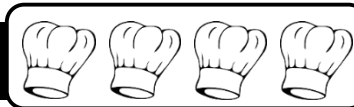


Joint a chicken



Ingredients:

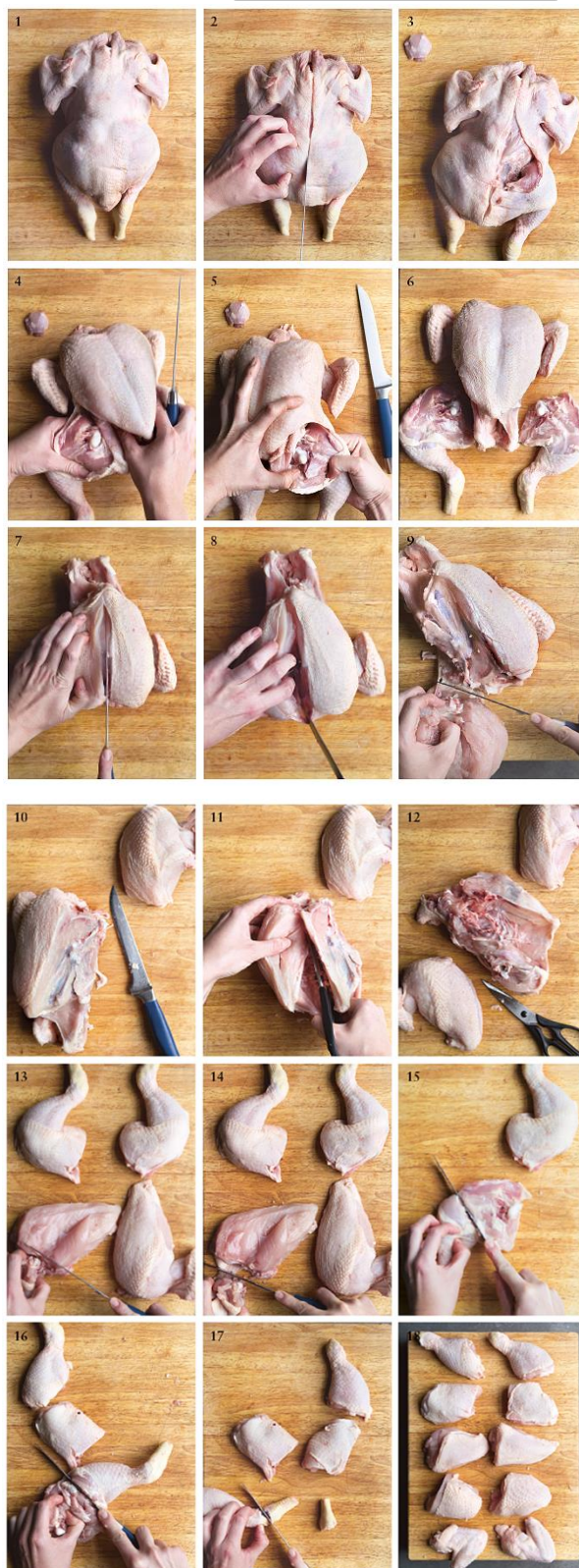
1 whole chicken (you will learn to joint a whole chicken and just keep the chicken breasts for the next practical which we will freeze, you will take the other joints home. (Chicken Leg, deboned and chicken thighs. ((and the chicken carcass if you want to boil and make stock or soup- let your teacher know.)

Equipment:

Red Chopping board and Knife

Method

1. With chicken breast side up, cut through skin where thigh joins body. Pull joint away from body, so thigh bone pops out but skin is still attached, and repeat with other leg.
2. Now trim skin away around bone, to release thighs from body. Do this on both sides.
3. Separate thighs from drumsticks by cutting between joint. Trim bones off from ends of drumsticks.
4. Feel for breast bone of chicken, and slice down one side, against bone. Use short slices to release breast away from bone.
5. Use knife to cut along edge of wishbone. Slice along backbone to remove breast from body, with wing attached.
6. Repeat on other side, cutting along opposite side of breast bone. Discard carcass.
7. Remove wings from breasts, turn skin side down and cut through at a slight diagonal where joint meets breast meat. If desired, remove the wing tips also.



https://www.google.co.uk/search?hl=en&q=good+house+keeping+how+to+joint+a+chicken+meta=&gws_rd=ssl#gws_rd=ssl&kpvalbx=_vup_YMrQFYf5gQa374cQ13&spf=1618995902070

Key Words: Joint, drum stick, trim

Step-by-Step Guide to Deboning a Chicken Leg

Follow these steps to successfully debone a chicken leg:

- **Lay the chicken leg skin-side down:** on a cutting board.
- **Cut along the length of the bone:** to expose the knuckle joint.
- **Insert the tip of your knife:** under the bone and separate the meat from the bone.
- **Work the knife around the knuckle:** to cut through any connective tissue holding the meat in place.
- **Pull the meat away from the bone.**
- **Repeat steps 3-5:** on the other side of the knuckle.
- **Once the thigh bone is loose,** you can use the tip of your knife to cut any remaining connective tissue around the joint to free the drumstick.
- **Trim off any excess fat or blood vessels.**



Tips for Success:

- **Use a sharp knife:**

This will make it easier to cut through the meat and bone without damaging the chicken.

- **Work carefully:**

Take your time and use slow, deliberate movements to avoid slipping and cutting yourself.

- **Flex your knife towards the bone:**

This will help prevent your knife from slipping and cutting the meat.

- **Be mindful of cartilage:**

You may end up with some cartilage attached to the meat. Carefully slice around it to remove it.

[How to Debone a Chicken Leg](#)

<https://www.youtube.com/watch?v=Pm1ctMsWIPU>

[How To Debone a Chicken Leg](#) start video at 2 : 18

<https://www.youtube.com/watch?v=qtaZwLlfcPU>