HOW TO BREAKDOWN a Whole Chicken

Ready to cook in:
10 minutes

What you need:

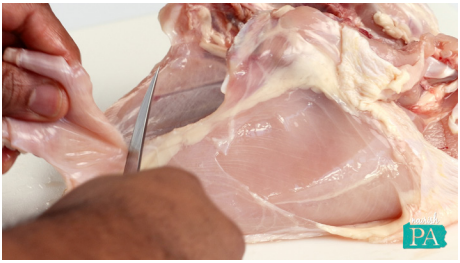
- 4 to 5-pound whole chicken
- Cutting board
- Sharp knife
- Kitchen shears (scissors)

Directions

1 Place whole chicken on cutting board, breast side up, with wings facing away.

2 Bend wings out from body of bird, and using a sharp knife, slice between joint of wing and breast of bird to free wing. Do this again on the other side.

3 Pull leg (drumstick) away from chicken, cut through skin, and loosen leg from body. Bend leg quarters down to "pop" the leg joint. Use the knife to cut through the leg joint. Do this again on the other side.



4 Remove rib meat from both sides of body using a sharp knife.

5 Split breasts by carefully cutting through skin on top of center of breasts and work knife into and through meat. Press knife through breastbone using both hands to split breast in two.

6 Cut breasts short ways, using both hands to control knife, and cut into two pieces.

7 Separate drumsticks from thigh, cutting at seam that naturally splits drumstick from thigh. Do again with other leg.

Tips

- Any meat, bones or fat that are not used for cooking can be used to make chicken stock.
- If chicken was fresh and never frozen, it can now be frozen for up to 9 months.

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FEEDING PENNSYLVANIA

PA Healthy Pantry Initiative
A project of Feeding PA in partnership with the PA Department of Health

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Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

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