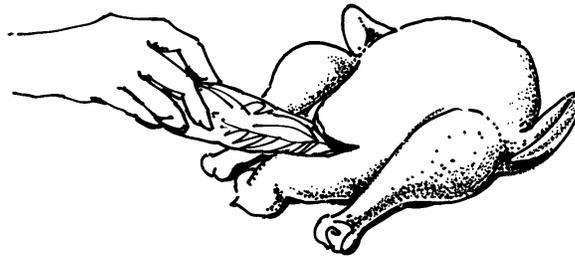


How to Cut Up a Whole Chicken

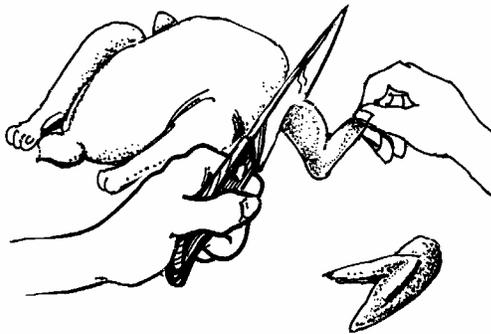
It's not hard to cut up a whole chicken. All you need is a cutting board and sharp knife. Before starting, wash both the cutting board and knife in hot soapy water and rinsing well. Wash your hands before and after cutting up the chicken.

Follow these steps to cutting up a whole chicken:

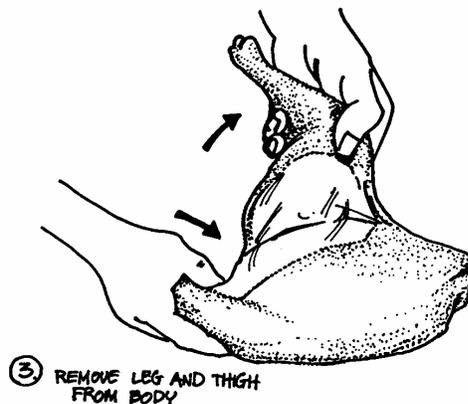
1. Remove the neck and giblets (heart, liver and gizzard) from the chicken. They will be found wrapped in paper and inside and chicken body and neck cavity. Rinse the chicken under cold running water.



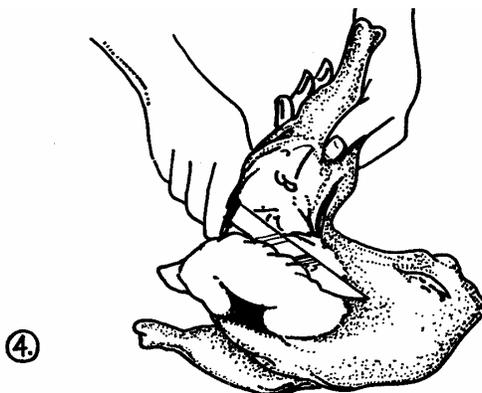
2. Remove wings by placing chicken, breast-side up on cutting board. Cut, keeping knife close to the bone. This is easier if one hand holds the wing tip away from the chicken.



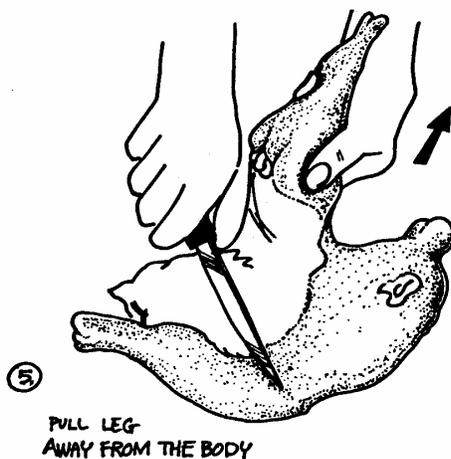
3. Cut skin between thigh and body of bird. Grasp the leg and apply pressure to snap the hip joint.



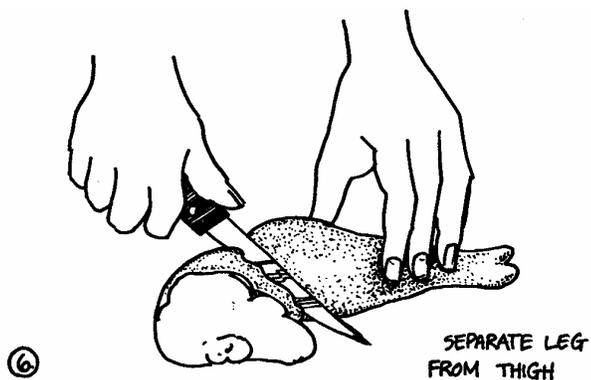
4. To remove the leg and thigh from the body, cut from the tail toward the neck. Rock knife in hip joint to cut tendons.



