

Cutting up whole chickens and boning parts is easy once the simple techniques are mastered. Whole birds are often featured supermarket specials. Cut them into parts yourself for extra savings; bone the breasts and/or thighs for special recipes. For best results: be confident, work quickly and use a sharp knife.

- Cutting Up A Whole Chicken
- Quartering a Chicken
- Cutting Wing Drumettes
- Boning a Whole Chicken Breast
- Boning a Chicken Breast Half
- Boning a Chicken Thigh

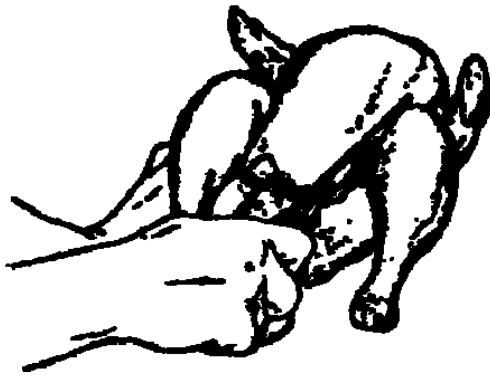
### Cutting Up a Whole Broiler

Cutting up whole chickens and boning parts is easy once the simple techniques are mastered. Whole birds are often featured supermarket specials. Cut them into parts yourself for extra savings; bone the breasts and/or thighs for special recipes. For best results: be confident, work quickly and use a sharp knife.

A whole chicken normally produces 9 parts--two legs, thighs, wings and breast halves and the back, plus giblets--ample for four servings. Or, cut up several whole chickens at a time and freeze enough of the same parts together for a meal or special dish.

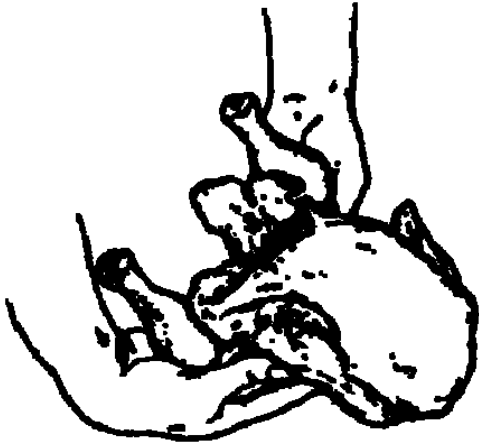
#### Step

1



Place chicken, breast side up, on cutting board. Cut skin between thighs and body.

Step  
2



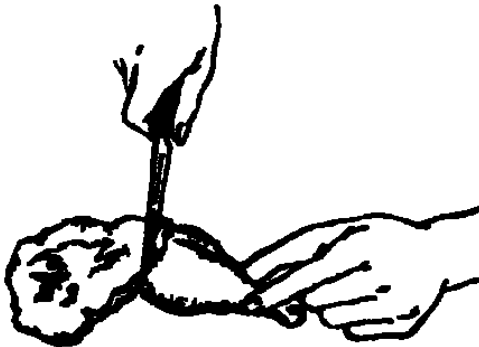
Grasping one leg in each hand, lift chicken and bend back legs until bones break at hip joints.

Step  
3



Remove leg-thigh from body by cutting (from tail toward shoulder) between the joints, close to bones in back of bird. Repeat other side.

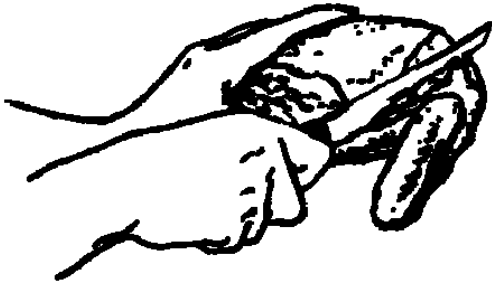
Step  
4



To separate thighs and drumsticks, locate knee joint by bending thigh and leg together. With skin side down, cut through joints of each leg.

Step

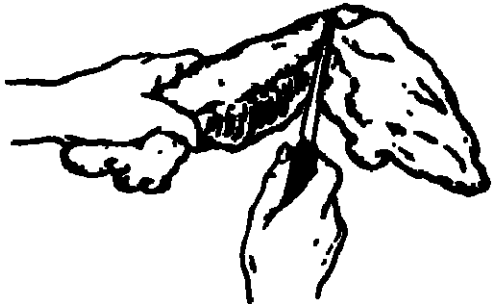
5



With chicken on back, remove wings by cutting inside of wing just over joint. Pull wing away from body and cut from top down, through joint.

