



REPUBLIC OF KENYA



# HOW TO PORTION CHICKEN



## Introduction

Portioning of chicken aims for consistent portion sizes, appearance and quality to ensure equal servings for customers, minimize wastage at buffets and enhance accuracy in food supply and cost estimates. It is crucial in retail food marketing as consumers prefer uniform portions for cooking and serving consistency.

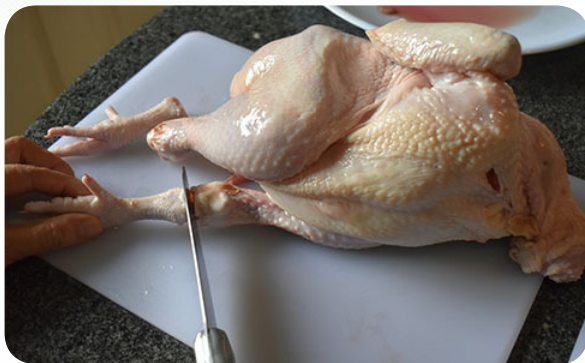
## Requirement



- Whole dressed chicken
- Sharp kitchen knife
- Chopping board
- Clean bowl
- Potable water

## Steps

1. Position the chicken on a sanitized cutting board. With a sharp knife, cut through the joint to remove the feet.



2. To detach the leg from the body, slice through the skin between the breast and thigh, gently pushing the leg away from the body.



3. Grasp the wing and pull it away from the body, then slice through the joint. Repeat this process for the other wing.



4. Cut the breast from the back by first slicing at the pointed end of the breast, then along the rib cage down to the shoulder joints.



5. Remove excess fat and gristle around the neck, back and tail areas



6. Cut the breast into two halves by using a chopping action on the central bone. A butcher's knife can be employed with precise force for this step. Cut diagonally through the bone.






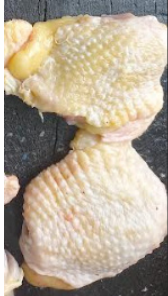





7. Separate the thigh and drumstick by cutting them apart at the joint. Repeat this process with the other leg.



8. A whole chicken typically yields around 10 high-quality pieces suitable for sale or direct household use.

			
Drumettes	Drumsticks	Chest	Back
			
Wings	Thighs	Neck	

### Precaution

- Use inspected chicken meat
- Use potable water
- Ensure a good clean environment where the chicken is being portioned
- Use easy to wash utensils
- Wash your hands with soap and rinse well in potable water
- Use the appropriate cooking method that preserves nutrient content
- Package using appropriate food grade material before selling to customers according to need
- Or chill for later use.

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