

# Butter-Basted Chicken Breasts

By Ali Slagle

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**Total Time** 25 minutes

**Prep Time** 5 minutes

**Cook Time** 20 minutes

**Rating** ★★★★★ (32)



Ryan Liebe for The New York Times. Food Stylist: Barrett Washburne.

For juicy, bronzed and flavorful chicken breasts, all it takes is a butter-baste. Spooning hot butter and aromatics over steak is a common technique, but applying that method to lean, quick-cooking proteins like boneless chicken breasts is particularly beneficial because the butter keeps the white meat from drying out while imparting the flavor of whatever ingredients are sizzling in it. Here, that's garlic and woodsy herbs, but you could also use [ground or whole spices](#) or finely chopped ginger or scallions. Serve with [rice pilaf](#) or [lemon linguine](#), and a green vegetable like [roasted brussels sprouts](#) or [stir-fried green beans](#).

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## INGREDIENTS

**Yield:** 3 to 4 servings

1½ to 2 pounds boneless, skinless chicken breasts

Salt and black pepper

1 tablespoon vegetable or canola oil

3 tablespoons unsalted butter

4 garlic cloves, smashed and peeled

4 rosemary, thyme or sage sprigs, or a mix

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## PREPARATION

### Step 1

Use a meat mallet or heavy skillet to pound the chicken breasts to an even thickness. Pat dry and season with salt and pepper. Coat all sides with the oil.

### Step 2

Heat a large, preferably cast-iron, skillet over medium-high until just smoking. Add the chicken and cook until golden underneath, 3 to 5 minutes.

### Step 3

Reduce heat to medium-low. Flip the chicken and add the butter, garlic and herbs. When the butter is foaming, tilt the skillet and spoon the melting butter over the chicken until cooked through, 3 to 5 minutes. Spoon the butter onto any pale areas to create an even crust.

### Step 4

Transfer the chicken to plates and top with all the butter and bits in the skillet. Let rest for 5 minutes before slicing.

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