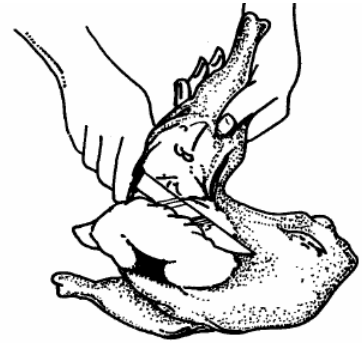
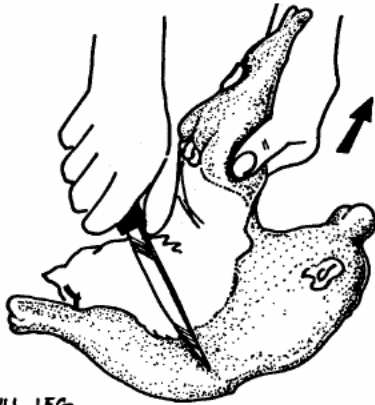


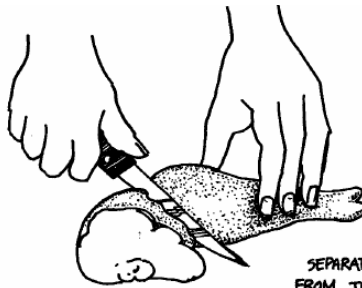
② REMOVE LEG AND THIGH FROM BODY



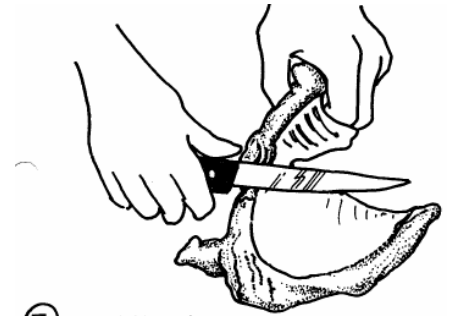
④



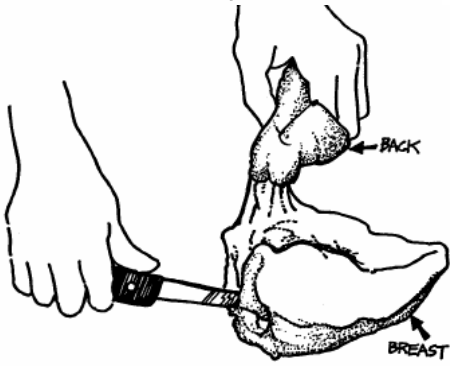
⑤ PULL LEG AWAY FROM THE BODY



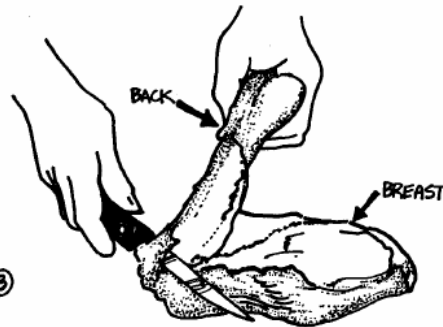
⑥ SEPARATE LEG FROM THIGH



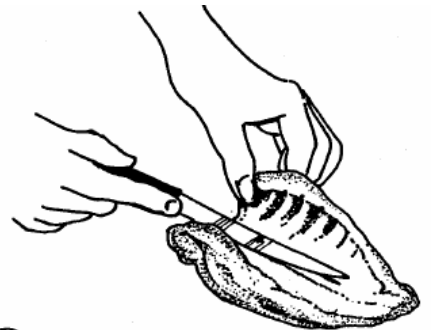
⑦A SEPARATE BACK FROM BREAST



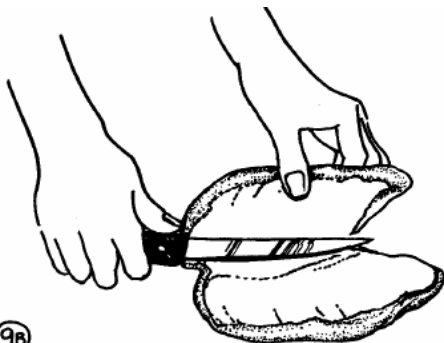
⑦B



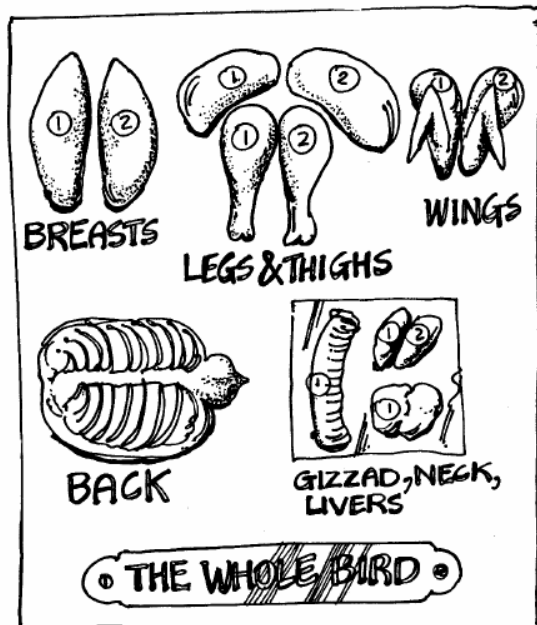
⑧

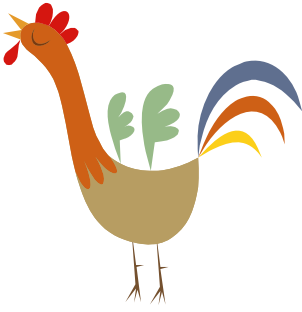


⑨A



⑨B CUT BREAST IN HALF





Working with a Whole Chicken

The finest chefs will tell you that they prefer to use whole chickens to chicken parts. They are usually fresher, are a much better value and you can use all of the chicken and get many delicious meals from just one bird. Think of how much of the bird you are missing out on when you buy boneless, skinless chicken breasts!

OK, it does take some time to prep a whole bird – a lot more time than it takes to throw a boneless, skinless chicken breast on the grill. However, if you buy and prep 4 to 5 fresh birds all at once (it will take about an hour & a half), and freeze the meat you will have a variety of chicken options available right in your freezer without going to the store!

By prepping five birds at once, you can end up with 10 boneless chicken breasts for quick grilling or stir-frying, 20 legs and thighs for coq au vin or barbecued chicken, 20 wingettes for appetizers, 10 to 15 quarts of chicken broth for soup or recipes that call for broth, and 6 to 8 cups of cooked chicken meat for chicken salad or quick grilled chicken quesadillas. That can translate into 12 to 15 meals for a family of 4. Assuming that each chicken costs around \$15 to \$18, you are looking at under \$10 a meal! Now that is a great value!

How to Cut Up a Whole Chicken

It's not hard to cut up a whole chicken. All you need is a cutting board and sharp knife. Before starting, wash both the cutting board and knife in hot soapy water and rinsing well. Wash your hands before and after cutting up the chicken.

Follow these steps to cutting up a whole chicken (see corresponding graphics on the reverse side):

