

# How to Cut Up a Whole Chicken

## In Four Easy Steps



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GRAIN FED, LOCAL ROASTING CHICKENS RAISED WITHOUT ANTIBIOTICS OR ANIMAL BY-PRODUCTS

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The most expensive chicken parts in the store are often skinless/boneless chicken breasts. By cutting up roasting chickens, you end up with nice, big, plump chicken breasts. In addition, the wings, thighs and drums can be separated for any number of your favorite chicken recipes. As an added bonus, the carcasses can be covered with water and cooked to create a scrumptious soup stock without all the added sodium or MSG. Of course, you will save money too.

**Before beginning, place a rinsed Heritage Lane Farms roasting chicken on a cutting board. Remove the neck from the body cavity and set aside for the stock pot.**

**Note:** Many butchers prefer to use a filleting style butcher knife for the following procedure. I keep one in my butcher block all the time.

### Step One: Remove the Breast Meat

- A. Beginning at the neck end of the chicken, make an incision along the breast bone. Cut down and then out towards the wings, allowing your knife to follow the rib cage. At the neck, you will hit the wish bone. Cut along the wish bone to its end.
- B. Repeat this step with the other side.
- C. At this point, you can remove the skin if you like.



## Step Two: Remove the Wings

- A. Grasp the wing firmly and cut at the base of the shoulder joint.
- B. Remove the wing tip at the last joint and save for the chicken stock.
- C. Repeat this step with the other wing



## Step Three: Remove the Thighs

- A. With one hand holding the carcass firmly, push the thigh and leg down as far as possible until you hear the joint break open.
- B. Use your knife to cut through the joint and remove the thigh.
- C. Repeat this step with the other thigh.
- D. At this point, you can remove the skin if you like.



## Step Four: Separate the Drumsticks

- A. Separate the thigh from the drumstick by cutting at the joint between the two.



# Chicken Stock

- A. Place the neck, wing tips, carcass and any trimmings into a stock pot and cover with water. Skinning the carcass will give lower-fat stock.
- B. Add any vegetables (e.g, carrot or onion) or seasoning desired.
- C. Bring to a boil and simmer for about three hours.
- D. Strain the stock and cool. Any meat on the carcass can now be picked off and saved for a chicken salad or chicken pot pie. Refrigerate the liquid and skim off the fat. The stock is now ready to use or freeze for a later date.
- E. Use this wonderful homemade, low sodium chicken stock in your favorite soups or sauces.

