**How to Cook Chicken to Safe Temperature**

1. Pick up your piece of chicken
2. Pick up one meat thermometer.
3. Wash and sanitize the stem of your thermometer
   1. Wash in hot soapy water
   2. Sanitize by dipping stem in sanitizing solution
   3. Let air dry for 1 minute
4. Get one liquid measuring cup or drinking glass and fill with ice and water. Let it set for a few minutes until the water is icy cold.
5. Place stem of Thermometer into the ice water.
6. Read the temperature on the thermometer.
   1. Record that temperature here\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   2. Is that temperature + or – 32\*F?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   3. If YES, you may use the thermometer as is to check the chicken.
   4. If NO, see the teacher for help adjusting the screw to calibrate the thermometer.
7. Put Oil into your small skillet.
8. Heat up the oil on Medium High heat until skillet sizzles when a drop of water hits the pan, before the oil starts to burn or smoke.
9. Put your chicken piece in the skillet on Medium Heat and Cook one side, watching the color of the meat as it turns from pink to white. Approximately 6-8 minutes.
10. Turn the chicken over and saute another 6-8 minutes on the other side.
11. After 12-15 minutes, or when the chicken looks done, and no pink juices are dripping out, insert the thermometer into the side of the chicken breast and keep it there for 15 seconds.
12. Read the temperature. What is the temperature reading?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    1. What Is the safe internal temperature reading for chicken?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    2. Is the temperature reading at least the safe chicken temperature?\_\_\_\_\_\_\_\_\_\_\_\_\_\_
    3. If YES, you may take the chicken out and put it onto a CLEAN and Sanitized cutting board or plate.
    4. If NO, Wash, Sanitize and Dry the thermometer again. Continue cooking the chicken for a few more minutes. Check the temperature again, until the thermometer reads at least 165\*F for 15 seconds. Every time that you have to check the temperature, you MUST clean and sanitize your thermometer.
    5. Why?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
13. When the chicken has been cooked to a safe temperature, let it cool enough to handle and then with a clean and sanitized knife, cut the chicken into small diced pieces.