

Chicken Cooking Times and Temperatures

Oven-Baked or Oven-Roasted

Type	Temperature	Weight	Cooking Time	
			Unstuffed	Stuffed
Chicken (whole)	350°F	2½–3 lbs.	1¼–1½ hrs.	1½–1¾ hrs.
Chicken (whole)	350°F	3–4 lbs.	1½–1¾ hrs.	1¾–2 hrs.
Chicken (whole)	350°F	4–6 lbs.	1¾–2 hrs.	2–2¼ hrs.
Cornish Hen	350°F	1–2 lbs.	1–1¼ hrs.	1¼–1½ hrs.

Note: Start with chicken at refrigerator temperature. Remove the chicken from the oven when the meat thermometer reads 175°- 180°F; the temperature will continue to rise as the chicken stands.

Stewed

Type	Weight	Cooking Time	
		Unstuffed	Stuffed
Whole broiler fryer	3–4 lbs.	1–1¼ hrs.	1¼–1¾ hrs.
Whole roaster	5–7 lbs.	1¾–2 hrs.	2–2½ hrs.
Whole Cornish hens	18–24 oz.	35–40 min.	50–70 min.
Breast half (bone in)	6–8 oz.	35–45 min.	
Breast half (boneless)	4 oz.	25–30 min.	
Leg or thigh	4 or 8 oz.	40–50 min.	
Drumstick	4 oz.	40–50 min.	
Wing or wingette/drumette	2–3 oz.	35–45 min.	

Grilled

Type	Weight	Cooking Time (internal temperature 180°F)	
		Unstuffed	Stuffed
Whole broiler fryer (indirect heat)	3–4 lbs.	60–70 min.	1¼–1¾ hrs.
Whole roaster (indirect heat)	5–7 lbs.	18–25 min. per lb.	23–55 min. per lb.
Whole Cornish hens (indirect heat)	18–24 oz.	45–55 min.	1–1½ hrs.
Breast half (bone in)	6–8 oz.	10–15 min. per side	
Breast half (boneless)	4 oz.	8–10 min. per side	
Breast half (boneless)	6–8 oz.	10–15 min. per side	
Leg or thigh	4 or 8 oz.	10–15 min. per side	
Drumstick	4 oz.	8–12 min. per side	
Drumstick	8–16 oz.	10–15 min. per side	
Wing or wingette/drumette	2–3 oz.	8–12 min. per side	

Note: When grilling with indirect heat generally the coals (or burners on a gas grill) are heated to a high heat. When grilling with direct heat the coals (or burners on a gas grill) are heated to a medium heat. Use these heat settings unless you have a recipe that states something different.

Chicken Cooked at 350°F in an Oven Bag

Type	Weight	Cooking Time		
		Regular-Size Oven Bag 10" x 16"	Large-Size Oven Bag 14" x 20"	Turkey-Size Oven Bag 19" x 23½"
Chicken pieces	2–2¼ lbs.	45–50 min.		
Chicken pieces	2¾–3 lbs.		45–50 min.	

Chicken thighs	½–1½ lbs.	35–40 min.	
Chicken thighs	1½–2¼ lbs.		35–40 min.
Chicken drumsticks	1–1½ lbs.	35–40 min.	
Chicken drumsticks	2–2½ lbs.		35–40 min.
Chicken breast half (bone in)	1½–2 lbs.	40–45 min.	
Chicken breast half (bone in)	2–2½ lbs.		40–45 min.
Chicken breast half (boneless)	¾–1 lbs.	25–30 min.	
Chicken breast half (boneless)	1–1½ lbs.		25–30 min.
Whole chicken	3½–4 lbs.	1–1¼ hrs.	
Whole chicken	5–7 lbs.		1¼–1½ hrs.
Cornish hens	1½–3½ lbs.	40–45 min.	
Cornish hens	4–7 lbs.		55–60 min.

Oven Bag Instructions: Preheat the oven to 350°F. Add 1 tablespoon flour to the oven bag and distribute evenly on the inside of the bag prior to inserting the chicken. Brush the chicken with vegetable oil or butter. Remove the chicken from the oven when the meat thermometer reaches 180°F. If it is necessary to use a turkey-size oven bag for a chicken, gather the oven bag loosely around the meat allowing room for heat circulation; then close the bag with a nylon tie, and cut away any excess oven bag.