

MYLAR® COOK

Chicken

Whole Chicken

1. Use fresh, minimally processed chicken
2. Inject with marinade (optional) and topically season
3. Pack sample with 5-10 mm of headspace, pull tight vacuum
4. From fresh or thawed, bake at 375°F in a convection oven or 400°F in a home oven to an IT of 165°F



Half Chicken with Brown Rice

1. Cut a fresh, minimally processed chicken in half lengthwise
2. Inject with marinade and topically season
3. Pack with a par-cooked brown rice such as Uncle Ben's® Ready Rice® (optional)
4. Pack with 5-10 mm of headspace, pull tight vacuum
5. From fresh or thawed, bake at 400°F in a convection oven or 425°F in a home oven to an IT of 165°F



Legs Quarters

1. Use fresh, minimally processed leg quarters
2. Inject with marinade (optional) and topically season
3. Place in formed pocket side by side with thicker leg areas at the short ends of the package (as pictured)
4. Pack with 5-10 mm of headspace, pull tight vacuum
5. From fresh or thawed, bake at 400°F in a convection oven or 425°F in a home oven to an IT of 165°F



Chicken Thighs

1. Use fresh, minimally processed, boneless, skinless chicken thighs
2. Inject and/or tumble with marinade (optional, but recommended)
3. Topically season
4. Fold edges of thighs under and place in formed pocket in an even layer
5. Pack with 5-10 mm of headspace, pull tight vacuum
6. From fresh or thawed, bake at 400°F in a convection oven or 425°F in a home oven to an IT of 165°F



Chicken Wings

1. Use fresh, minimally processed cut wings
2. Topically season
3. Fill formed pocket with an even layer of wings
4. Pack with 0-5 mm headspace, pull tight vacuum
5. Bake from fresh or thawed at 425°F in a convection or home oven until browned
 - verify IT is 165°F or greater



Cooking Guidelines: Fresh/Thawed Chicken

- **Electric Home Oven**
 - 375°F – minimally processed white meat cuts
 - 400 - 425°F – highly pumped and/or dark meat cuts
 - 400 - 425°F – chicken wings
- **Convection Oven**
 - 350 - 375°F – minimally processed white meat cuts
 - 400 - 425°F – highly pumped and/or dark meat cuts
 - 400 - 425°F – chicken wings
- We do not recommend cooking raw chicken in the microwave
- If using a clam shell grill (such as George Foreman grills), be sure grill does not exceed 425°F
- **USDA recommends a minimum safe internal temperature (IT) of 165°F for chicken**

MYLAR® COOK Notes

- Allow packaged product a minimum of 24 hours before cooking to maximize the flavor
- Measure internal temperature and follow USDA's recommended safe minimum internal temperature guidelines
- Allow products to rest after they are removed from the oven

USDA Recommended - Safe Minimum Internal Temperatures for Cooking

- Cook all raw beef, pork, lamb and veal steaks, chops, and roasts to a minimum internal temperature of 145°F
- Cook all raw ground beef, pork, lamb, and veal to an internal temperature of 160°F
- Cook all poultry (whole or ground) to an internal temperature of 165°F
- Cook raw intact fish and shellfish to 145°F or above for 15 seconds
- Cook items such as crab cakes or stuffed fish to 165°F

Disclaimer

- The information provided herein is offered as a possible helpful suggestion in experimentation you may care to undertake along these lines. It is subject to revision as additional knowledge and experience is gained. DuPont Teijin Films makes no guarantee of results and assumes no obligation or liability whatsoever in connection with this information.
- Note: the cooking instructions provided herein are based off electric home ovens and combi-convection ovens, oven temperatures and performance may vary.
- Mylar® is a registered trademark of DuPont Teijin Films U.S. Limited Partnership.