



How to Cut-up a Whole Chicken

Whole chicken is versatile.

Required tools: A sturdy cutting board, and a sharp knife.

I would first say that a picture is worth a thousand words, so be sure to go to online and look for a video on how to cut up a chicken, but for now here are instructions on how we do it here on the farm.

Using a whole chicken can be a daunting task at first, but with a little practice you can be proficient at it. It is a skill that will stay with you and that you can share with others, and save you a lot of money too.

Remember, freshly harvested Pasture-raised chicken from Walpole Valley Farms is clean and safe, but good cleanliness should still be followed. Make sure to wipe down your cutting boards with soap and hot water when complete.

Step 1: Wings. Hold the wing in one hand and make a cut down below the joint in between the wing and the breast. Make a clean cut through. Repeat for other wing.

Step 2: Legs & Thighs. With the chicken breast side up, push the leg away from the breast and make a cut through the skin to expose the valley between the two. Fold back the leg away from the breast (cut more skin if you have to) to expose the hip joint and cut the cartilage between the two knuckle joints. This should be an effortless cut. You should not be cutting through any bones at anytime.

Do this with both sides of the chicken and set aside. If you want to separate the leg from the thigh, feel around with your finger to find the joint again like before, then make a clean cut through. Again, this should be an effortless cut since you are cutting only through rubbery cartilage.

Step 3: Boneless breasts. If you want skinless chicken, at this time cut and rip away the skin from the breast. To separate the breasts, turn the chicken to have breast side up. Make a cut where the the ribcage meets the breast and peel away from the breast bone. (it is easier to peel it) Then cut where the breast meets the breast bone and you have your boneless chicken breasts. Underneath is the chicken tender and that can be peeled out as well.

Step 4: Soup. What you are left with now is the neck and the back. Be sure to use this as it makes wonderful stock due to the carcass being uncooked and all the flavor is still in it. Put this in a stock pot or crock pot. Cover with water, add some salt and bring to a boil. After simmering on low for 1-2 hours, add your favorite vegetables, rice, or whatever you want and cook for another half hour or so and you have an excellent soup.

Chicken Soup is good to ward off colds or good for the soul anytime of the year!

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