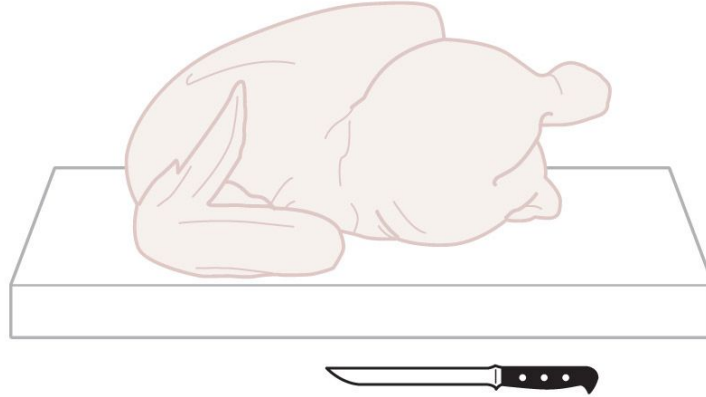


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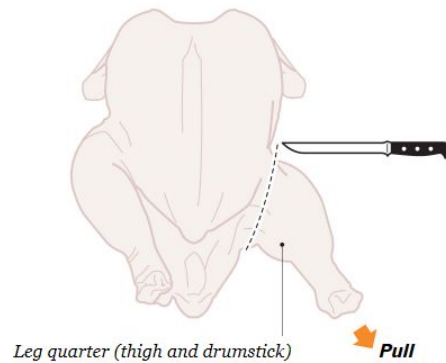
Butchering Chicken Lab

Date: _____

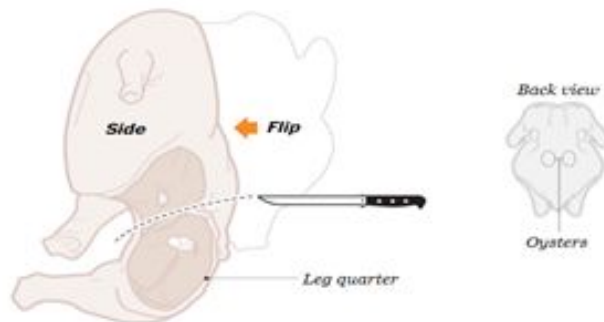
1. Clean and set up your station. Be sure to use a sharp chef's knife and a poultry cutting board. Put a damp paper towel under the cutting board to prevent sliding. Place the chicken on its back, legs pointing towards you.



2. Locate the leg quarter. Slice through the skin between the leg and breast to expose the joint.

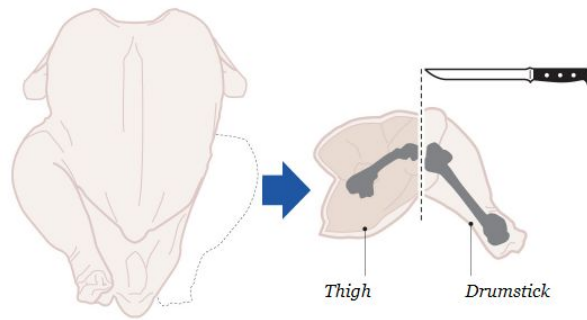


3. Flip the chicken over to its side and pull the leg to break through the joint. Using your knife, cut through the rest of the muscle to remove the leg, cutting close to the bone to make sure to keep the oyster with the thigh.

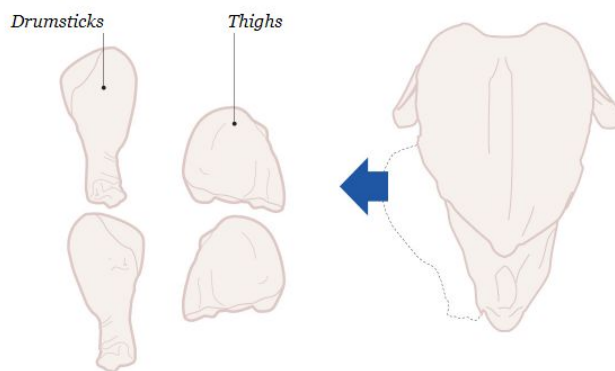


4. Repeat with the other leg.

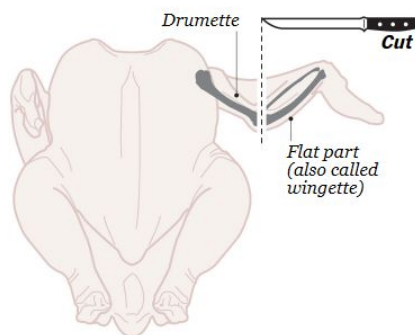
- Take the legs and separate the drumstick from the thigh. Do this by finding the fat seam between the two muscles and cut, making sure to separate the muscles at the joint.