Step

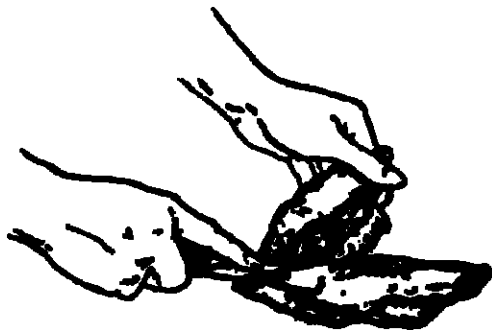
6



Separate breast and back by placing chicken on neck end or back and cutting (toward board) through joints along each side of rib cage.

Step

7



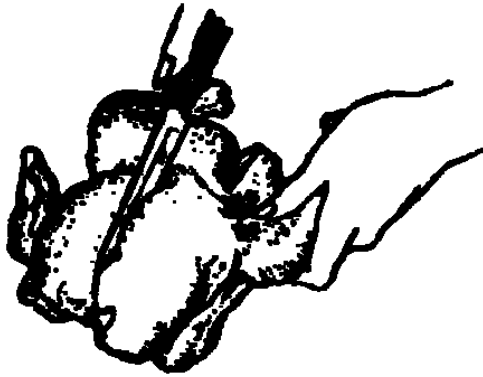
Breast may be left whole, or to cut into halves, place skin side down on board and cut wishbone in two at V of bone.

## Quartering A Chicken

**Chicken quarters are ideal for backyard barbecuing. Convenient pre-packaged chicken quarters are available at the meat market. But it is easy to cut a whole bird into two wing-breast and two leg-thigh quarters.**

Step

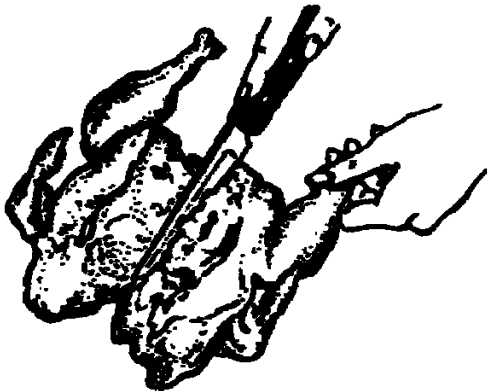
1



Place chicken on back and, with sharp knife, cut in half along the breast bone.

Step

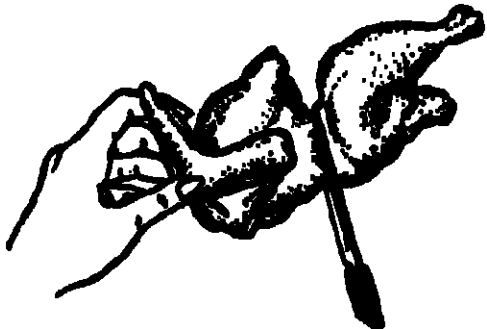
2



Pull the two sections apart, breaking the ribs away from the backbone; finish cutting with knife.

Step

3



Take each half and separate the leg-thigh combination from breast-wing portion by cutting between the thigh and the bre

### Cutting Wing Drumettes

Chicken drumettes, oven or deep-fried, are favorite finger foods for party nibbling. Wings are also among the most economical chicken parts. Buy packaged drumettes or select wings and separate the meatier part, saving the wing tips for stock or soup.

Step

1



With skin side down, flatten wing on cutting board with wing tip on left and thicker (drumette) portion on right.

Step

2



Cut through joint, leaving as much skin as possible on the drumette.

### Boning a Whole Chicken Breast

Some of the world's most elegant dishes are made with boned chicken breasts. For convenience, buy packaged breasts, already boned. For economy, bone them yourself.

Step

1



Place skin side down on cutting board with widest part nearest you. With point of knife, cut through white cartilage at neck end of keel bone.

Step  
2



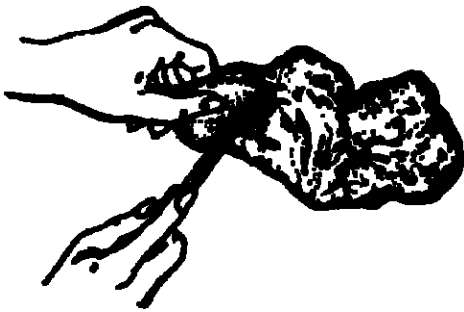
Pick up breast and bend back, exposing keel bone.

Step  
3



Loosen meat from bone by running thumbs around both sides; pull out bone and cartilage.

Step  
4



Working with one side of breast, insert tip of knife under long rib bone inside thin membrane and cut or pull meat from rib cage. Turn breast and repeat on other side.

