

Cutting up a Whole Chicken



1. Removing the Legs

- Cut the skin between the thigh and body.
- Turn the chicken on its side and, cutting from the tail, ride the bone toward the hip joint.
- Bending the leg backwards break the hip joint and use your knife to help remove the bone from the socket while pulling the leg from the body to remove the meat.



- Repeat for the other leg.

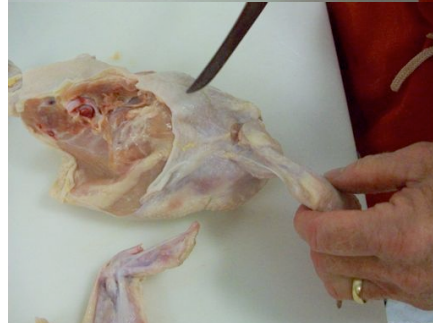


- When removing the legs it is important not to cut the leg from the body but to pull the leg away while using the knife to help break the hip joint.



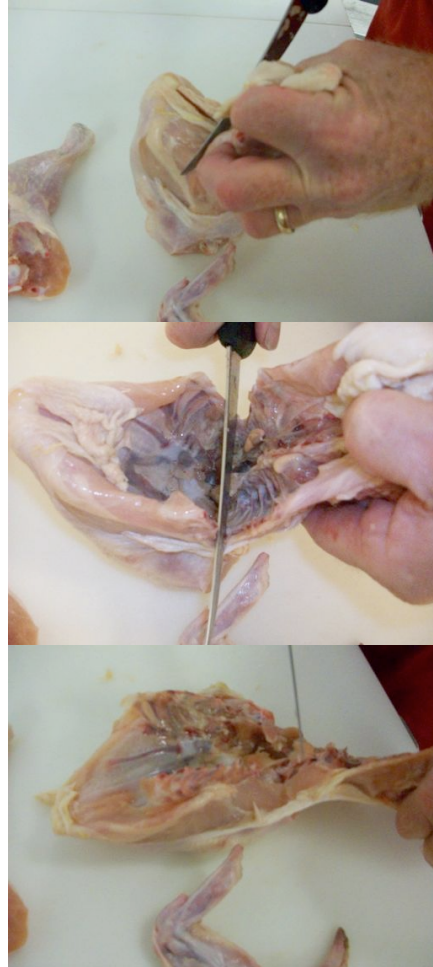
2. Removing the Wings

- Remove the wings by cutting through the joint from the top down inside of the wing.



3. Removing the Back

- Stand the chicken up with the tail placed upward.
- Cut down through the rib cage.
- Remove the back completely by cutting through the joints of the collar bones.



4. Splitting the Breast

- To split the breast cut through the breast plate starting at the V of the wishbone.
- Continue cutting through the entire breast plate.



5. Splitting the Legs

- Start by locating the knee joint. Look for this line of fat between the thigh and drumstick.
- Cut down between the thigh and drumstick through the knee joint.



We have now cut the chicken into nine pieces.



This section was adapted in part from “How to Cut up a Chicken” by Sue Snider, Cooperative Extension, University of Delaware, College of Agriculture & Natural Resources; 2 September 1997.
<http://ag.udel.edu/extension>.

Quartering a Whole Chicken

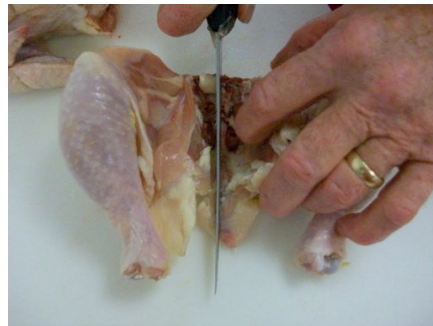
1. Splitting the chicken

- With the chicken on its back begin by placing your knife below the breasts just above the thighs.
- Cut downward while pulling the thighs away from the breasts. Cut through the backbone to split the chicken into two parts.



2. Cutting leg quarters

- Split the backbone down the center to make leg quarters.



3. Cutting breast quarters

- Split the back bone. Turn the chicken over with the breasts facing downward. Place your knife in the V of the wishbone and cut downward through the entire breast plate.



We have now quartered the chicken.

