GUIDE TO POULTRY

POULTRY CUTS EXPLAINED

CHICKEN I TURKEY I DUCK

The leanest cut which packs a lot of protein

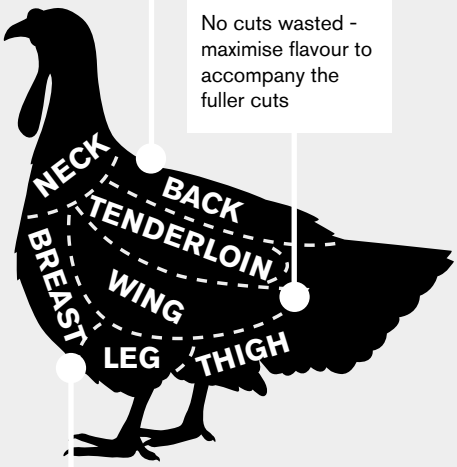
The perfect cut for a spicy starter or snack



The most versatile cuts which can hold maximum flavour

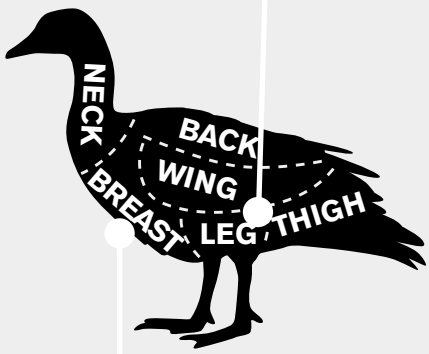
The Thanksgiving staple - spatchcock and cook on the bone

No cuts wasted - maximise flavour to accompany the fuller cuts



Protein packed plus versatile and a cheaper leaner option

A robust cut perfect for confit or for maximising flavour



The most sought after cut - just remember to render that fat

PROTEIN	WEIGHT	HOW COOKED?	COOKING TEMP	COOKING TIME	ENERGY USED KWH
Chicken Breast	150g	Pasteurized/Moist	143.6°F (62°C)	1hr 20mins	0.648
Chicken Leg	200g	Pasteurized/Moist	176°F (80°C)	4hr 30mins	1.591
Turkey Breast	2kg	Pasteurized/Moist	145.4°F (63°C)	6hrs	1.234
Duck Breast	180g	Medium	140°F (60°C)	1hr 30mins	0.597
Duck Leg	350g	Confit	179.6°F (82°C)	8hrs	2.446
Phesant Breast	150g	Pasteurized/Moist	140°F (60°C)	45mins	0.424