

How to Cut Up a Chicken

*This free How To tip sheet was produced by the Cheapskates Club –
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Buying chicken pieces and fillets is expensive when whole chickens can be bought for around \$8 - \$10 each and be big enough to feed a family with leftovers. Once you learn how to cut up a chicken you'll never go back to paying for pieces or fillets again it's that easy.

You'll need a good sharp knife or a pair of strong kitchen shears. I use shears (mine are Wiltshire and just brilliant, they cost around \$30) because I feel safer with shears than a knife (Band-aids are a staple in my kitchen) and a good cutting board.



In just five simple steps you'll have your chook cut into pieces as good as any professional butcher.

Step 1. Separate the legs from body. It's easy to cut through the joint if you pull the leg away from the body of the chicken.

Step 2. Separate drumsticks from thighs. Again find the joint, pull and twist and they should separate easily. If they don't use your knife or shears to cut through.

Step 3. Then separate the wings from the body.

Step 4. Place the chicken breast side down and cut along each side of the spine to remove the backbone.

Step 5. Cut the breast in half and you are finished!

It's that easy.

One last thing, save the bones for stock (see below for how to make a simple chicken stock). Chicken stock can be used in so many things - soups, gravies, pasta sauces, risottos etc that you should always have some in the freezer.

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and energy and still have fun!
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