

# Select & Cook Poultry

## What to Look For....

Chicken, turkey, cornish game hens, and duck. Hormone free, free-range organic chicken is the best way to go if you can afford it. It's better in flavor and much healthier for you. Fresh is best even when you have to get a turkey. The age of the poultry determines your cooking method.

Type	Age/size	Characteristics
Cooking Method		

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Chicken, pousin	Under 6 weeks 1 lb	Very tender Broil, grill, roast, sauté, All Cooking Methods
Chicken, rock Cornish game hen	4-5 weeks 1-1 1/2 lbs	Very tender Broil, grill, roast, sauté All Cooking Methods
Chicken, broiler	7-9 weeks 1 1/2 lbs - 2 lbs	Very tender Broil, grill, roast, sauté All Cooking Methods
Chicken, fryer	9-12 weeks 3-4 lbs	Very tender Broil, grill, fry, roast All Cooking Methods
Chicken, roaster	10-20 weeks Over 5 lbs	Very tender Braise, fry, roast, stew All Cooking Methods
Chicken, capon (castrated Male)	10-18 weeks 5-8 lbs	Very tender Roast
Turkey, young hen or Tom	14-22 weeks 7 - 25 + lbs	Very tender Roast
Turkey, yearling	Fully mature over 15 months 12-15 +	Very tender Roast
Duckling	8-16 weeks 2-6 lbs	Tender Roast
Young Goose	Over 6 month, 4- 14 lbs	Tender Roast
Pheasant	6 weeks, 2-3lbs	Tender Braise, roast
Squab	Under 6 weeks, under 1 pound	Light, tender meat Broil, grill, roast, sauté

## Cooking / Serving Temperatures

<b>POULTRY</b>	
Chicken and Duck	165° to 170° F 75° to 80° C Cook until juices run clear
<p><b>Turkey</b></p> <p>NOTE: A 12-lb turkey can easily handle 60 to 90 minutes of resting. And covered with tinfoil during that time the temperature can rise 30 degrees.</p>	165° to 170° F 75° to 80° C Cook until juices run clear and legs move apart easily.