

Cutting Up a Whole Chicken

I fabricated a chicken by * cutting off extra skin around tail and neck, cutting skin flap between breast and leg; * making a small cut near neck in order to feel for the wishbone. Using the tip of my boning knife, small cuts and my fingers, I removed the wishbone; * cutting down both sides of the breast bone and making smooth shallow cuts close to bone to remove the breast meat, keeping as much skin intact as possible; * separating the breast and wing from the body being careful to keep it together; * removing the breast tenderloins and trimming excess fat from edge of breasts; * cutting the thighs and legs from the carcass, trying to keep the oyster, making an hourglass shaped cut on the carcass to get as much meat and skin as possible, popping the thigh joint and cutting through; * separating the thigh from the leg, cutting through the joint closest to the leg; * trimming the ends of the legs to let blood out; * making a circular cut just to the bone about ½” above breast onto wing to release the meat from bone and then hyperextending wing joint to expose bone for airline breast; * cleaning up airline bone and trimming ends; * cutting off wing tips at joints. I ended up with two airline breasts, two wings, two tenders, two legs, two thighs, waste, usable waste meat for soups and usable bones for stock.

Chicken Breast with Dijon Cream Sauce: I salted the chicken on both sides, lightly floured, and sautéed (med-hi heat) the chicken breast in hot oil in a saucepan, skin side down. I browned both sides and then moved chicken from pan to the oven to finish cooking. Next, I removed extra oil from the pan and added ¼ cup small diced shallots and two teaspoons of Dijon mustard, deglazed the pan with 1/3 cup white wine, reducing by half. I lowered heat and added ½ cup heavy cream, salt and pepper, and reduced until “spoon coating” consistency. I checked the chicken once and it felt undercooked to touch so I cooked a few minutes longer and then it felt medium-well to touch. I did test with a thermometer to be sure it was at least 165 degrees. I served the chicken whole over a bed of mushroom risotto with the sauce poured over half of chicken and spread around base of entrée. Garnished with parsley and Parmesan. I feel this dish came out really nice. It was juicy and flavorful

Braised Coq au Vin: I batonnet cut 4 oz. salt pork and sautéed in oil until lightly browned; removed from pan. I browned chicken on high heat in the fat, skin-side first, and then removed from pan. I sautéed 8 pearl onions and ½ lb. mushroom caps in the fat until brown and then set aside with the salt pork. I poured off the fat and then added 10 oz. red wine and 8 oz. chicken broth to deglaze the pan; brought to a boil. I added a sachet of garlic, thyme and bay leaf and returned chicken to pan; cooking in oven at 300 degrees for 35 minutes. I touch-checked the chicken and then used the thermometer to be sure it was at least 165. I placed cooked chicken in serving dish, garnished with onions and mushrooms, and wrapped with foil. Next, I removed sachet, degreased the braising liquid a little, and boiled it over high heat until reduced by half. I made a beurre manie by mixing two tbsp. softened butter and 1 oz. flour and whisked into sauce to thicken. After adding a little salt, I strained sauce over chicken, sprinkled a little parsley and served. This dish was delicious! Tender, richly flavored and the mushrooms were quite savory. The sauce was velvety and decadent. My family loved it! The “purplish” color was a little off-putting at first to my son but then he tasted it and gave me a big smile. The only thing I will do differently next time is add more mushrooms. We ate every mushroom morsel.

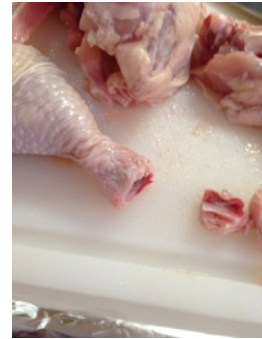
Chicken Fabrication (part 1)



1-Whole Chicken



5-Remove breasts & wings



9-Trimming leg tips



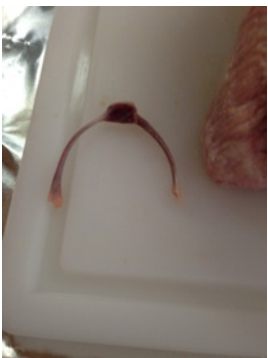
2-Remove skin and look



6-Remove tenderloins



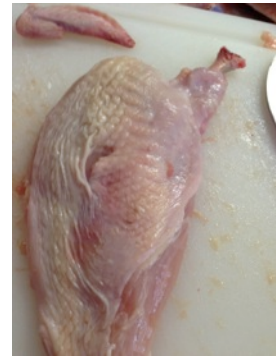
10- Circular cut above breast



3-Remove wishbone



7-Remove legs & thighs



11- Trimmed Airline breast



4-Begin to remove breasts



8-Separate legs & thighs



12-Wings without tips

Chicken Fabrication (part 2)



Two airline breasts, two thighs, two wings, wing tips, two legs, two tenderloins, bone tips, carcass and unusable waste.

Sauteed Chicken with Dijon Cream Sauce



1-Salt and dredge in flour



5-Add white wine



9-Season with salt and pepper



2-Brown in hot oil, skin side down



6-Deglaze



10- Reduce to spoon-coating consistency



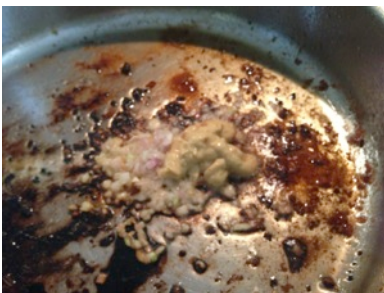
3-Brown both sides; finish in oven



7-Reduce by half



11- Baked to 165 F



4-Add shallots and Dijon



8-Lower heat & add cream



12-Served with sauce over mushroom risotto

Braised Coq au Vin



1-Saute salt pork until browned and remove



5-Deglaze with wine and chicken broth; bring to boil



9-Place on serving platter and garnish with mushrooms, onions and salt pork.



2-Brown chicken in hot oil, skin side down; remove



6-Add sachet



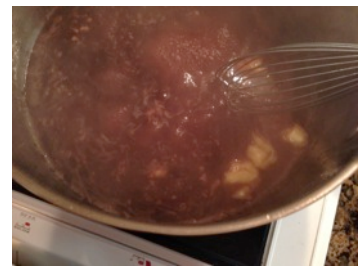
10- Make beurre marie



3-Brown both sides



7-Add chicken back to pot



11- Boil and reduce braising liquid; Whisk in beurre marie and thicken



4-Saute mushroom caps and parboiled onions; remove with salt pork



8-Braise in oven at 300 F for 35 minutes until done



12-Strain sauce over chicken and garnish, sprinkle parsley on top.