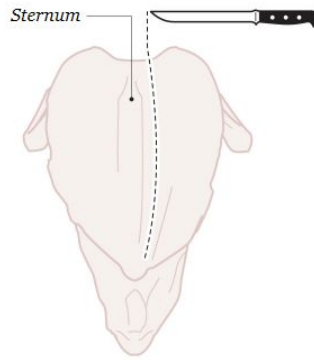
- Repeat on the other leg to end up with two drumsticks and two thighs.



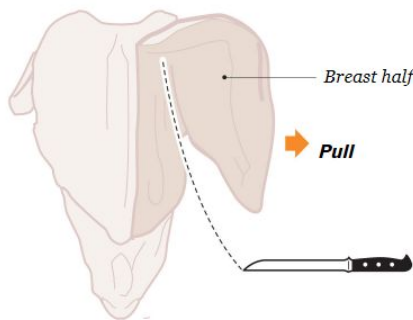
- Remove the wing from the chicken. Locate the second wing joint and slice through to remove the wingette from the drumette.



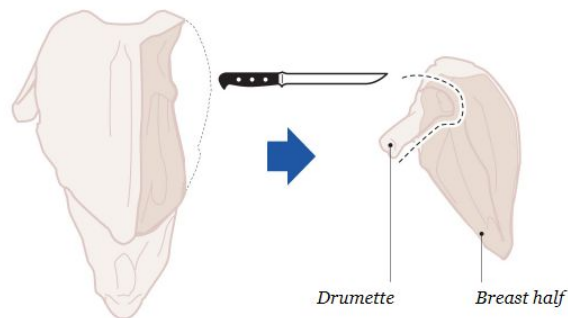
- Repeat on the other side.
- Position the chicken in the center of your cutting board, the widest part pointing away from you. With your knife, slice down the center of the chicken breasts to begin to separate them. You will not be cutting through the bone.



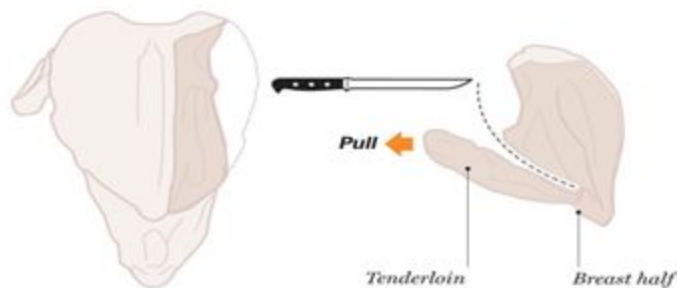
10. Press your knife against the sternum as you begin to separate the muscle from the bone, pulling the meat away as you slice. Use shallow, short cutting motions. Cut along the bottom of the wishbone to remove the meat if you do not want to cut through the bone.



11. Place the chicken breast you just removed skin side down on the cutting board. Locate the joint of the drumette inside the muscle and cut it out. Set it aside.