Step  
5



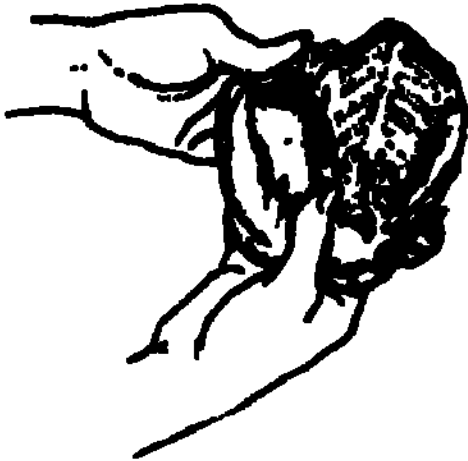
Working from ends of wishbone, scrape all flesh away and cut bone from meat. (If white tendons remain on either side of breast, loosen with knife and pull out.)

## Boning a Chicken Breast Half

When you buy chicken breasts at the supermarket, they are usually half breasts with four to a package. Remove the bones for gourmet dishes.

Step

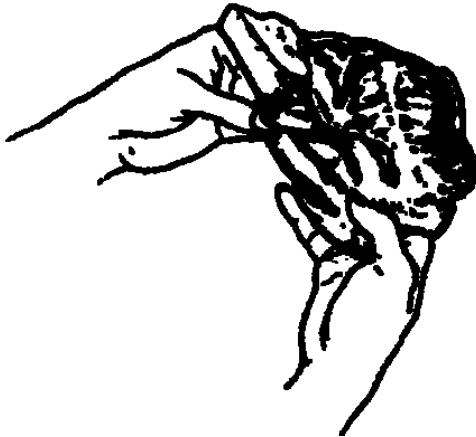
1



Holding breast half in both hands, bend and break keel bone.

Step

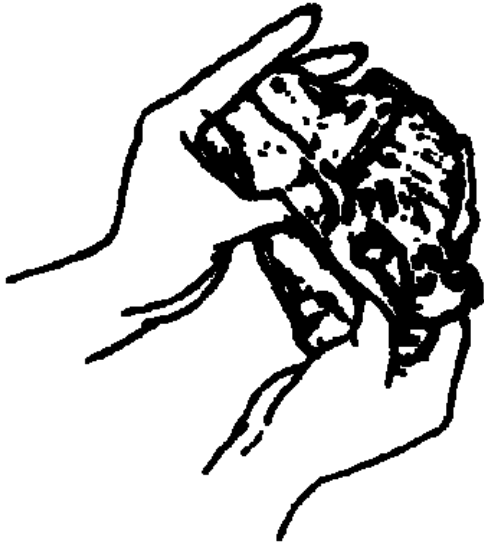
2



Run thumb between meat and keel bone, removing bone and strip of cartilage.

Step

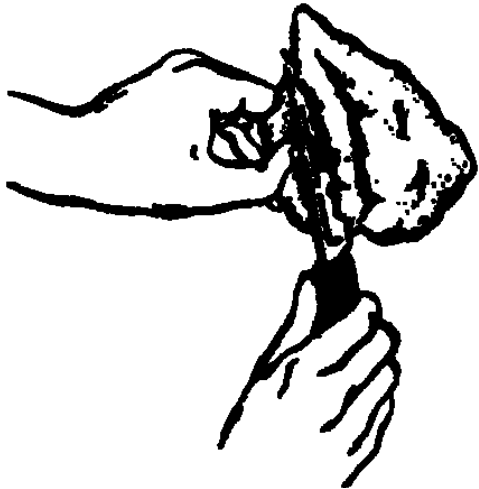
3



Using both thumbs, loosen meat from rib cage.

Step

4



Pull or scrape breast meat away from bones.  
(If small piece of pulley bone remains, pull it out or cut away with knife.)

### **Boning a Chicken Thigh**

**The moist, flavorful dark meat of thighs makes them the favorite chicken part for many. When boned, they are even more versatile.**



Step

1



Place thigh on cutting board, skin side down, and cut along thin side, joint to joint.

Step

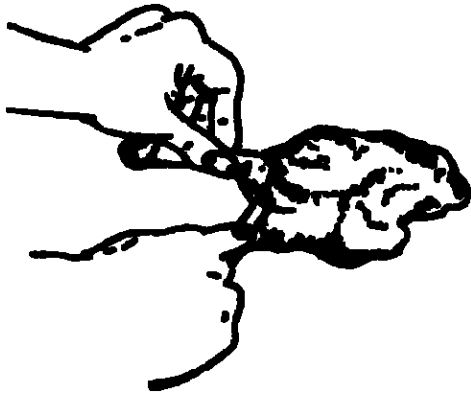
2



Cut meat from one joint; then pull or scrape meat from bone.

Step

3



Cut meat from opposite joint.

The information presented here is courtesy of the National Chicken Council,  
sponsor of the National Chicken Cooking Contest.