

# Cutting Up a Whole Chicken

1. Cut skin between the thigh and body of the bird, using either a sharp knife or kitchen shears.



2. Grasp a leg of the bird in each hand and lift the bird from the table, bending its legs back as you lift. Bend legs until hip joints are free.



3. Remove leg and thigh pieces by cutting from back to front as close as possible to the bones in the back of the bird.



4. Locate the knee joint by squeezing the thigh and leg together. Cut through this joint to separate the thigh and leg.



5. Remove the wings from the body. Start cutting on the inside of the wing just over the joint. Cut down and around the joint. To make wing lie flat, either cut off the wing-tip or make a cut on the inside of the wing at the large wing joint; cut just deep enough to expose the bone.



6. Separate the back from the breast by cutting between the breast and back ribs from the tail end to the shoulder. Bend the back away from the breast to separate shoulder joints.



7. Place the neck and back strip, skin side up, on a cutting board. Break at the point of least resistance and cut in two.
8. Place the breast, skin side down, on the cutting board. Cut through the white cartilage at the V of the neck as shown.
9. Grasp the chicken piece firmly in both hands. Bend each side of the breast back and push up with fingers to snap out the breastbone. Cut the breast in half lengthwise.

