

Did you know?

The food chicken refers to either males or females, but in Quebec, we mainly eat the meat of male chickens. Females are usually reserved for egg production.

Good to know

Chicken pieces that still have skin and bones generally cost less because they require more work in the kitchen.

Storing it

If you don't plan to cook your chicken within 2 or 3 days, freeze it. It will keep in the freezer for up to **6 months**. But once you thaw it, make sure to cook it right away. Cooked chicken can keep for **3 to 4 days** in the fridge or **2 months** in the freezer.

Caution!

It is important to cook chicken thoroughly to avoid any risk of **food poisoning**. The best way to check is to use a meat thermometer. Insert it into the thickest part of the meat. The temperature needs to reach **74°C**. If you don't have a meat thermometer, you can tell the meat is cooked when it is white, comes apart easily and the cooking juices run clear.

Tip to reduce waste

Keep chicken bones and cartilage to make a nutritious and low-cost **broth**. You can also keep the **cooking water** after you boil chicken.

CHICKEN



5 ways to use it

- Make a **sandwich** filling from cooked chicken mixed with celery, dried cranberries and a bit of mayonnaise.
- Use it in **stir-fries**, with rice, vegetables and whatever sauce you like.
- Bake (in pieces or whole) **topped with your favourite seasoning**: herbs, Cajun, honey-mustard, etc.
- Boil chicken to make **broth** and use it to make a delicious chicken, noodle and vegetable (celery, carrots and onions) **soup**.
- Why not put chicken leftovers on a **pita, tortilla** or **naan** bread, covered with tomato sauce, vegetables and cheese?



Why we like it

Chicken is low in fat and can be eaten either **hot** or **cold** once it's cooked. So it is easy to use in all kinds of recipes.