



# Chicken Cooking Times



Proper cooking times are not just about safety. In fact, most Canadians overcook their chicken, which can leave it dry. Use the following chart to make sure that your chicken is cooked to perfection.

## Roasting

Cut	Internal Temperature	Average Cooking Time ★
Boneless, skinless breast Small piece (140 g raw) Large piece (200 g raw)	165°F (74°C)	35 minutes 45 minutes
Boneless, skinless thigh Small piece (60 g raw) Large piece (115 g raw)	165°F (74°C)	20 minutes 30 minutes
Bone-in, skinless thigh/drumstick Small piece (80 g raw) Large piece (130 g raw)	165°F (74°C)	35 minutes 45 minutes
Bone-in breast Small piece (170 g raw) Large piece (250 g raw)	165°F (74°C)	40 minutes 50 minutes
Bone-in legs Small piece (200 g raw) Large piece (300 g raw)	165°F (74°C)	40 minutes 55 minutes
Ground chicken patties (120 g raw)	165°F (74°C)	30 minutes
Whole chicken - stuffed (1.5 kg raw)	180°F (82°C)	2 hours 10 minutes
Whole chicken - unstuffed (1.5 kg raw)	180°F (82°C)	1 hour 40 minutes
Wings (90 g raw)	165°F (74°C)	25 minutes

## Skillet

Cut	Internal Temperature	Average Cooking Time ◆
Boneless, skinless breast Small piece (140 g raw) Large piece (200 g raw)	165°F (74°C)	8 minutes per side 11 minutes per side
Boneless, skinless thigh Small piece (60 g raw) Large piece (115 g raw)	165°F (74°C)	5 minutes per side 7 minutes per side
Bone-in, skinless thigh/drumstick Small piece (80 g raw) Large piece (130 g raw)	165°F (74°C)	8 minutes per side 11 minutes per side
Bone-in breast Small piece (170 g raw) Large piece (250 g raw)	165°F (74°C)	11 minutes per side 15 minutes per side
Bone-in legs Small piece (200 g raw) Large piece (300 g raw)	165°F (74°C)	13 minutes per side 16 minutes per side
Ground chicken patties (120 g raw)	165°F (74°C)	8 minutes per side
Wings (90 g raw)	165°F (74°C)	8 minutes per side

## Grilling

Cut	Internal Temperature	Average Cooking Time ★
Boneless, skinless breast Small piece (140 g raw) Large piece (200 g raw)	165°F (74°C)	9 minutes per side 12 minutes per side
Boneless, skinless thigh Small piece (60 g raw) Large piece (115 g raw)	165°F (74°C)	5 minutes per side 8 minutes per side
Bone-in, skinless thigh/drumstick Small piece (80 g raw) Large piece (130 g raw)	165°F (74°C)	7 minutes per side 10 minutes per side
Bone-in breast Small piece (170 g raw) Large piece (250 g raw)	165°F (74°C)	14 minutes per side 17 minutes per side
Bone-in legs Small piece (200 g raw) Large piece (300 g raw)	165°F (74°C)	15 minutes per side 18 minutes per side
Ground chicken patties (120 g raw)	165°F (74°C)	6 minutes per side
Whole chicken - unstuffed (1.5 kg raw)	180°F (82°C)	1 hour 25 minutes
Wings (90 g raw)	165°F (74°C)	8 minutes per side

Internal temperature is measured using an instant-read food thermometer. Insert the thermometer in different spots, making sure to pay special attention to the chicken breasts and thighs which are the thickest parts of the meat. Food thermometers are available at most grocery stores in various formats and price ranges.

All chicken pieces should be cooked to an internal temperature of 165°F (74°C)  
All whole chickens should be cooked to an internal temperature of 180°F (82°C)

- ★ Maximum time oven roasting uncovered, in a 350°F oven
- ★ Maximum time medium heat with the lid down
- ◆ Maximum time medium high heat in a pre-heated skillet

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