

## How to Debone an Entire Chicken for Stuffing



Stuffed chicken is one a perfect dish for holidays such as Christmas and New Years. To make these days extra special, why not prepare an awesome boneless chicken stuffed with a savory filling. Using Filipino terms, this is called *rellenong manok*.

The major challenge in making dishes such as this is deboning the chicken. Actually, learning this skill is valuable as it has seemingly endless applications such as the preparation of boneless chicken breasts and legs. Butchers will also charge you an addition fee to complete this process. In light of this, it is much cheaper to do it yourself. At first, it sounds difficult and somewhat intimidating, but the process is relatively simple and straightforward. As with anything else, the more you do it, the easier it becomes. The second time should be a breeze.

The first time you do a deboning it will take you about 45 minutes to 1 hour. The most critical thing is the use of a smaller sharp knife, or a boning knife. It is equally important to follow the bone line when cutting and allow the knife to do the work. You will need:

- Chicken
- sharp knife
- cutting board

Here is an easy way to debone a chicken.





Lay the chicken breast down on a flat surface. Cut off the chicken's tail, wing tips, and neck. Keep them for making stock in the future.



Cut lengthwise along the bone from the tail to the neck or vice versa.



Using short, swift, downward strokes, begin to carve the meat away from bone on the first side.



Following the bone line, continue carving until you reach the backside or underside of the breast. Repeat the procedure for the other side of the chicken.



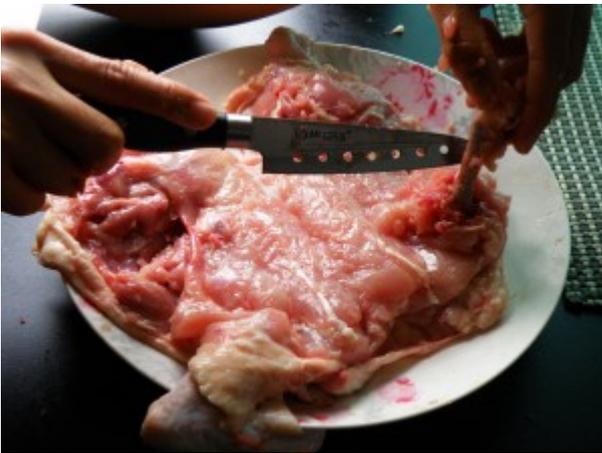
Carefully cut away the wing joints and leg joints from the meat. Separate the backbone and rib cage from the carcass.



Remove the whole back bone and rib cage.



Scrap the meat away from the leg bone until you reach the end of the leg.



Scrap the meat away from the wing bone until you reach the end of the wing.



(These are the bones that you must take off)



Your deboned chicken is done and ready to stuff.

\*Important reminder: Be sure to wash your hands thoroughly after handling raw chicken.

Ref.: <http://www.filipinocooking.net/how-to-debone-an-entire-chicken-for-stuffing/>

Look more here: [www.FilipinoFood.ph](http://www.FilipinoFood.ph)