

IN THE KITCHEN with TAKE A BITE OF BC!

DEBONE AND
CUT A WHOLE
CHICKEN



Watch our [how to debone and cut a whole chicken video](#) and discover the endless options of cooking with a whole BC chicken!

Why fresh? Why whole?

- so many options
- get the cuts how you like
- left with bones to make delicious stock
- cheaper

BC CHICKEN STOCK RECIPE

YIELD: 1L

- 1kg chicken bones
- 1.5L cold water*

Mirepoix

- 75g BC onion, large dice
- 40g BC carrot, large dice
- 40g BC celery large dice

Sachet

- 1 bay leaf
- 1mL dried thyme
- 1mL peppercorn, crushed
- 1 clove BC garlic
- 4 parsley stems



Method

1. Cut bones into pieces 6 - 8 centimetres long.
2. Place bones into a stock pot along with the mirepoix and sachet.
3. Bring water to a boil and reduce to simmer.
4. As residue (impurities) float to the top, skim off and discard.
5. Simmer the stock for 3 - 4 hours.
6. Strain, cool, and refrigerate the stock for up to 3 days. If you are not using the stock within 3 days, freeze for up to 6 months.

**Cold water will promote clarity of stock by dissolving some water-soluble impurities.*

Looking for more recipes to use in your home economics classroom?

Visit BCAITC.ca/recipes



ALSO...

Visit BCAITC.ca for our BC broiler chickens spotlight: games, a video tour, and recipes!

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WHERE ARE CHICKENS PRODUCED IN BC?

Approximately 85% of chicken production in BC is located in the Fraser Valley, with an additional 12% in the Interior, and 2% on Vancouver Island.



Learn more about how BC broiler chickens are produced by watching a [video tour of a BC broiler chicken farm](#).

THINGS TO REMEMBER...

- When selecting a raw chicken, look for a plump chicken with meat that bounces when you touch it.
- Fresh and local is best!
- Don't wash the chicken, as it can splash and spread bacteria around your kitchen.
- When handling raw chicken, be aware of cross-contamination.

BC INSPIRED BAKED KOREAN BBQ CHICKEN WINGS

- 60mL Korean chilli sauce
- 125mL soy sauce
- 125mL water
- 60mL brown sugar
- 60mL BC honey
- 15mL sesame oil
- 15mL BC garlic, minced
- 15mL BC ginger, grated
- 1kg BC chicken wings
- 180mL corn starch
- A splash of BC canola oil
- 60mL BC green onions, sliced on a bias
- 15mL sesame seeds, toasted

1. Heat oven to 425°F.
2. Combine the first eight ingredients to make marinade.
3. Add the BC chicken wings and combine until coated. Cover and refrigerate them for 4 hours.
4. In a plastic, resealable bag, add corn starch. Remove chicken from the marinade and add to bag. Seal bag and shake to coat. Remove coated wings and place in a fine strainer. Shake excess starch off.
5. Place chicken wings on a parchment-lined baking tray. Brush liberally with BC canola oil until there is no starch showing. Bake for 40 - 45 minutes.
6. Meanwhile, place marinade in small pot and bring to a boil over low heat. Simmer for 5 minutes and remove from heat.
7. When chicken is thoroughly cooked, and very crispy, place in hot sauce and toss to coat.
8. Sprinkle with sliced BC green onions and sesame seeds and serve immediately.



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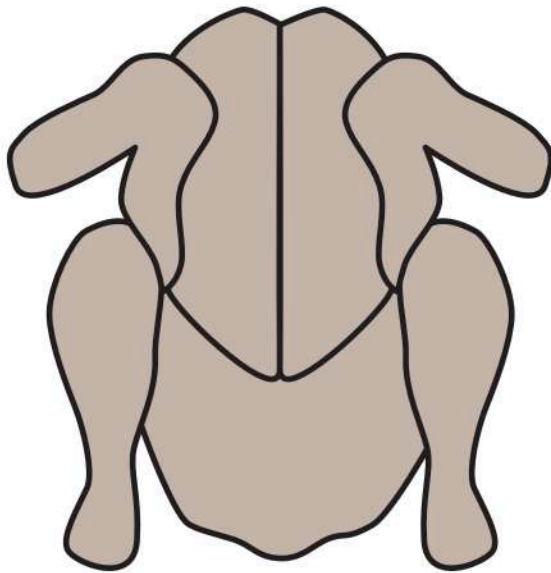
DEBONE AND
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Video Student Handout

NAME: _____ CLASS: _____

While you are watching BCAITC's Chef Randle debone and cut a chicken, draw lines where he cuts, and label the names of the cuts.

TENDERLOIN BREAST WINGS THIGHS LEGS



BCAITC's Chef Randle discusses the various cuts, and what they can be used for! Fill in the chart with his suggestions and add some of your own.

