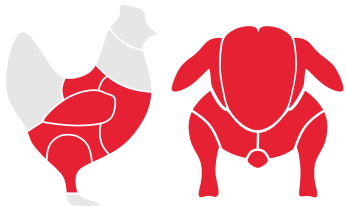




BY AMERICAN MEAT SCIENCE ASSOCIATION

# Cuts of Chicken

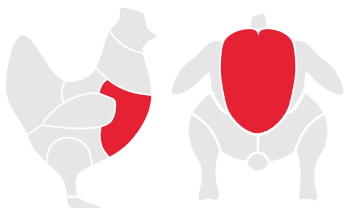


## Whole Chicken

**Common Name:** Whole Chicken

**Cooking Methods:** Grill, Roast, Frying, Baking, Broiling

- The whole bird.
- Can be purchased fresh or frozen.
- A whole chicken can be cooked whole or broken down into smaller pieces.



## Chicken Breast

**Common Name:** Chicken Breast

**Cooking Methods:** Braise, Broil, Deep Fry, Grill, Pan Fry, Roast, Stew

- The most versatile cut of chicken.
- Sold with or without skin.
- Skinless chicken breasts have less fat and dry out easier, an important point to remember in the cooking process.

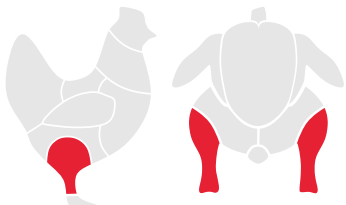


## Chicken Wing

**Common Name:** Chicken Wing

**Cooking Methods:** Braise, Broil, Deep Fry, Grill, Roast

- All white meat.
- The chicken wing can be broken down into the tip, mid-section and drumette.
- Drumettes are often served as chicken wings in restaurants.

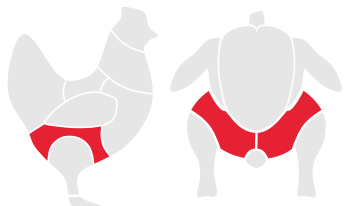


## Drumstick

**Common Name:** Drumstick

**Cooking Methods:** Braise, Broil, Deep Fry, Grill, Roast, Stewing

- The drumstick comes from between the knee and hock.
- Drumsticks are a cheap cut and one of the favorite cuts to barbeque.

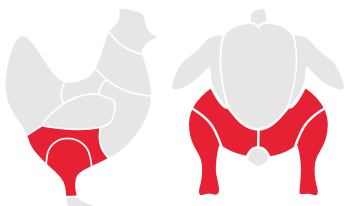


## Chicken Thigh

**Common Name:** Chicken Thigh

**Cooking Methods:** Braise, Broil, Deep Fry, Grill, Roast, Stewing

- The leg works harder than any other part of the chicken
- Meat is firmer and needs longer to cook.



## Chicken Leg

**Common Name:** Chicken Leg

**Cooking Methods:** Braise, Broil, Deep Fry, Grill, Roast, Stewing

- The chicken leg is a combination of the thigh and drumstick.
- It is available with skin or skinless, bone in or boneless.