

Lenard's Fresh Cuts



whole chicken

Sizing:

Size determines the weight of chicken. A size 12 chicken weighs 1.2kg, a size 16 weighs 1.6kg and so on.

Cooking:

Whole chicken may be roasted, kettle barbecued or boiled. A family favourite, it is hard to go past a seasoned roast chicken.



breast and tenderloin

The breast is the fleshy meat on the upper side of the bird. The tenderloin is the strip of meat attached to the underside of the breast.

Visual:

Opaque pink to white flesh, a good sheen, not sticky to touch and well trimmed of fat.

Cooking:

The breast may be roasted, stir-fried, pan fried or casseroled. Extremely versatile whether on or off the bone, however it can dry out if over cooked. Some people cook breast with the skin attached to assist maintaining moisture in the product.



thigh

The thigh is the fleshy meat on the upper part of the leg.

Visual:

Deep raspberry pink colour, not sticky to touch and well trimmed of fat.

Cooking:

The thigh fillet may be crumbed for schnitzel, stir-fried, pan fried or casseroled. It is also ideal for making kebabs. The thigh is more succulent than the breast and has more flavour. Whereas the breast tends to turn white when cooked, the thigh will usually lighten, but it is not uncommon for the thigh to hold its colour when cooked.



maryland

The maryland is the cut comprising the drumstick and thigh conjoined.

Visual:

Visible flesh should be deep pink. Skin should be white rather than grey.

Cooking:

The maryland is best roasted, pan fried or braised. More flavoursome than the breast, it can tend to dry out if overcooked.



THE BEST FRESH CHICKEN

Lenard's Fresh Cuts cont.



drumstick

The drumstick is the fleshy lower leg of the chicken.

Visual:

Visible flesh should be a deep pink colour. Skin should be white rather than grey.

Cooking:

The drumstick is best marinated and roasted, pan fried or casserole. As with the thigh, the drumstick is a more succulent meat than the breast.



wing

The wing is attached to the fleshy upper end of the chicken.

Visual:

Skin should be white rather than grey, not sticky to touch and have pink red tips not brown.

Cooking:

The wing is best marinated, roasted, pan fried or casserole.



thigh cutlet

The thigh cutlet is the whole thigh with all bone bar the central leg bone removed.

Visual:

Visible flesh should be deep pink. Skin should be white rather than grey.

Cooking:

The cutlet may be roasted, stir-fried, pan fried or casserole. Some people cook the cutlet with the skin attached to assist in maintaining moisture.



turkey

Sizing:

A 20 range turkey is between 2-3kg, 30 range between 3-4kg and so on.

Visual:

Opaque grey/pink colour to the skin.

Cooking:

Turkey is best oven baked or kettle barbecued. It is a good idea to cover the legs and wings with foil on larger birds to avoid burning.



THE BEST FRESH CHICKEN