



# COOK TIMES & TEMPERATURES\*

## BONELESS, SKINLESS CHICKEN PARTS COOKING CHART

	BONELESS SKINLESS CHICKEN BREAST FILLETS	CHICKEN TENDERLOINS	BONELESS SKINLESS CHICKEN THIGH FILLETS	BONELESS SKINLESS THINLY SLICED CHICKEN BREAST FILLETS
<b>ROAST OR BAKE</b> OVEN TEMP 375°F	35-40 MIN.	10-15 MIN.	20-25 MIN.	18-20 MIN.
<b>BRAISE (STOVETOP)</b> MEDIUM-HIGH	BROWN 3 MIN. PER SIDE. ADD LIQUID & COVER. BRAISE 20 - 25 MIN.	BROWN 2 MIN. PER SIDE. ADD LIQUID & COVER. BRAISE 3 - 6 MIN.	BROWN 2 MIN. PER SIDE. ADD LIQUID & COVER. BRAISE 7 - 9 MIN.	BROWN 2 MIN. PER SIDE. ADD LIQUID & COVER. BRAISE 8 - 10 MIN.
<b>POACH</b> LIQUID TEMP 165°F - 180°F	35-40 MIN.	13-15 MIN.	5-7 MIN.	6-10 MIN.
<b>SIMMER</b> LIQUID TEMP 185°F - 200°F	25-30 MIN.	12-15 MIN.	5-7 MIN.	8-10 MIN.
<b>DEEP FRYING</b> OIL TEMP 350°F	14-18 MIN.	4-5 MIN.	4-6 MIN.	4-6 MIN.
<b>BROIL</b> HIGH	N/A	3-4 MIN. PER SIDE	4-5 MIN. PER SIDE	6-7 MIN.
<b>GRILL</b> 450°F - 600°F (TURN WHILE GRILLING)	25-35 MIN.	7-9 MIN.	9-10 MIN.	10-12 MIN.
<b>INDIRECT GRILL</b> 375°F - 450°F (TURN WHILE GRILLING)	30-40 MIN.	8-12 MIN.	14-16 MIN.	14-16 MIN.
<b>SAUTÉ</b>	11-14 MIN. PER SIDE MEDIUM	4-5 MIN. PER SIDE MEDIUM-HIGH	4-6 MIN. PER SIDE MEDIUM	4-5 MIN. PER SIDE MEDIUM-HIGH

\*165°F IS THE MINIMUM TEMPERATURE BONELESS, SKINLESS CHICKEN MUST REACH TO BE SAFE TO EAT.

## GUIDE TO SAFE INTERNAL TEMPERATURES FOR BONE-IN, SKIN-ON CHICKEN

**CHICKEN, WHOLE: 180°F**

**CHICKEN THIGHS, WINGS: 180°F**

**CHICKEN BREASTS, ROAST: 170°F**

**STUFFING (COOKED ALONE OR IN BIRD): 165°F**