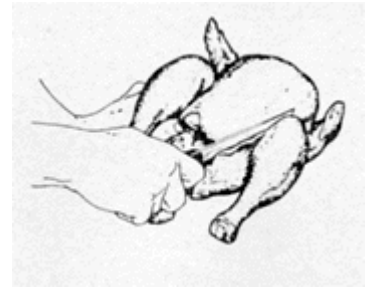


How to Cut Up a Chicken

Although cut-up chickens are usually available in retail stores, whole chicken is generally a better buy. You can save the small extra charge per pound that retailers frequently place on cut-up chickens and still get the pieces you want for frying and other chicken dishes by cutting the chicken up yourself.

Step 1... Using a sharp knife, cut skin between thighs and body.



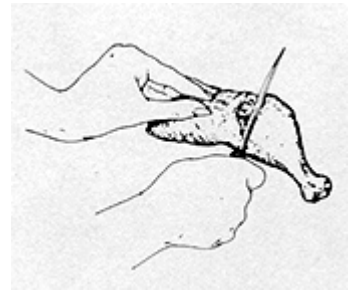
Step 2... Grasp a leg of the bird in each hand and lift the bird from the cutting board, bending its legs back as you lift. Bend the legs until bones break at hip joints.



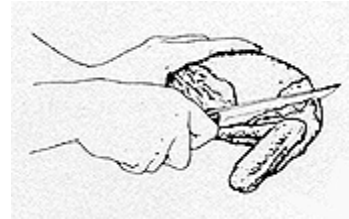
Step 3... Turn bird on its side. Remove leg and thigh from body by cutting from tail toward the shoulder. Cut between the joints close to the bones in the back of the bird. Repeat other side.



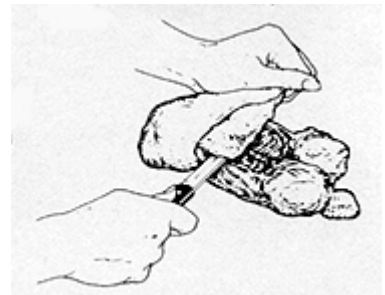
Step 4... Separate thighs and drumsticks. Locate knee joint by bending thigh and leg together. Cut through joints of each leg.



Step 5... With chicken on back, remove wings by cutting inside of wing over joint. Cut from the top down, through joint.



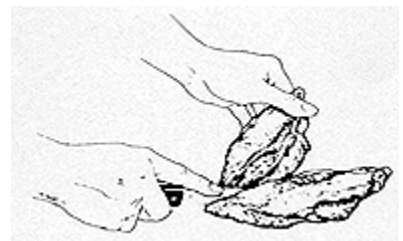
Step 6... Separate breast and back by placing bird on neck end or back, and cutting through joints along each side of the rib cage. Cut away from you toward the board.



Step 7... Whole breast is ready to be used as is or you may bone it if desired.



Step 8... To split breast into halves, cut wishbone in tow at V of bone. Halves may also be boned.



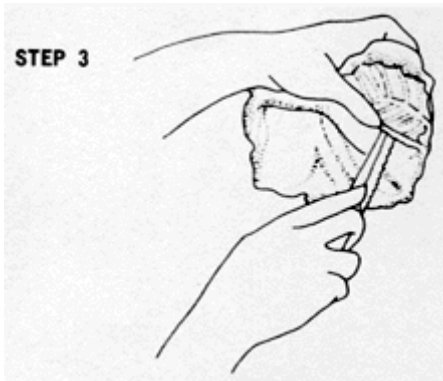
How to Bone Chicken Breasts Many recipes call for boned chicken breasts--but how do you remove the breast bone? Follow these instructions and use a knife with a thin sharp blade. The thinner and sharper the blade, the easier the boning.

Use whole breasts that weigh about 1 pound; these will have approximately 2 ounces of skin and 6 ounces of bones.

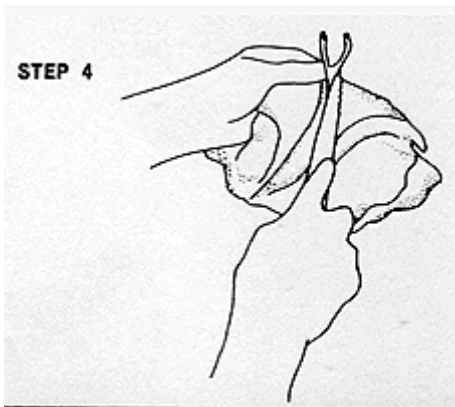
Step 1... Place chicken breast, skin side down, on cutting board. With knife, cut just through white gristle at neck end of keel bone (dark bone at center of breast). Bend the breast back and press flat to expose keel bone.



Step 2... Loosen keel bone by running the tip of your index finger around both sides of the bone and remove it in either one or two pieces.



Step 3... Working with one side of the breast, insert the tip of the knife under the long rib bone, working the knife underneath the bone, cutting it free from the meat. Lifting bone away from the breast, cut meat from the rib cage by cutting around the the outer edge of the breast up to and through the shoulder joint. This removes the entire rib cage. Turn the breast around and repeat the method on the other side.



Step 4... Working from the ends of the wishbone, scrape the meat away from each piece of the bone, then cut the wishbone.

Step 5... Slip the knife underneath the white tendons on either side of the breast to loosen and pull out.

Step 6... Remove skin if desired. Bones and skin may be used as stock for soup.