

Debone/Portioning chicken



Method - Deboning a chicken PART 1



Step 1: Remove the chicken from its packaging and place it on a red chopping board. The packaging should go straight in the bin.



Step 2: Remove the string from around the legs. Stretch out the wings and legs.



Step 3: Holding one of the legs, score the skin with the tip of your knife where the leg meets the body.



Step 4: Using your fingers, rip the skin open to reveal the meat and so you can find the joint.



Step 5: Bend the leg back so that the leg bone pops out of the meat.



Step 6: Cut the leg off, cutting behind the bone that you have popped out and through the cartilage to separate the leg from the body.



Step 7: Once the leg is removed, repeat steps 3 - 6 for the other leg.



Step 8: To separate each leg into two portions (the drumstick and the thigh); feel the chicken leg to find the middle joint.

Method - Deboning a chicken PART 2



Step 5: Bend the leg back so that the leg bone pops out of the meat.



Step 6: Cut the leg off, cutting behind the bone that you have popped out and through the cartilage to separate the leg from the body.



Step 7: Once the leg is removed, repeat steps 3 - 6 for the other leg.



Step 8: To separate each leg into two portions (the drumstick and the thigh); feel the chicken leg to find the middle joint.



Step 9: Cut through the joint carefully to separate the meat into a drumstick and thigh.



Step 10: Using your fingers and thumb, find the natural wing joint, and cut through it. Remove the tip of the wing, this can be thrown away. Repeat for the other wing.



Step 11: Using your fingertips, feel where the breastbone is. Using the tip of the knife cut down one side of the breastbone.



Step 12: Following the angle of the breastbone, cut the breast away from the carcass. Ensure you fully remove it. Repeat steps 11 - 12 for the other breast.