

# 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



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](http://manitobachicken.ca)