OFFICIAL 3STEPRECIPES PUBLICATION

THE MASTER HOME-COOK EDITION

The 3-Step *Chicken Mastery* Cookbook

12 Iconic, Flavor-Packed, Golden-Crusted Chicken Dinners Prepared with Zero Guesswork in Exactly 3 Straightforward Steps.



Crafted & Curated by Chef Trio & The 3StepRecipes Kitchen

✓ INTERNAL TEMP GUIDE • ✓ ZERO DRY MEAT GUARANTEE • ✓ UNDER 30-MIN DINNERS

INTRODUCTION & TECHNIQUE

The 5 Golden Rules of Juicy Chicken

Most home cooks struggle with chicken because of two extremes: drying it into rubbery cardboard or undercooking the center out of fear. In the 3StepRecipes test kitchen, we believe chicken is the most versatile culinary canvas on earth. Here are the 5 non-negotiable science-backed rules that guarantee juicy perfection every single time.

🍗 1. The Surface Moisture Rule (Dry Meat = Golden Sear)

Never place damp chicken into a skillet. Moisture creates steam, and steam prevents the Maillard reaction (that delicious caramelized crust). Always pat chicken thoroughly dry with paper towels before seasoning.

🌡️ 2. The 165°F (74°C) Doneness Law

Don't cut your chicken open to check if it's done—you will dump all the trapped juices onto the cutting board! Invest in a simple $10 digital probe thermometer. Pull chicken breasts at 160°F (they will reach 165°F while resting). Thighs love 175°F for ultra-tender fat breakdown.

⏳ 3. The Sacred 5-Minute Rest

Cooking forces the meat's juices toward the center. If you slice it straight out of the pan, the juice escapes. Resting for 5 minutes under loose foil allows the moisture to redistribute evenly throughout every fiber.

🔥 4. Heat Patience (Don't Touch That Pan!)

When chicken hits a hot oiled skillet, let it sear undisturbed for 4 to 5 minutes. The meat will naturally release from the pan surface once a golden, crisp crust has formed. If it sticks, it's not ready to flip.

🍋 5. Acid + Fat Synergy

Great chicken always balances richness (butter, olive oil) with brightness (lemon juice, Dijon, balsamic vinegar, or wine). Every single recipe in this book utilizes this balance for explosive restaurant flavor.

COOKBOOK NAVIGATION

Table of Recipes

Every recipe below has been stripped of unnecessary steps, exotic gadgets, and fluff. Just 3 clear phases: Prep, Cook, and Savor.

1. Crispy Garlic Butter Skillet Chicken ..... Page 4
2. Creamy Tuscan Garlic & Sun-Dried Tomato Chicken ..... Page 5
3. Honey Mustard & Fresh Rosemary Glazed Thighs ..... Page 6
4. Crispy Parmesan Herb-Crusted Cutlets ..... Page 7
5. Lemon Garlic Sheet Pan Chicken & Vegetables ..... Page 8
6. Smoky Paprika & Brown Sugar Glazed Chicken ..... Page 9
7. Moroccan Spiced Honey-Coriander Chicken ..... Page 10
8. Creamy Spinach & Feta Stuffed Chicken Breasts ..... Page 11
9. Crockpot 3-Step Shredded Salsa Verde Chicken ..... Page 12
10. Teriyaki Ginger-Glazed Sesame Chicken ..... Page 13

📖 **CHEF TRIO'S KITCHEN TIP**

You can print out individual recipe pages from this ebook to keep on your fridge, or load this PDF on your iPad or phone for hands-free cooking in your kitchen!

QUICK 20-MINUTE DINNER

Crispy Garlic Butter Skillet Chicken

Tender chicken cutlets seared to golden perfection in olive oil, then basted in an intoxicating garlic, thyme, and melted butter pan sauce.

⏱ Prep: 5 Mins | 🔥 Cook: 12 Mins | 🍽 Servings: 4 Portions | Method: Skillet Sear

🛒 Ingredients

- [ ] 4 boneless chicken breasts (halved into thin cutlets)
- [ ] 1 tsp kosher salt & 1/2 tsp black pepper
- [ ] 1 tsp garlic powder & 1 tsp paprika
- [ ] 2 tbsp extra virgin olive oil
- [ ] 4 tbsp unsalted butter
- [ ] 5 cloves garlic, minced
- [ ] 3 fresh thyme sprigs
- [ ] 1 tbsp fresh lemon juice

CAL	PROT	FAT	CARB
340	38g	18g	2g

STEP 1 Prep & Season

Pat the chicken cutlets completely dry with paper towels. In a small ramekin, mix the salt, black pepper, garlic powder, and paprika. Rub the spice blend evenly over both sides of each cutlet.

STEP 2 Sear to Golden

Heat olive oil in a large cast-iron skillet over medium-high heat until shimmering. Add the chicken in a single layer and sear without moving for 4–5 minutes until a deep golden crust forms. Flip and cook 3 minutes more.

STEP 3 Garlic Butter Baste & Serve

Drop heat to medium-low. Add butter, minced garlic, thyme sprigs, and lemon juice into the pan. Tilt the skillet and spoon the bubbling garlic butter over the chicken for 1–2 minutes until glossy and cooked through. Serve hot!

💡 **CHEF TRIO'S GOLDEN SECRET**

Slicing chicken breasts horizontally into cutlets cuts the cooking time in half and guarantees they cook evenly from edge to center without drying out!

