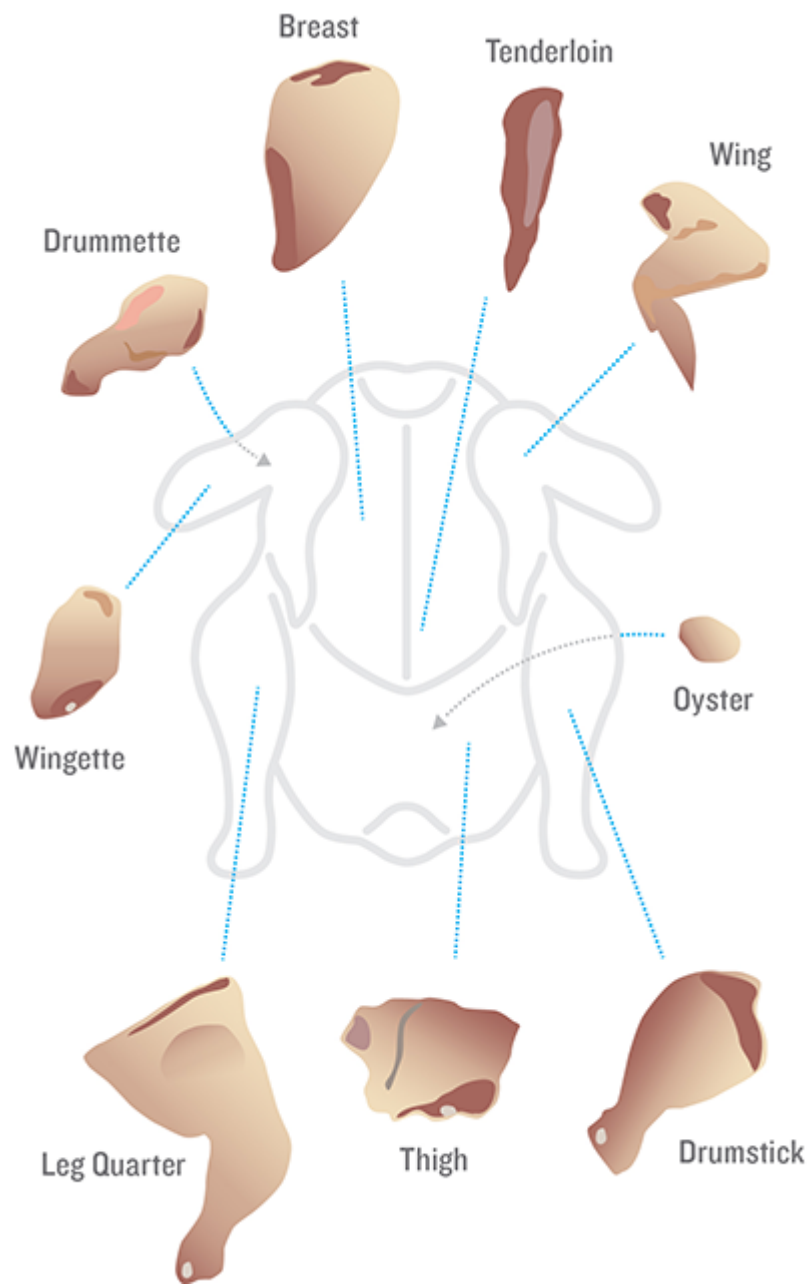




HOW TO: COOKING WITH PARTS

ONE BIRD, SO MUCH DELICIOUS

KNOW YOUR PARTS



Chat!

COOKING TIMES



BREASTS/SKINLESS BREASTS

Baking	(350°-375°F)	30-40 min.
Sautéing		6-8 min.
Poaching		35-45 min.
Oven Frying	(425°F)	15-25 min.
Broiling/Grilling		10-15 min./side

DRUMSTICKS

Baking	(350°-375°F)	35-45 min.
Braising		25-35 min.
Simmering		40-50 min.
Oven Frying	(425°F)	15-25 min.
Broiling/Grilling		8-12 min./side

LEGS

Baking	(350°-375°F)	40-50 min.
Braising		30-40 min.
Simmering		45-55 min.
Oven Frying	(425°F)	20-30 min.
Broiling/Grilling		10-15 min./side

THIGHS

Baking	(350°-375°F)	40-50 min.
Braising		30-40 min.
Simmering		45-55 min.
Oven Frying	(425°F)	20-30 min.
Broiling/Grilling		10-15 min./side

WINGS

Baking	(350°-375°F)	30-40 min.
Braising		20-30 min.
Oven Frying	(425°F)	10-20 min.
Broiling/Grilling		8-12 min.

WINGETTES

Baking	(350°-375°F)	30-40 min.
Braising		20-30 min.
Oven Frying	(425°F)	10-20 min.
Broiling/Grilling		8-12 min.