

# CODLO'S SOUS-VIDE *Guide* TO POULTRY

## CHICKENS AND TURKEYS AND DUCKS, OH MY








### THE WING

The wing has 3 segments: the drumette, the middle 'flat' segment containing 2 bones and the tip. Wings are often served as a light meal or bar food, including the Buffalo Wing, invented in 1964. Wings are generally not cooked sous-vide – try barbequing.










### THE BREAST

The leanest cut, high in protein. Chicken and turkey are considered white meat, but duck breast is dark. Traditional cooking methods yield relatively tough results, but this is where sous-vide shines!

|  |  |  |  |  |
|--|--|---|---|---|
|   | 1 - 1.5"   | 62.0°C<br>143.5°F   | 1-3<br>hours  | 2<br>hours  |
|   | 1 - 1.5"   | 58.0°C<br>136.5°F   | 1-3<br>hours  | 2<br>hours  |
|  | 1.5 - 2"   | 62.0°C<br>143.5°F   | 1.5-3<br>hours  | 2.5<br>hours  |

### THE LEG

Darker and fattier than breast meat. Comprised of the drumstick (lower part) and the thigh (upper part). Duck and turkey legs perform best under longer cooking times - good things come to those who wait!

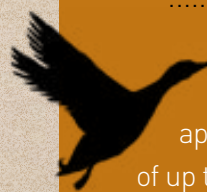
|   |  |  |  |  |
|---|---|---|---|---|
|  | 1 - 1.5"  | 65.0°C<br>149.0°F   | 1.5-3<br>hours  | 2.5<br>hours  |
|  | 1 - 2"  | 70.0°C<br>158.0°F   | 8-12<br>hours   | 2<br>hours  |
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### DID YOU KNOW?

The chicken is the closest living relative of the T-Rex, and there are more chickens on the planet than people. Scared?



The longest recorded flight for a chicken is 301.5 feet. Despite appearances, turkeys can fly distances of up to a mile. Ducks are the best fliers and can fly hundreds of miles a day.



It's possible for a chicken to live without its head. Mike the Headless Chicken lived for 18 months without a head in 1945, went on tour and even featured in *Time* and *Life* magazines!