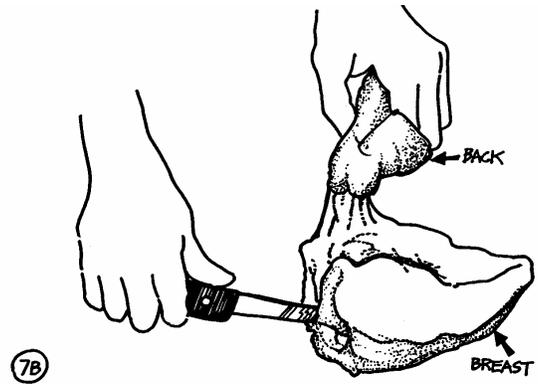
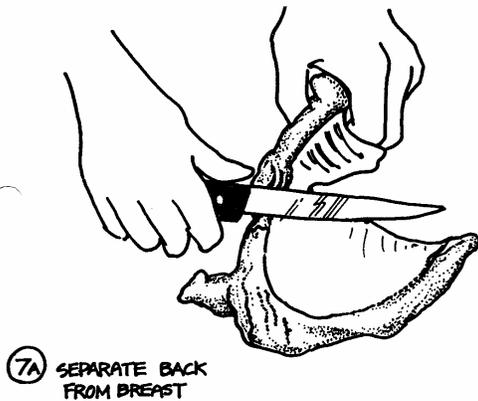
5. Pull leg away and cut connecting skin.



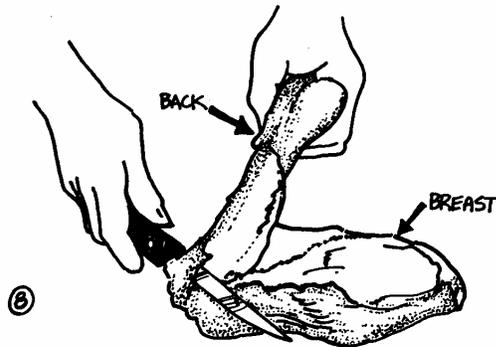
6. Cut through the leg joint to separate the thigh from the leg.



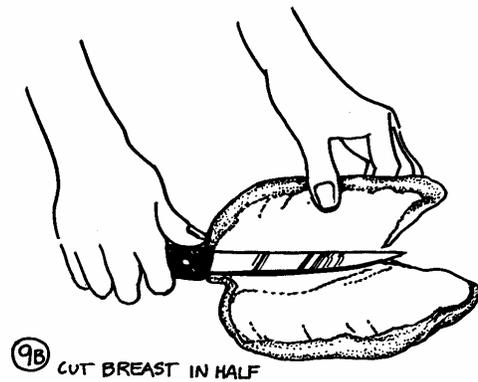
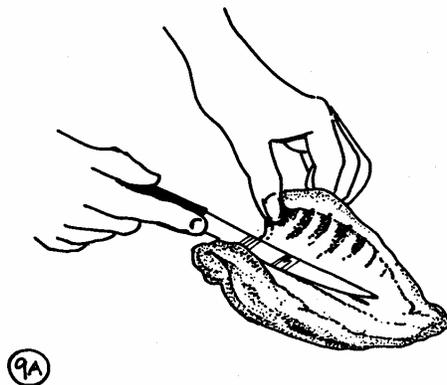
7. Place breast down on cutting board so backbone is face up. Separate the back from the breast.



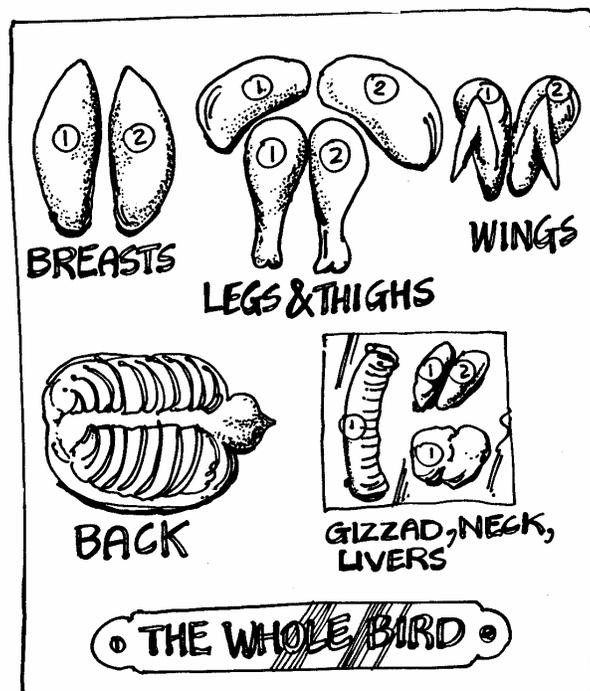
8. Lift back and cut through skin to remove tail and breast section from back.



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.



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.



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