



POULTRY COOKING METHODS AND GENERAL GUIDELINES

Cut	Braise	Broil	Deep Fry	Grill	Pan Fry	Roast	Stew
Breast, Boneless	X	X		X	X		X
Drumsticks	X	X	X	X		X	X
Thighs	X	X	X	X		X	X
Whole Chicken				X		X	
Wings	X	X	X	X		X	

Whole chicken, unstuffed: Insert a meat thermometer into the thickest part of the thigh, but not near bone or fat. Cooking is complete when reading is 180-185°F.

Whole chicken, stuffed: Insert meat thermometer into the center of the body cavity. Done when stuffing registers 160°F. *(Note: Chicken should be stuffed just before roasting. Never stuff a chicken ahead of time.)*

Whole chicken breasts: 170°F.

Chicken pieces, bone-in: Insert a fork in the chicken. It should go in easily and juices should run clear. 165- 175° F for thighs

Chicken pieces, boneless: Cut into chicken with a knife. Done when center is no longer pink. 165°F

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