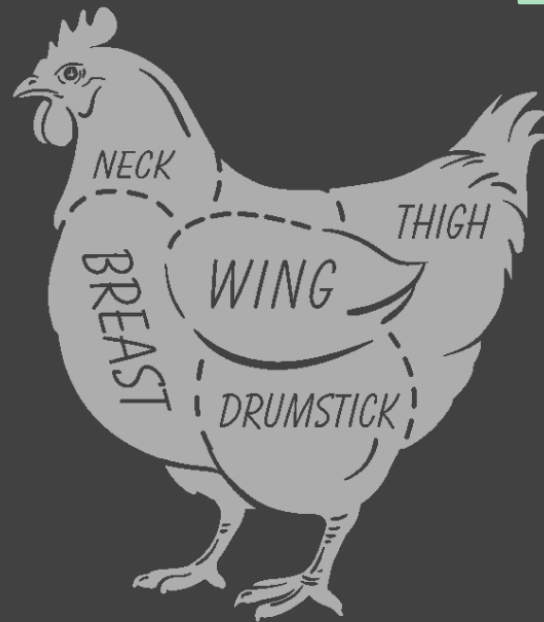


# Poultry



## **Neck**

*The neck of the chicken is one of the most underrated parts. While it does not have a lot of meat tissue, it has lots of connective tissue and bones to make a wonderful stock or broth. The neck is usually cheap so it is a good deal.*

## **Breast**

*The chicken breast is the most widely used part of the chicken. It has a low fat content and can be used in many different dishes. The white meat picks up flavors from other spices and vegetables and is very versatile.*

## **Wing**

*The chicken wing is a party favorite cut from the chicken. From mild to extra spicy sauce, there is a flavor for everyone. Relatively cheap and a fun finger food, chicken wings on game day are the way to go.*

## **Drumstick**

*Drumsticks are the lower portion of the leg from the chicken. Drumsticks have some meat on them and are a great finger food. They are tasty with sauces or barbecued.*

## **Thigh**

*The chicken thigh is the section extending up above the drumstick. The thigh is made of dark meat and has slightly more fat than the breast.*