CUT	WHAT IT CAN BE USED FOR
Legs	
Tenderloin	
Breast	
Wings (flats and drumette)	
Thighs	
Carcass	

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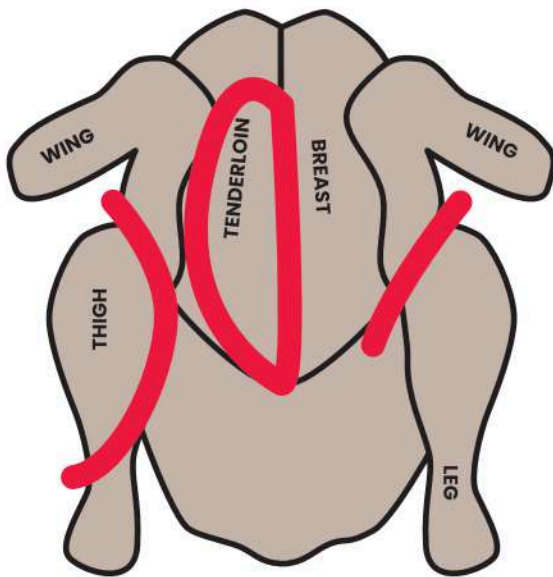
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Video Student Handout – Answer Key

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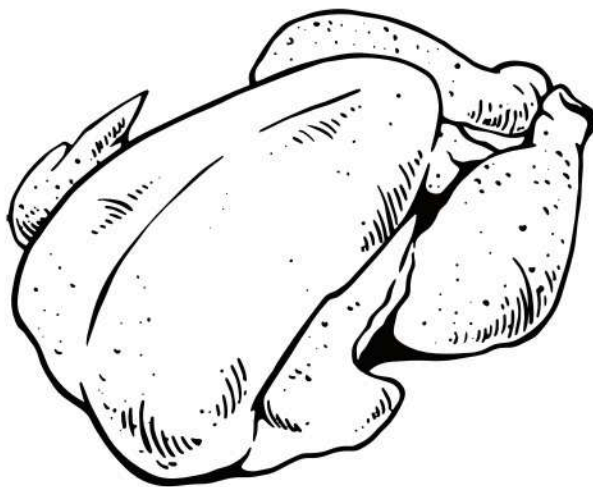
CUT	WHAT IT CAN BE USED FOR
Legs	Answers may vary
Tenderloin	Stir fry, bread for chicken strips
Breast	Answers may vary
Wings (flats and drumette)	Chicken wing dinner, game day appetizers
Thighs	Answers may vary (<i>Chef Randle's favourite cut!</i>)
Carcass	Stock to make soups and sauces

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Questions for Class Discussion

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- What can we do as consumers, cooks, and chefs to support local farmers?
- Why is this important?
- What are the local, global, and culinary benefits of purchasing local chicken?
- What is the financial benefit of processing your own chicken?
- What cut of a chicken is your favourite part?

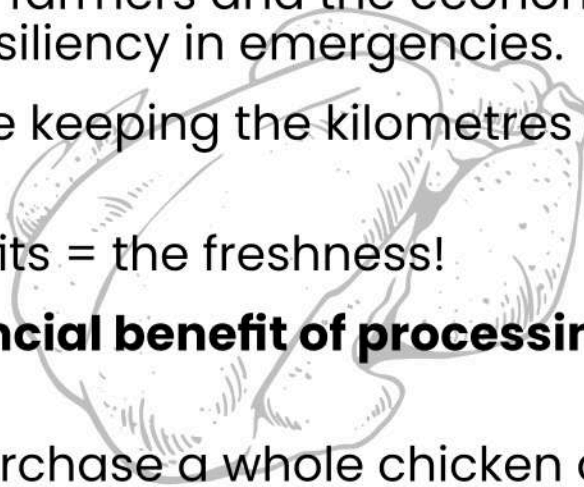


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Questions for Class Discussion - Answer Key

- **What can we do as consumers, cooks, and chefs to support local farmers? Why is this important?**
 - Source local, buy local, visit local Farmer's Markets, ask for BC products from your retailer, find a farm experience, and advocate for BC food and farmers
 - This is important to:
 - protect farmers
 - promote food security in the midst of climate change
 - support the local economy
- **What are the local, global, and culinary benefits of purchasing local chicken?**
 - Local supports farmers and the economy and helps to ensure food resiliency in emergencies.
 - Globally we are keeping the kilometres food travels to a minimum.
 - Culinary benefits = the freshness!
- **What is the financial benefit of processing your own chicken?**
 - Less cost to purchase a whole chicken and you get more chicken. Also can use the carcass to make stock for soups and sauces.
- **What part of a chicken is your favourite part?**
 - Answers may vary.



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BCAITC's Chef Randle

BC CHICKEN STOCK

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- 1.5L (6.5 cup) Cold water*

Mirepoix

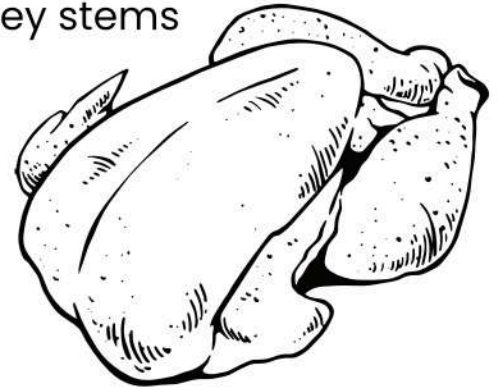
- 75 g (1/2 cup) BC onion, large dice
- 40 g (1/4 cup) BC carrot, large dice
- 40 g (1/4 cup) BC celery, large dice

Sachet

- 1 bay leaf
- 1mL dried thyme
- 1mL peppercorn, crushed
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