

## How To Cook Poultry By Stovetop Roasting



**Stovetop Roasting:** Use this technique for whole birds or bone-in pieces that you might otherwise roast in the oven.

**How-To:** Preheat roaster 2 to 3 minutes over medium heat, until a few drops of water splashed in the pan bead and dance. Cook poultry on all sides until browned. Meat may stick, but it will loosen as browning continues. Turn gently, using a spatula to loosen skin from pan without tearing. Do not add liquids unless recipe specifies. Cover; when Vapo-Valve? clicks, reduce heat to low and cook according to the following chart.

To test for doneness, especially when roasting whole poultry, stuffed or unstuffed, or turkey breasts, use an instant-read meat thermometer. When inserted in thickest part of thigh without touching bone, thermometer should register 180 to 185 degrees. Center of stuffing should be at least 165 degrees.

Stovetop Roasting Poultry	Minutes Per Pound
<b>Chicken</b>	
whole, halves, quarters	25
serving-size pieces	20
boneless breasts	15
<b>Turkey</b>	
whole breast, bone-in	25
stuffed breast	30
boneless "steaks" or "fillets"	15

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**Cornish Game Hens**

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whole, halves	30
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whole stuffed	30
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**Duck**

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whole, halves, pieces	30
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**Rating:**

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