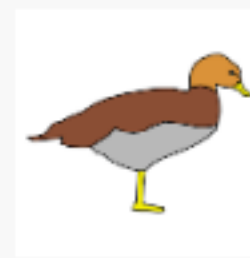


# Poultry



	Thickness (In/cm)	Temp (F/C)		Time (hr)		Notes
		Some Pink <i>(juicy)</i>	No Pink <i>(flaky)</i>	Min	Max	
<p><i>Add 30-45 minutes/inch of thickness</i>  <i>Add 30-60 minutes if from frozen</i></p>						

## White Meat

Chicken, Turkey breast, boneless	1+/2.5+	142/61	149/65	1	2-4	<i>Gets mushy if in too long</i>
Chicken, Turkey breast, bone-in	2+/5+	140/60	144/62	2.5	4-6	<i>Gets mushy if in too long</i>
Chicken, Turkey wing	1+/2.5+	144/62	162/72	12 (144F)	8 (162F)	<i>Gets mushy if in too long</i>
Duck Breast (same for goose, grouse, pigeon, and ostrich fillet)	1+/2.5+	129/54	136/58	1.5	4-6	<i>If using lower temp, cook for longer time to pasteurize</i>

## Dark Meat

Chicken/Turkey thigh, leg, boneless	1+/2.5+	154/68	165/74	2	4-6	
Chicken/Turkey thigh, leg, bone-in (same for goose, grouse, pigeon, guinea hen, duck)	1+/2.5+	154/68	165/74	2	6-8	