



What Temp to Bake Chicken

Chicken Part	Oven Temperature	Cooking Time
Whole Chicken	350°F	20 minutes per pound, plus 15 minutes; <i>ex. 5-pound chicken for 1 hour 55 minutes</i>
Boneless Chicken Thighs	425°F	about 35 minutes
Bone-in Chicken Thighs	425°F	about 45 minutes
Boneless Chicken Breasts (Large)	375°F	20 to 30 minutes
Bone-in Chicken Breasts (Large)	375°F	35 to 40 minutes
Chicken Wings	400°F	45 minutes
Chicken Legs	425°F	40-45 minutes
Chicken Tenders	375°F	20-25 minutes

Chicken should always read between 165°F and 175°F on a meat thermometer. Always use a meat thermometer to ensure chicken is done cooking in the oven.

What Temp to Grill Chicken

Chicken Part	Grill Temperature	Lid Open or Closed	Cooking Time
Whole Chicken	Medium-high; 375°F	Closed	1 hr. 25 minutes; <i>face legs towards the back of the grill, then rotate at at 45 minutes to face wings towards the back of the grill</i>
Boneless Chicken Thighs	Medium to medium-high, 350°F-375°F	Closed	6 minutes per side
Bone-in Chicken Thighs	Medium to medium-high, 350°F-375°F, lowered to 300°F	Closed	4 minutes per side; lower heat to medium-low, cook another 3-5 minutes
Boneless Chicken Breasts (Large)	Medium-high to high, 375°F-400°F	Closed	6-8 minutes per side
Bone-in Chicken Breasts (Large)	Medium-high, 375°F	Closed	6-8 minutes per side
Chicken Wings	Medium heat, 350°F	Closed	20-25 minutes; check and flip as they darken
Chicken Legs	High, 400°F	Closed	30-35 minutes; flip every 5 minutes
Chicken Tenders	Medium-high, 375°F	Closed	3-4 minutes per side

Chicken should always read between 165°F and 175°F on a meat thermometer. Always use a meat thermometer to ensure chicken is done cooking on the grill.

Cooking Chicken in a Pan

Chicken Part	Stove Temperature	Cooking Time
Boneless Chicken Thighs	Medium heat	5 minutes on one side, flip, 3-5 minutes on opposite side
Bone-in Chicken Thighs	Medium heat	20-30 minutes uncovered skin-side down; flip, cook 20 more minutes
Boneless Chicken Breasts (Large)	Medium-high heat	5-7 minutes on one side, flip, 5-7 minutes on opposite side
Bone-in Chicken Breasts (Large)	Medium heat	Sear 5 minutes on one side, flip, cook 45-50 minutes (covered)
Chicken Wings	High heat reduced to low	Sear 2 minutes per side, reduce heat, cover, cook 20 minutes. Flip 2-3 times while cooking.
Chicken Legs	Medium heat	15-20 minutes on one side, rotate, cook another 15 minutes, then rotate a final time and cook a final 15 minutes
Chicken Tenders	Medium heat	3.5 minutes per side

Chicken should always read between 165°F and 175°F on a meat thermometer. Always use a meat thermometer to ensure doneness when cooking chicken in a pan.

Sous Vide Chicken Temperatures

Chicken Part	Sous Vide Temperature	Cooking Time
Boneless Chicken Thighs	165°F	1 hour to 4 hours; finish in skillet over medium heat, 4-5 minutes on one side and 1 minute on the opposite side
Bone-in Chicken Thighs	165°F	1 hour to 4 hours; finish in skillet over medium heat, 4-5 minutes on one side and 1 minute on the opposite side
Boneless Chicken Breasts (Large)	146.5°F	1 hour; finish in skillet over medium-high heat, 1 minute per side
Bone-in Chicken Breasts (Large)	146.5°F	1 hour; finish in skillet over medium-high heat, 1 minute per side
Chicken Wings	160°F to 165°F	2 hours at 160°F for fall-off-the-bone; 1 hour at 165°F for tender, but not fall-off-the-bone; finish in oven or on stove
Chicken Legs	165°F	2 hours; sear in skillet over medium-high heat to finish, 1 minute each side
Chicken Tenders	146.5°F	1 hour; finish in skillet over medium-high heat for 1-5 minutes each side