



CHICKEN COOKING TIPS

A lot of people fear raw chicken, but common-sense food safety practices coupled with fresh, high quality chicken does not require a hazmat suit to prepare. First thing is first, start with high quality meat. Chickens raised in low stress environments produce better tasting and more tender meat. Wash your hands before and after handling raw meat, avoid cross-contamination by not using tongs on cooked products that have been in contact with raw meat without being washed, take a deep breath, and let's cook some delicious healthy chicken!

☞ Chicken cooks better skin-on and bone-in.

- The skin protects the meat from burning and drying out. The bone adds flavor as the chicken cooks. If you are set against cooking skin-on and bone-in, cover your chicken with parchment paper while it's roasting to help maintain the moisture level.

☞ Brine your chicken.

- Why Brine? Brining makes lean meats, such as turkey, chicken, and pork juicier and more flavorful! Not only does the brining solution help prevent moisture loss during cooking but it also perfectly seasons the meat, alleviating the need for additional salt prior to cooking. Look for Pine Street Market's Bird Brine in Chop Shop.

☞ Allow chicken to temper at room temperature before cooking.

- Allowing the chicken to temper at room temperature will ensure the internal and external temperatures are similar, which will prevent the likelihood of achieving a over-cooked exterior with an undercooked center. A good rule of thumb is to allow the meat to rest on a plate on your counter for at least 30 minutes per pound. No, it won't kill you!

- ☞ There is one indicator of doneness - temperature!
 - Use a digital probe thermometer that is easy to read, and test the thickest part of the chicken for the most accurate reading. Cook to an internal temperature of 165°F.
- ☞ Adding a sauce or glaze to your chicken?
 - We recommend adding any glaze or sauce to your chicken once it reaches 155°F to avoid scorching the sauce.