

## Cutting up a Whole Chicken

Meat and poultry are very expensive grocery items. One great way to get the most poultry for your dollar is to buy a whole chicken, and cut it up into parts yourself, rather than buying chicken that has already been cut up.

1. Use a **clean** cutting board or cutting surface and a sharp knife.
2. **Do not rinse chicken.** Doing this can cause the spread of bacteria.

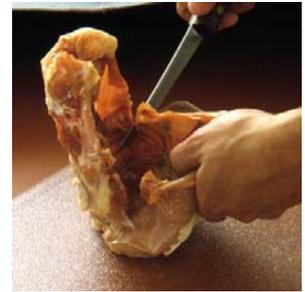
**Step 1:** Cut through the skin between the thigh and body. Bend thigh back until hip joint breaks. Cut through joint, separating the leg from the body. To separate the thigh and drumstick, slit the skin above the knee joint, break the joint, and then cut apart. Repeat on the other side.



**Step 2:** To remove a wing, pull it away from the body. Slit the skin between the wing and body. Bend the wing back until the joint breaks. Cut through the joint. Repeat on the other side.



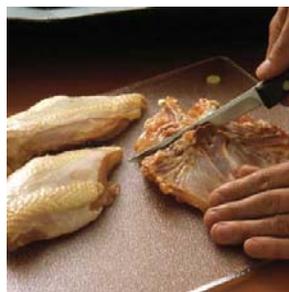
**Step 3:** Cut along the breast end of ribs on one side, cutting toward the neck to separate the breast from the back. Repeat on the other side. Bend front and back halves apart. Cut through neck joints that connect halves.



**Step 4:** To divide the back in half, hold the piece at each end. Bend the ends toward the skin side until the bones break. Cut the back in half where the bones are broken. Cut off the tail.



**Step 5:** To divide the breast in half, cut lengthwise along breastbone. Or, to divide breast in half crosswise, grasp breast at each end and bend breast toward the skin side to break bones. Cut between the wishbone and the breastbone, as shown.



Know how. Know **now.**

Do not use a wooden cutting board for meats or poultry because they are hard to get clean. After you cut up the chicken, you will want to sanitize the knives and cutting board. Plastic or glass cutting boards may be washed in an automatic dishwasher or sanitized. To sanitize cutting boards, follow these steps:

1. Mix 1 Tablespoon of liquid chlorine bleach in 1 gallon of water.
2. Pour the bleach solution over the cutting board, and keep it wet for 2 minutes.
3. Then rinse, and let the cutting board air dry.

**Important:** When cooking a whole chicken, it is important to know the weight of the chicken.

<b>Chicken Cooking Times and Temperatures</b>			
<b>Type of Chicken</b>	<b>Oven Temperature</b>	<b>Weight</b>	<b>Unstuffed Cooking Time</b>
Whole	350°F	2½-3 lbs	75-90 minutes
Whole	350°F	3-4 lbs	90-105 minutes
Whole	350°F	4-6 lbs	105-120 minutes

**Note:** Begin cooking with the chicken at refrigerator temperature. Remove the chicken from the oven when the meat thermometer reads 175°F-180°F, when placed in the middle of the chicken. Make sure the thermometer does not touch the bone.

### **Honey Curried Roasted Chicken and Vegetables**

Makes 6 servings

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| <p><b>1 4 pound whole chicken</b><br/> <b>4 medium red potatoes, quartered</b><br/> <b>6 carrots, cut into ½ inch pieces</b><br/> <b>⅓ cup honey</b><br/> <b>⅓ cup Dijon mustard</b><br/> <b>1 tablespoon margarine</b><br/> <b>2 tablespoons finely chopped onions</b></p> | <p><b>3 teaspoons curry powder</b><br/> <b>6 fresh mushrooms, cut in half</b><br/> <b>¼ teaspoon garlic powder</b></p> |
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1. Preheat oven to 350 degrees F. Place the chicken, breast side down, on a rack in a roasting pan. Roast for 1 hour in the preheated oven.
2. Place the potatoes and carrots in a pot with enough water to cover. Bring to a boil. Cook vegetables for 20 minutes or until tender.
3. In a saucepan, mix the honey, Dijon mustard, margarine, onion, curry powder, and garlic powder. Bring mixture to a boil, stirring it constantly. Remove from heat and set aside.
4. Drain the drippings from the roasting pan. Arrange the potatoes, carrots, and mushrooms around the chicken. Drizzle the honey mixture over the chicken and vegetables.
5. Continue roasting for 20 minutes or until glaze has browned. The chicken should reach an internal temperature of at least 165 degrees F.

Nutrition Information per Serving: 580 calories, 11 g fat, 3 g saturated fat, 210 mg cholesterol, 630 mg sodium, 48 g carbohydrates, 5 g fiber, 19 g sugar, 68 g protein, vitamin A 270%, vitamin C 40%, calcium 8%, iron 20%.