RESTAURANT FAVORITE

Creamy Tuscan Garlic & Sun-Dried Tomato Chicken

An Italian countryside favorite featuring tender chicken swimming in a rich Parmesan garlic cream sauce with wilted baby spinach and sweet sun-dried tomatoes.

⏱ Prep: 8 Mins | 🔥 Cook: 15 Mins | 🍽 Servings: 4 Portions | ⚡ Method: One-Skillet

🛒 Ingredients

- [ ] 1.5 lbs chicken breasts or tenderloins
- [ ] 1 tbsp Italian seasoning
- [ ] 2 tbsp olive oil
- [ ] 4 cloves garlic, minced
- [ ] 1/2 cup sun-dried tomatoes (drained)
- [ ] 1 cup heavy cream or coconut cream
- [ ] 2 cups fresh baby spinach
- [ ] 1/2 cup freshly grated Parmesan cheese

CAL	PROT	FAT	CARB
420	41g	24g	6g

STEP 1 Season & Brown

Season chicken all over with Italian seasoning, salt, and pepper. Heat olive oil in a skillet over medium-high. Sear chicken for 5 minutes per side until beautifully browned. Transfer to a clean plate.

STEP 2 Simmer the Tuscan Cream

In the same skillet, reduce heat to medium. Add minced garlic and sun-dried tomatoes; sauté for 1 minute until fragrant. Pour in heavy cream and Parmesan; simmer gently for 2 minutes until sauce begins to thicken.

STEP 3 Combine & Wilt Spinach

Toss in baby spinach and nestle the seared chicken back into the skillet. Simmer for 2–3 minutes until spinach is tender and chicken is glazed in velvet sauce. Serve with crusty bread or pasta!

💡 **CHEF TRIO'S GOLDEN SECRET**

Use 1 tablespoon of the oil from your sun-dried tomato jar instead of plain olive oil for an explosive flavor boost in Step 1!

SWEET & TANGY PERFECTION

Honey Mustard & Fresh Rosemary Glazed Thighs

Crispy-skinned, deeply flavorful chicken thighs coated in a sticky 3-ingredient Dijon honey rosemary glaze that caramelizes under high heat.

⏱ Prep: 5 Mins | 🔥 Cook: 22 Mins | 🍽 Servings: 4 Portions | ⚡ Method: Oven Roast

🛒 Ingredients

- [ ] 6 bone-in, skin-on chicken thighs
- [ ] 1/4 cup raw honey
- [ ] 3 tbsp whole grain or Dijon mustard
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp fresh rosemary, finely chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp sea salt & 1/2 tsp black pepper

CAL	PROT	FAT	CARB
390	34g	21g	12g

STEP 1 Whisk the Signature Glaze

Preheat oven to 400°F (200°C). In a small bowl, whisk honey, Dijon mustard, olive oil, chopped rosemary, garlic, salt, and pepper until smooth and glossy.

STEP 2 Coat & Roast

Place chicken thighs skin-side up on a parchment-lined baking sheet. Brush half of the honey mustard glaze generously over each thigh. Roast in the oven for 15 minutes.

STEP 3 Glaze & Broil

Remove sheet, brush with remaining glaze, and broil on high for 3–4 minutes until the skin bubbles with golden-brown caramelization. Rest 5 minutes and spoon pan juices over top!

💡 **CHEF TRIO'S GOLDEN SECRET**

Chicken thighs contain more connective tissue than breasts; cooking them to 175°F (79°C) melts the collagen and results in meat so tender it falls right off the bone.

CRUNCHY COMFORT

Crispy Parmesan Herb-Crusted Cutlets

An ultra-crunchy crust made with aged Parmesan and fragrant herbs, baked to shatteringly crisp perfection without any deep-frying or mess.

⏱ Prep: 10 Mins | 🔥 Cook: 16 Mins | 🍽 Servings: 4 Portions | Method: Crispy Oven Bake

🛒 Ingredients

- [ ] 4 thin-sliced chicken cutlets
- [ ] 1 cup panko breadcrumbs
- [ ] 1/2 cup grated Parmesan cheese
- [ ] 1 tsp dried oregano & thyme
- [ ] 2 large eggs, beaten
- [ ] 1/4 cup all-purpose flour
- [ ] 2 tbsp melted butter or olive oil spray
- [ ] Fresh lemon wedges for serving

CAL	PROT	FAT	CARB
360	42g	14g	16g

STEP 1 Setup 3-Bowl Station

Set up three shallow dishes: Bowl 1 with flour, salt, and pepper; Bowl 2 with beaten eggs; Bowl 3 with panko, Parmesan, and herbs.

STEP 2 Dredge & Press Crust

Dredge each cutlet in flour (shake off excess), dip into egg, then press firmly into the Parmesan panko mixture so it adheres thickly on both sides.

STEP 3 Bake to Golden Crunch

Arrange on a wire rack set over a baking sheet. Drizzle with melted butter. Bake at 425°F (220°C) for 14–16 minutes until crunchy and golden brown. Serve with fresh lemon wedges!

💡 **CHEF TRIO'S GOLDEN SECRET**

Baking the cutlets on an elevated wire rack lets hot air circulate underneath, ensuring the bottom stays just as crisp as the top without turning soggy!

YOUR KITCHEN • YOUR TRIUMPH

"Cooking doesn't have to be complicated to taste extraordinary."

At **3StepRecipes.com**, our mission is simple: eliminate kitchen stress and empower home cooks to make restaurant-worthy meals in just 3 straightforward steps: *Prep, Cook, and Savor*.

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