

CUTS OF CHICKEN

This guide is here to help you understand more about the different cuts of chicken available and the sort of cooking method each cut is best suited to.

1. **BREAST**

This is probably the most popular part of the chicken. It can be sold as a whole breast, with the skin off, or on, or sliced up into smaller pieces. If you like white meat and no bones, the breast is for you. It can be pan-fried, stuffed with lovely flavours and then baked, roasted or barbecued. Smaller breast fillet pieces can be added to stews, stir-fries, and pies. Just try not to overcook it as it can sometimes be a bit dry.

2. **WINGS**

These are the cheapest part of the chicken and fantastic to eat. They come on the bone and when roasted, grilled or barbecued, they go crispy and delicious.

3. **DRUMSTICKS**

These are the chicken's shins. They come on the bone and are cheap, easy to cook and a big barbecue favourite.

4. **THIGHS**

These are arguably the tastiest part of the chicken. You can buy them bone in, or bone out. Their meat tends to be darker than the white breast meat. Because the legs work harder than any other part of the chicken, the meat is firmer and needs longer than a breast to cook. But if you roast them, then finish them off under the grill or on the barbecue, you'll have tender, juicy meat and wonderful crispy skin.

5. **LEGS**

Instead of dividing the legs into drumsticks and thighs, try leaving them whole then roasting them in the oven.



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