

Brian Moutoux

*Why Be Chicken About Chicken?*

Everybody knows chicken meat can make you sick if it is not thawed and cooked correctly because of the bacteria that could grow on it. Various articles described different methods to thaw chicken and each gave their own recommendation as to the best way to thaw it. The purpose of my experiment was to determine the best way to thaw chicken with the least amount of bacteria. To test this, I thawed the chicken four different ways: microwave, cold water, room temperature, and refrigerator. Then, I swabbed the samples in Petri dishes and put them in an incubator for 5 days. I then counted how many bacterial colonies there were and measured the largest colony in each dish. This experiment was repeated for a total of two trials. Results showed the refrigerator method had an average of 11 colonies while the others had averages of 29, 14, and 57 colonies. Also, I found that the maximum average size colony from the refrigeration method was .4cm while the others were .6cm, .7cm, and .5 cm. My experiment showed that chicken thawed in the refrigerator is the least contaminated with bacteria. This information is helpful as it might lead to less people getting food poisoning from chicken.