

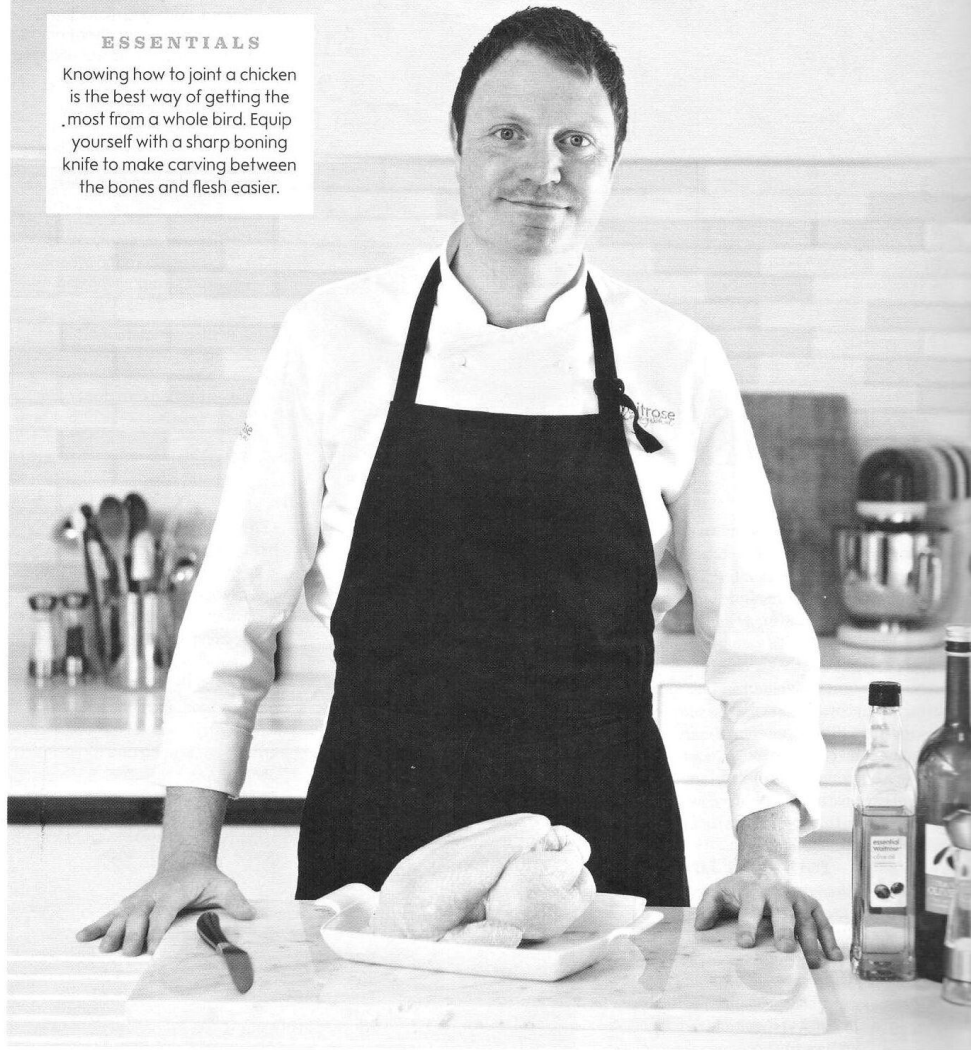
Waitrose Cookery School PART 5

# How to joint a chicken

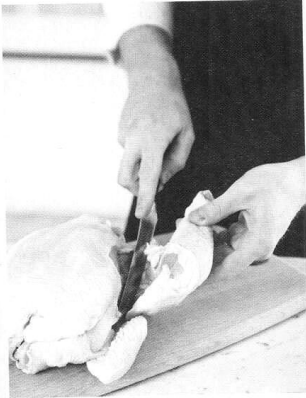
*It's easy when you follow executive chef Gordon McDermott's simple guide*

## ESSENTIALS

Knowing how to joint a chicken is the best way of getting the most from a whole bird. Equip yourself with a sharp boning knife to make carving between the bones and flesh easier.



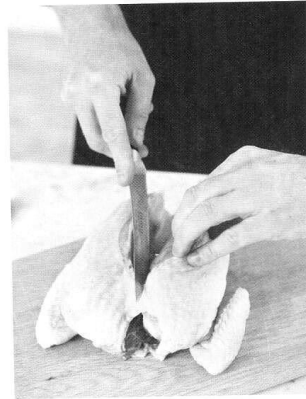
YES YOU CAN!



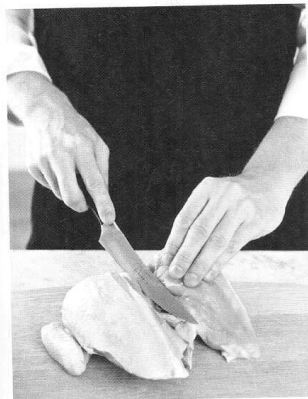
**STEP 1** Place the bird breast-side up on the chopping board with the neck facing away from you. Pull the leg away from the body so that the skin is taut. Cut through the skin between the body and the leg.



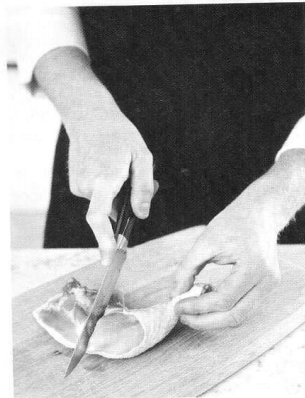
**STEP 2** Bend the leg away from the body and down towards the chopping board; you'll hear a click as you release the leg from its socket. Cut through the ball joint, keeping as much of the leg meat intact as possible. Repeat with the other leg.



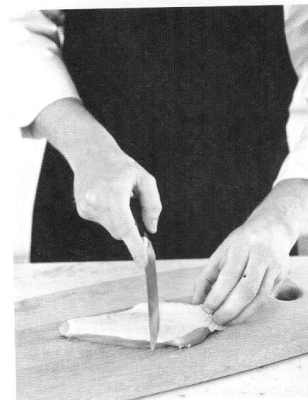
**STEP 3** Keeping the bird breast-side up with the neck facing away from you, feel along the breastbone to check where to insert the knife. Working slightly to the left of the breastbone, cut along its length.



**STEP 4** Cut off the breast using the line of the bone as a guide; your knife should stay in contact with the bone. Cut through the wing joint to release the whole breast with the wing attached; cut off the wing tips. Repeat with the other breast.



**STEP 5** Place one of the legs, skin-side down, on the chopping board. Locate the ball joint between the thigh and the drumstick. Cut through the ball joint cleanly to separate the two pieces of meat. Repeat with the other leg.



**STEP 6** Cut the breast, skin-side up, into two by slicing through the meat at an angle towards the wing. Repeat with the other breast. You should now have 8 pieces of chicken - 4 of white meat and 4 of brown - all roughly the same size.

**Need to know** Use the carcass for stock. Simmer in a pan with a bay leaf, 6 peppercorns, a chopped onion, carrot and celery stick and 2 litres water for an hour, skimming regularly. Sieve and use or freeze for up to 1 month.

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