

COOKING PERFECT CHICKEN IS EASY!

You know chicken is cooked, by its temperature

Use a meat thermometer

Insert the tip of the probe into the thickest part of the chicken

Use this chart to ensure chicken is cooked perfectly

Chicken Cut	Boneless or Bone in Pieces	Ground	Whole
Internal Temperature	165°F 74°C	165°F 74°C	180°F 82°C



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For juicy chicken, let it rest:

Whole chicken 20 minutes before carving

Chicken pieces 10 minutes before serving

For recipes and cooking tips

manitobachicken.ca