

Cutting Up a Whole Chicken

NUTRITION EDUCATION PROGRAM FACT SHEETS

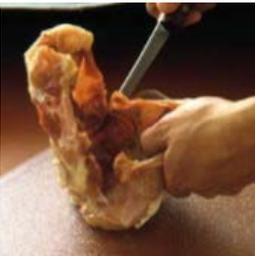
Meat and poultry can be expensive grocery items. A great way to get the most poultry for your dollar is to buy a whole chicken and cut it into parts yourself, rather than buying chicken that has already been cut up.

Instructions:



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 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 the 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 inside 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, but lengthwise along breastbone *or*, to divide breast in half crosswise, grasp breast at each end and bend toward the skin side to break bones. Cut between the wishbone and the breastbone, as shown.

Quick Tips:

- *Do not rinse chicken.* This can spread bacteria.
- Use a *clean* cutting board or cutting surface and a sharp knife.
- Do not use a wooden cutting board for meats or poultry- they are hard to get clean.
- Sanitize cutting board after cutting up chicken by washing in dishwasher or by following these steps:
 - Mix 1 T. of liquid chlorine bleach in 1 gallon of water.
 - Pour the bleach solution over cutting board and keep wet for 2 minutes.
 - Rinse and let cutting board air dry.



Savory Roasted Chicken

Makes 10 servings

Ingredients

- 1 Roasting chicken (6 to 7 pounds)
- 1 tsp. Onion salt
- ½ tsp. Dried thyme
- ½ tsp. Dried savory
- ¼ tsp. Grated orange peel
- ¼ tsp. Pepper
- 1 tsp. Vegetable oil

Directions

1. Place chicken on a rack in a shallow roasting pan. Carefully loosen the skin above the breast meat. Combine the onion salt, thyme, savory, orange peel and pepper; rub half of the herb mixture under the loosened skin. Rub chicken skin with oil; sprinkle with remaining herb mixture.
2. Bake at 375° for 1 ½ to 2 hours or until a meat thermometer reads 180°. Let stand for 10-15 minutes. Remove skin before carving. Skim fat and thicken pan juices for gravy if desired.

Nutrition Information per Serving:

(4 oz. cooked)

197 calories, 8 g fat, 2 g saturated fat, 86 mg cholesterol, 267 mg sodium, 29 g protein.

Source: Taste of Home www.tasteofhome.com

Unstuffed Whole Chicken Cooking Times and Temperatures

Weight (lbs.)	Oven Temp (°F)	Cooking Time (min.)
2 ½ -3	350	75-90
3-4	350	90-105
4-6	350	105-120

Note: Begin cooking with the chicken at refrigerator temperature. Remove from oven when a meat thermometer reads 175°F-180°F when placed in the middle of the chicken.



This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

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