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## Is it OK to boil frozen meat?

Yes! It is perfectly safe to cook meats from frozen. Cooking time will be approximately 50% longer than the recommended time for fully thawed or fresh meat and poultry.

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### How long do you boil frozen chicken?

Rest assured that your frozen chicken is safe to eat if it is cooked right. Just remember to boil the frozen chicken for long enough, and check the internal temperature with a thermometer to ensure the inside reads 165°F. It takes 15-20 minutes for boneless chicken, and about 30-40 minutes for bone-in chicken.

#### Can you get sick if you cook frozen chicken?

A: Yes and no. Small pieces of frozen, such as diced or sliced chicken, can be cooked straight from frozen on the stove top, providing that the meat reaches a core temperature of 70°C for at least 2 minutes to destroy any harmful bacteria.



















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