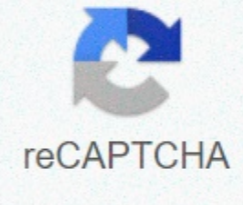




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## Can you eat cooked chicken nuggets cold

In today's come-as-you-are culinary scene, you'll find omnivores, vegetarians, vegans, meat-eaters who don't eat beef, and vegetarians who eat fish; what you almost never find is someone who eats everything except chicken. I'm sure there's good reason for that. Versatile, mild, affordable, healthy and utterly accessible, chicken is something of a stand-off in modern cooking. It's actually the most popular protein source in American homes, beating out beef for most common meats on the dinner table. Chicken has another thing to go for it, too, that may help further explain its popularity: You can cook it pretty quickly. Not all cooking methods will get it done in a snap, though. Here are five ways to get a chicken dinner on the table in 30 minutes or less, starting with one you probably know pretty well: oven-baking. With a slight tweak in the flesh, baking can take less than 25 minutes... Content Bake Broil Grill Saut&eacute; Microwave This most basic cooking method requires a little effort on your part. About all it takes is to press a few buttons and flipping halfway through, and if you minimize prep time, you can have dinner on the table in about 30 minutes. While a whole chicken or boneless portion can actually take a while to bake, if you switch to boned breasts, you will find that time comes down a long way. In an oven heated to 375 degrees Fahrenheit, a boneless, skinless, split chicken breast can cook through for about 10 to 12 minutes on each side. Add in 10 minutes to preheating and 1 minute for some simple seasoning, and you can not only whip up a quick meal, but also get veggies steamed and rice all fluffy while the chicken cooks. Advertising For even faster, smoother cooking, lightly pound the breasts to a uniform thickness of about 1 inch - and do so between two sheets of plastic wrap or wax paper to prevent the possible spread of any bacteria. Try it tonight: Balsamic ChickenEasy Oriental Chicken SandwichesPesto-Coated Baked Chicken Next, Still in the Oven... While some people confuse broiling with baking, the only resemblance is the oven locale. Baking surrounds food with heated air to cook it, while brooding uses direct infrared radiation to cook food from above. It's a bit like reverse grilling. On the negative side, brooding can require some hard scrubbing after the fact, because drips can really get crusted in. On the positive side, brooding uses super-high heat, usually around 500 degrees Fahrenheit, making it a crazy-fast way to cook. Chicken breasts can be made in as little as 5 to 8 minutes on each side. (Even boneless chicken parts can cook quickly this way, but not as fast as breasts). If you have less than 20 minutes to get your chicken dinner on the table, brooding is an excellent way to go. Ad Try it in Chicken SatayCurry Chicken Breast Pitas (pre-marinade) Gazebo Chicken Next, move move (or not)... For equally quick cooking and a possibly faster cleanup, try to fire up the grill. Chicken breasts will cook for a similar amount of time as with brooding, about 5 to 8 minutes on each side, and all you have to do is run the grill brush back and forth a few times when dinner is done. One of the easiest ways to get a lot of flavor out of your grilled chicken is to marinate in advance. It's fast: The night before, throw the breasts in a plastic bag and pour in some easy marinade. Sesame oil and soy sauce are quick. Bottle marinade is even faster. Ad If the weather gets in the way of using your backyard grill, just pull the electric, tabletop version of the cooking appliance. While you don't get the delicious, smoky char you do on the grill, the chicken will cook just as quickly and you'll still get barbecue marks. Try it tonight: Thai Grilled ChickenChicken Cheese BurgersGrilled Rosemary Chicken Next, pull a pot... If fast is what you're after, try to throw these chicken breasts into a pot (or a wok). Pan-frying, sautéing, and lightning-frying all produce quick, tasty results in as little as 10 minutes - that's all, not on either side. It depends, of course, on the thickness of the chicken. A thicker chest can take up to 6 minutes on each side; a pounded-thin chest can take about 4 to 5 minutes on each side. Cut the chicken into bite-sized pieces for the shortest cooking time of all. This cooking method also cuts down the total time in a different way: you do not have to wait 10 minutes while the appliance is preheated. It only takes about a minute to heat a pan to medium-high. Advertising For one of the fastest chicken dinners you can make, dice a few chicken breasts and cumen them in a pot or a wok with a bag of pre-washed broccoli or snow peas or a can of baby corn (or all three). Add bottle stir-fry sauce for the last 5 minutes of cooking. While you're quick-frying, cook a bag of quick rice. Dinner's on the table in about 15 minutes. More options: Almond ChickenChicken and Mozzarella MeltsCurried Chicken Breasts Finally a Method You May Not Have Thought Of... Many people have never even considered cooking chicken (or other meat) in a microwave, at least unless you're talking about leftovers. But if your recipe doesn't require the chicken to be browned, there's really no rule that says you can't use the most fast appliance in your kitchen. In a microwave, you can cook two chicken breasts for 4 minutes. It doesn't get any faster than that. The trick is to keep it moist, which is easy enough to do. Simply add a liquid (water, chicken broth, an olive-oil-lemon-juice mixture) to the microwave dish, cover, and nuke. Ad Give it a shot: Quick Orange ChickenLemon Pepper Chicken Even if you're making a chicken dinner in if it feels strange to you, you can still use the appliance to cut the time of any other cooking method you choose. Choose. frying, grilling, frying or baking, pop the chicken in the microwave for a minute or two. This head start will shave minutes from the cooking time when you move the chicken to the oven, stove or grill. No matter how you cook your chicken, how long it takes or what recipe you use, always take an extra 10 seconds to keep a meat thermometer in the thickest part before you put it on the table. If it says 165 degrees Fahrenheit or more, you're ready. The 10 seconds can end up saving you more time and energy than you know. HowStuffWorks finds out the real story behind the Cornish game hen. Broiled, Butterflied Chicken, food networks. (25 October 2011) . WH Foods. (Oct. 24, 2011) Poultry preparation. Usda. (October 24, 2011) Dictionary. Epicurious. (Oct. 26, 2011) Chicken, food networks. (Oct. 25, 2011) and Broiling Chicken. Recipe Tips. (Oct. 25, 2011) to Sauté Chicken. Cooking light. (October 25, 2011) Fried Chicken. All recipes. (Oct. 25, 2011) chicken and vegetables, food networks. (October 25, 2011) Chicken is highly regarded by chefs for its widespread appeal and many benefits. Economical, versatile, and easily accessible, chicken is the perfect ingredient for easy, everyday recipes, as well as for entertaining. It also stars in thousands of coveted ethnic and regional recipes - from Chicken Marsala, Chicken Parmesan, chicken enchiladas, and sesame chicken, to chicken fried steak, chicken and dumplings, and even beer can chicken. Chicken boasts a positive nutritional profile as well. It is high in protein, low in fat and cholesterol, and contains zero carbohydrates, making it a winning choice for healthy eating. To enjoy chicken at its best, you will want to take care not only when cooking chicken, but also when buying and preparing it. The following articles will help: Chicken Safety How to Cut Up Chicken How to Cook Chicken There are a number of different ways to cook chicken, and all these methods bring different qualities of chicken. For example, baking retains the natural juice of the chicken, while browning chicken keeps it consistent on Pages. In this article we will show you our methods of cooking chicken. Grilling Chicken Grilling tends to give a smoked deliciousness to chicken. What's more, grilling keeps clutter outside and out of the kitchen, making cleanup up much easier. Find tips in this article on the different ways to grill chicken, from grilling chicken quarters, halves, or thighs to grilling chicken slices on skewers. Preparation Chicken There are literally hundreds of ways to prepare chicken. In this article, we cover the most common methods. For example, you can coat a chicken in dough or in more delicate wrapping, such as spicy flour. You can also use crushed nuts to give the chicken a more crunchy feel. Flattening gives the chicken a uniform thickness to promote even cooking. Not what you're looking for? Try these: Chicken Recipes: Chicken is a very versatile food that can take on a variety of flavors and is used in all kinds of dishes. Find some suggestions on our chicken recipes page. Cooking: Learn the ins and outs of some basic cooking techniques in this useful article. Be the first to rate & review! Radu Dumitrescu/ShutterstockChicken is an easy addition to almost any recipe. It's also a cost-effective protein if you buy and fry a whole chicken instead of buying various cuts. The one difficult thing is to make sure that the meat is not still raw. Eating under-made chicken, or any meat, can lead to food poisoning from salmonella and E. coli, or other symptoms like abdominal pain, vomiting, and fever. Finding the right balance between doneness is challenging, but not impossible. A common tip is to cut into the thickest part of the meat, but if this meat is made, it means smaller or slimmer pieces are now exaggerated. Make sure you don't make these 8 other mistakes with raw chicken. The easy trick to know when chicken is thoroughly cooked uses a thermometer. Test the temperature in the thigh area, near the breast, or the thickest part of the chicken. The U.S. Department of Agriculture says the internal temperature of all cooked poultry should reach 165 degrees Fahrenheit. Other reports, however, say to cook the chicken until it reaches an internal temperature of 160 degrees, as it will rise to 165 as it rests. Make sure your thermometer does not touch the bone as it could give you a faulty reading. Thermometers like this are an essential kitchen staple that is also good for controlling other types of meat as well as chicken. There are a few other hints that chicken isn't raw anymore, but they shouldn't be your stand-alone test as they don't guarantee doneness. Another way to control is by sizing up the bird, since chicken shrinks when it is cooked. Note, however, that there is usually less of a size difference in cooked chicken that is still on the bone. If the chicken shrinks extremely, it is probably overcooked. Something pink is also a on the chicken is is not safe to eat. This includes pink meat and pink or bloody juice, too. Do not stick too far down or completely cut the meat to check the juices. Keeping so much of it inside the chicken will avoid drying it out. Don't miss these 11 cooking mistakes that can make your food toxic. Toxic.