1. Remove the neck and giblets (heart, liver and gizzard) from the chicken. They will be inside the chicken body. Rinse the chicken under cold running water.
2. Remove wings by placing chicken, breast-side up on cutting board. Cut, keeping knife close to the bone. This is easier if one hand holds the wing tip away from the chicken.
3. Cut skin between thigh and body of bird. Grasp the leg and apply pressure to snap the hip joint.
4. To remove the leg and thigh from the body, cut from the tail toward the neck. Rock knife in hip joint to cut tendons.
5. Pull leg away and cut connecting skin.
6. Cut through the leg joint to separate the thigh from the leg.
7. Place breast down on cutting board so backbone is face up. Separate the back from the breast.
8. Lift back and cut through skin to remove tail and breast section from back.
9. The breast may be left whole or cut into halves. Split by placing skin side down and cut through "V" of the neck. Bend breast back as if opening a book and cut out breast bone. Cut breast in half lengthwise.

Congratulations...you've cut a chicken! You should now have 9 pieces of chicken plus the giblets. You are now ready to use your chicken any recipe calling for chicken parts. Remember to save all of the bones and trim for stock!

CLEAN-UP

As soon as you've cut up the chicken, wash knives and cutting board in hot, soapy water. Rinse well. Wash counter and any area that may have come in contact with raw chicken juice. Be sure to also wash your hands.

Freezing Chicken

Properly wrapped, chicken parts will keep 10 to 12 months in the freezer, broth will last 6 to 8 months. Cooked chicken and chicken organs (livers, gizzards, and hearts) will last 3 months. Food Saver machines that vacuum pack food will double the freezer life of food.

Wrap the chicken tightly with plastic wrap to minimize exposure to air. Then store in a ziplock freezer bag – try to remove as much air as possible before zipping up. If using a Food Saver machine, partially freeze the meat before vacuum packing so that juices don't get sucked out of the meat during sealing.

from the Mad River Valley Localvore Project
www.VermontLocalvore.org