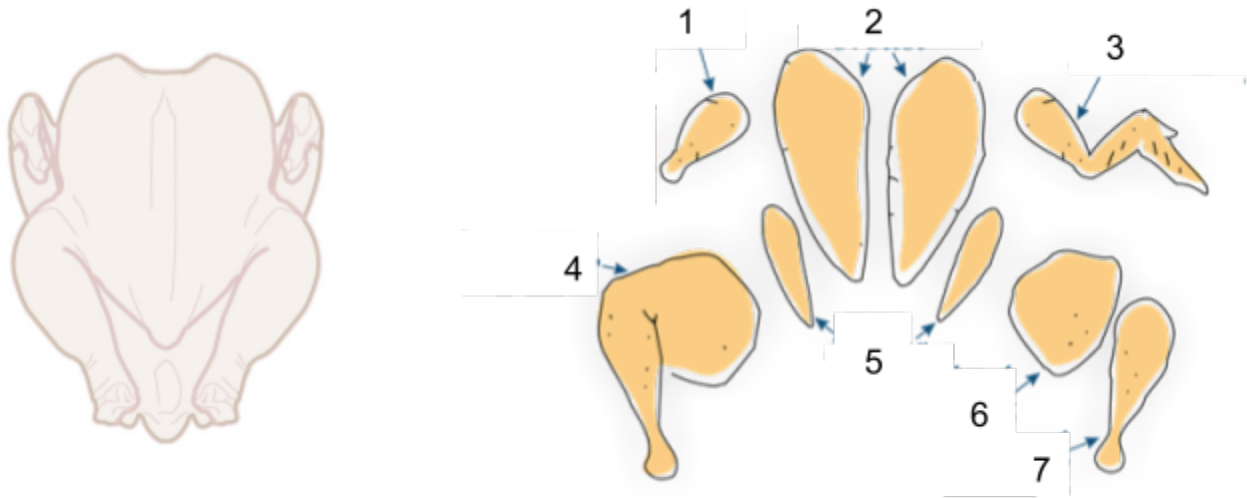
12. Keeping the chicken breast on the cutting board, follow the slight fat seam with the knife and separate the chicken tenderloin from the breast.



13. Repeat with the remaining half of chicken.
14. Lay out your retail cuts of chicken nicely on the cutting board and review the different parts.
15. Clean up your lab station. Be sure to wash all tools with hot, soapy water and wash and sanitize the lab station. The chicken carcass can be cooked in a stock pot with water and vegetables to make stock for a later use.

POST LAB

1. Label the “retail” cuts from the whole chicken on the diagram below. Indicate where they are located on the whole chicken.



2. Look at the two types of chickens (fryer and broiler) broken down in class. Write any differences in muscle size, proportions and tenderness below. What do you think each one would be best used for when cooking?

Lab Rubric

Criteria	Far Below (1)	Needs Practice (2)	Acceptable (3)	Excellent (4)	Exceptional (5)
Followed Directions	Did not even try to follow directions	Did your best but did not refer to procedure or follow directions.	Missing two of the "Exceptional" criteria	Missing one of the "Exceptional" criteria	Includes chicken breasts, thighs, legs, wings and carcass. Breasts are boneless. Maintained safe and clean work station throughout lab.
Planning		Did not assess knives, did not set up work station correctly, did not set up safe work station.	Work station set up correctly but knives were not sharpened.	Everything done (from Exceptional) except proper sharpening/honing of knives throughout lab.	Work station was set up correctly with poultry cutting board and knives were sharpened before the start of the lab and honed throughout as needed.
Properly Butchered	Not done, the pieces are unrecognizable.	Not as bad... Too much meat left on carcass, pieces are very chopped up, but distinguishable.	All parts and pieces are intact, maybe a bit of meat left on carcass,	Pieces are great, did not get all bones out of breast, little to no flesh left on carcass, still maybe a little choppy.	All pieces perfectly butchered, no meat left behind on carcass, breasts are uniform in size and not chopped into at all.
Time Management (x2)	Did not finish on time.	Finished butchering but ran late cleaning.	Got everything done not very well or sanitary.	Finished everything by end of period including sanitation but not enough time to put everything away.	Timed everything perfectly – used time wisely, everything finished, cleaned, sanitized, air dried and returned to proper storage locations.
Presentation and Overall outcome (X 2)	A waste of materials, unrecognizable and not at all what was expected.	Poorly presented. Dirty work surface and poorly cut pieces.	Good but poorly presented (dirty board, doesn't appear perfectly sanitary).	Very well done, but not very clean.	Excellent outcome, presented on clean work surface, same results could be obtained again and again.
Safety & Sanitation (x2)	Consistently does not meet class standards of cleanliness	Poor sanitation during preparation, some of clean-up after lab is missed.	Sanitation during preparation is good, but needs to work on clean-up afterward, no bits left behind.	One of the Exceptional" standards may be missed.	Sanitized station before & after; hands washed before, during, & after; equipment is clean, dry and put away at end of lab. All surfaces cleaned, sanitized and dried. Sinks wiped out. Helps others with lab clean-up

Student Score = _____

Teacher Score = _____