

# Quick Chicken Chews

For Walter and Jet. One ingredient, plain chicken, cut thin and baked until chewy. Much cheaper than shop-bought jerky.

Makes about 30

Prep 10 min

Cook 45 min

## You'll need

- ☐ 2 skinless chicken breasts (about 300g). Nothing else

## Method

- 1 Turn the oven on to 150°C (130°C fan, gas 2). Line a baking tray with baking paper.
- 2 Cut the chicken into thin strips, about 3mm. It's much easier if the chicken has been in the freezer for 30 minutes first.
- 3 Lay the strips on the tray so they don't touch.
- 4 Bake for 40 to 50 minutes, turning them halfway, until they're dry, firm and chewy all the way through, with no pink anywhere.
- 5 Leave them to cool completely before giving one to the dogs.

### TIP

Thin is the secret to quick. The thinner you cut them, the faster they dry out. Don't add oil, salt, seasoning, garlic or onion: plain is what dogs need, and garlic and onion are poisonous to them.

### SWAPS

- Turkey breast works the same way.
- Cook them a few minutes longer for crunchy chews, or a few minutes less for softer ones (still no pink).

### STORING IT

In an airtight box in the fridge for up to a week, or the freezer for up to 3 months.

### AIR FRYER

Lay the strips in the basket in a single layer, not touching. Cook at 160°C for 20 to 25 minutes, turning halfway, until dry and chewy all the way through. Do it in batches if they don't all fit

### KEEPING YOUR DOG SAFE

Treat raw chicken for the dogs exactly like raw chicken for you: red board, wash your hands, and make sure it's cooked all the way through. Treats should be no more than about a tenth of what your dog eats in a day. If your dog has a health problem or a sensitive tummy, check with your vet first.