1 tsp fine salt
- 1 tsp regular paprika
- 1 tsp garlic powder
- 1/2 tsp onion powder
- 1/2 tsp black pepper
- 1 tbsp unsalted butter (optional)

RECIPE METHOD

1. Thaw chicken completely in the refrigerator. Pound to about 3/4 inch thick for a more even cook. Pat dry without rinsing.
2. Heat smoker to 250°F using a modest amount of apple, cherry or pecan wood. Mix dry seasonings, coat chicken with oil and sprinkle evenly.
3. Arrange chicken on the grate with space around it. Begin checking after 40 minutes, and continue until the thickest center of every breast measures 165°F.
4. If the surface is drying, place chicken in a small foil tray with the optional butter and cover loosely while finishing.
5. For a grilled finish, transfer directly from the smoker at about 150-155°F to a preheated medium-high grill. Turn frequently and complete the cook to 165°F without interruption.
6. Rest on a clean plate 5 minutes and slice across the grain.

RECIPE NOTES & STORAGE

- New measured batch matches the mild seasoning and modest bark preference in CHAT-0307. No brine is needed for this baseline.
- Replaces the historical early-pull/carryover assumption and raw-chicken rinsing instruction.
- Refrigerate promptly at 40°F or below for 3-4 days; reheat leftovers to 165°F.

RECIPE BASIS & REFERENCES

FOOD-036 source record

<https://u225x.com/record/FOOD-036>

CHAT-0307 source record

<https://u225x.com/record/CHAT-0307>

USDA: safe minimum internal temperatures

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/safe-temperature-chart>

USDA: washing raw poultry is not recommended

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/washing-food-does-it-promote-food>

FoodSafety.gov: cold food storage chart

<https://akaproducts.foodsafety.gov/food-safety-charts/cold-food-storage-charts>

FDA: storing food safely

<https://www.fda.gov/consumers/consumer-updates/are-you-storing-food-safely>

ORIGINAL RECORD / RETAINED NOTES

INGREDIENTS

- Boneless skinless chicken breasts
- Olive oil or mustard binder
- Salt, pepper, garlic powder, onion powder, paprika
- Optional brine: 1 quart water, 1/4 cup salt, 1/4 cup brown sugar

METHOD / STEPS

1. Pound the breasts to an even thickness or brine 1-3 hours.
2. Rinse lightly after brining, pat dry, and season.
3. Smoke at 225-250°F; apple, cherry, or pecan are mild options.
4. Begin checking around 1.5 hours and use internal temperature rather than the clock.
5. Pull around 160-162°F and rest 5-10 minutes so carryover completes the cook.
6. Optional: wrap near the finish with a little butter if the surface is drying.

RESULT / WHERE THIS STANDS

Recovered starting workflow; final timing depends on thickness and smoker behavior.

SAFETY / LIMITATIONS

- Keep raw chicken separate from ready-to-eat food and verify the finished internal temperature with a thermometer.
- Treat the time range as a planning estimate, not a safety guarantee.

SPECIFICATION

SMOKER	225-250°F
TYPICAL RANGE	1.5-2.5 hours, thickness dependent
PULL TARGET	160-162°F, then rest
WOOD	Apple / cherry / pecan

DEVELOPMENT HISTORY

2026.09.01 / Rev A

Imported as an independent manifest record; public copy keeps uncertainty visible.

RELEASED MATERIAL / SOURCE LINKS

FOOD-036_smoked-chicken-breasts.txt

RECIPE / PUBLIC SUMMARY

https://u225x.com/downloads/food-records/FOOD-036_smoked-chicken-breasts.txt

CONNECTED RECORDS

FOOD-035

<https://u225x.com/record/FOOD-035>

FOOD-037

<https://u225x.com/record/FOOD-037>

FOOD-038

<https://u225x.com/record/FOOD-038>

RETURN TO THE LIVING RECORD

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This PDF preserves the public notes at this revision. Visit the record for updates and attached images.

<https://u225x.com/record/FOOD-036>