

HOW TO PORTION A CHICKEN



Take the chicken out of the packaging and place onto a chopping board.
(why are you doing this?)



Place the packaging into the bin immediately.
(what are you trying to prevent? Explain what food poisoning bacteria chicken might contain)



Using a SHARP knife start by removing the legs. Where the legs meet the body of the chicken use the knife to cut through the skin.



Once the bone is reached, use the tip of your knife to find the joint where the thigh meets the main body. Pressing down between the joint, cut through the cartilage and separate the leg from the body.



Following the angle of the breast bone, cut the breast away from the carcass,



Cut down one side of the keel bone (breast bone)



Cut through the joint carefully to separate into two parts
(What is the name of these two cuts of chicken?)



To separate the leg into two portions, feel the chicken leg, to find the middle joint
(Describe what you can feel)



Finally, cut the wing away from the carcass.

Food Safety & Hygiene!



Ensure all equipment is washed in hot soapy water
This includes wiping down any surfaces that may have been in contact with the chicken or its juices
Finally, wash your hands thoroughly!



★ Thigh ★ Drumstick ★ Wing ★ Breast ★ Marinade ★ Tenderise

★ Cross Contamination

★ Pathogens

★ Salmonella

