



# How to Prepare a Whole Chicken for Frying or Braising

*You'll need a sharp, sturdy knife and a very clean work-space. It's ideal to have a thin fillet knife as well as a heavy cleaver, but any sharp knife will do just fine.*



1. Cut the flap of skin between the thigh and body. Grasp the leg and push back at the hip joint back to see where it bends. Make your cut at the bend, between the bones. Repeat with the other leg. Then do the same with the wings – bend them back to find the joint, and cut between the bones. You should now have four chicken quarters.



2. To separate the drumstick from the thigh, cut along the yellow diagonal stripe of fat. To make the wings easier to cook with, tuck the tip under the other end to make a neat little triangle.



3. To separate the breast from the back, cut diagonally between the breast and back until you reach the backbone. Then bend the backbone back (nearly in half) until you can get a knife between the vertebrae, and cut. (A cleaver can be helpful for this step and the ones to follow.)



4. Then cut the flesh between ribs and back to separate the back from the breast. Save the back and neck for soup.



5. You should have a whole breast at this point.



6. Use the heavy knife to split the whole breast down the breastbone.



7. Split each breast down the middle so they cook at the same speed as the smaller parts.

***You now have ten pieces of chicken which are roughly equal in size, as well as a back and neck for making soup stock. You can bread and fry the chicken pieces, braise them in stock or wine, or season and then bake them in the oven. Enjoy!***

***Food from the earth up!***

