

Food skills

Chicken

Defrosting

Chicken products should be defrosted in the refrigerator for 1-2 days, depending on the size of the chicken that is being defrosted (whole chicken or chicken pieces). Make sure you defrost chicken in a dish at the bottom of your fridge, below cooked meats and fresh vegetables to avoid juices dripping onto other foods.

Clean

Do not wash the chicken, as this increases the risk of cross contamination – spreading the bacteria. As long as the chicken is cooked at a high enough temperature, the bacteria will be killed during the cooking process.

Cross contamination can be a major cause of food-borne illnesses. Wash and dry knives and chopping boards thoroughly in hot soapy water, and make sure cloths are rinsed frequently in hot, soapy water.

Cook

Chicken is cooked when the juices run clear when the thickest part of the chicken is pierced with a skewer. Use a meat thermometer if you are unsure. Insert the thermometer into the thickest part of the chicken and check that the temperature has reached 75° C.

Cuts of chicken



Whole chicken



Half chicken



Chicken breasts



Chicken thigh and drumstick



Chicken drumsticks



Chicken wings

Did you know

New Zealanders eat around 37.5kg of chicken every year – that's around 20 chickens per person, per year.



Baked chicken drumsticks with chips (serves 4)

Ingredients

8 chicken drumsticks
2 tablespoons oil
1 tablespoon lemon juice
1 tablespoon soy sauce
1 teaspoon ground coriander
½ teaspoon cracked pepper
3 carrots, cut into sticks
3 potatoes, cut into sticks

Method



Preheat oven to 200°C. Place chicken drumsticks in a roasting dish and drizzle with 1 tablespoon oil.



Add lemon juice and soy sauce. Then sprinkle each drumstick with coriander and pepper.



Add the carrot and potato sticks into another roasting pan. Add the remaining oil and coat them well.



Roast for approximately 35 minutes or until cooked through and golden brown. Serve with seasonal green vegetables.

For more recipe ideas and cooking tips visit
heartfoundation.org.nz/recipes and vegetables.co.nz