

CUT	Grilling	Frying	Braising	Roasting	Stewing
<b>Whole Chicken</b> <i>Marketed either fresh or frozen</i>					
<b>Half Chicken</b> <i>Split from front to back through the backbone and keel</i>					
<b>Breast Quarters</b> <i>Halves cut further including the wing - all white meat</i>					
<b>Split Breast</b> <i>Breast Quarter with wing removed</i>					
<b>Split Breast w/o Back</b> <i>Breast Quarter with wing and back portion removed</i>					
<b>Boneless, Skinless Breast</b> <i>Breast that has been skinned and deboned</i>					
<b>8 Piece Cut</b> <i>2 breast halves w. ribs/back, 2 wings, 2 thighs, 2 drums May be labeled 'whole cut chicken' - no giblets</i>					
<b>Whole Chicken Wing</b> <i>Composed of 3 sections: drumette, mid section, tip All white meat</i>					
CUT	Grilling	Frying	Braising	Roasting	Stewing
<b>Wing Drumettes</b> <i>First section between shoulder and elbow</i>					
<b>Wing Mid-Section w. Tip</b> <i>Flat center section and flipper</i>					
<b>Wing Mid-Section</b> <i>Section between elbow and tip - 'wing flat'/'mid joint'</i>					
<b>Whole Chicken Leg</b> <i>Drumstick/thigh combination - does not contain back</i>					
<b>Boneless, Skinless Leg</b> <i>Whole chicken leg with bone and skin removed</i>					
<b>Thigh</b> <i>Portion of the leg above the knee joint</i>					
<b>Boneless, Skinless Thigh</b> <i>Thigh with skin and bone removed</i>					
<b>Drumstick</b> <i>Lower portion of leg quarter</i>					
<b>Giblets</b> <i>Includes heart, liver &amp; neck</i>					



= Recommended Preparation Method