

## Video Transcript – Let's Talk Food Literacy: Deboning a Whole Chicken

*Pete, a community worker, appears on screen bringing a red cutting board, a plate of raw chicken, a plate of vegetables and garnish, and salt and pepper shakers onto the countertop. As he does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'.*

Hi everyone, Pete here. Chicken was on sale, so I bought a couple. I'm now going to show you how to cut the chicken into pieces. I have this dedicated cutting board that's going to be strictly used for this chicken. Before I set my cutting board up, I want to make sure that I have a damp clean paper towel or damp clean cloth and what that does is it prevents the cutting board from moving all over the place.

*Pete puts a damp paper towel on the countertop and then places the cutting board on top of the paper towel.*

We have this chicken here and I'm just going to remove the string. We have the two drums, and two thighs – this is considered your dark meat. And then we have the two wings and two breasts, and here we have the backbone.

*Pete removes the string from the chicken. He then shows each part of the chicken that he describes.*

*Pete takes a boning knife and cuts along each side of the backbone, takes the backbone out, and places the backbone onto a tray lined with parchment paper.*

So I'm going to take my very very sharp boning knife and very carefully cut the backbone out. This backbone will be used for stock for a delicious soup. I want to just sort of be able to identify where the joints of the meat are, and that way you are not cutting through bone—you want to cut between joints. So, as I can see right here, this is where the thigh connects to the breast. So, I'm just going to find the joint and I'm just going to cut it. These wing tips will be great for my stock as well. So I'm going to find the joint here, I'm going to cut through the joint.

*Pete cuts through the joint that separates the thigh from the breast. Then he cuts through the joint that separates the wing tip from the breast.*

I can cut this chicken in half and leave the cartilage intact or I can debone the chicken and cut the cartilage out. I'll just start with my sharp knife and just cut, and there's the wishbone there. And I want to get all that meat. This is a chicken supreme, this little wing tip bone here, the drummet, that will give our chicken a lot more flavor. This will be roasted and used in our stock. If I do want to cut thigh and the drumstick, just break it, find out where the joints meet, and cut through. So, there's our thigh, and here is our drumstick.

*Pete takes the breast and cuts down the centre. He shows the wing tip before placing it on the tray. Pete cuts through the joint between the thigh and the drumstick. He places the thigh and drumstick on the tray.*

So we have two chicken supremes, we have our bones for stock, and then we have quarter chicken here with the thigh and the drumstick, and then we have it into pieces.

*Pete shows each part of the chicken on the tray as he describes each part.*

I can freeze this once I cook it if this was already frozen. Or if this was a fresh bird and never frozen, I could now freeze it. A healthier choice is to remove the skin because chicken skin has a lot of saturated fat.

*Pete removes the skin from a piece of chicken.*

Make sure that you cook the pieces to 74 degrees Celsius or 165 degrees Fahrenheit.

*The following words appear on the screen: "Once you have completed de-boning your chicken, clean all surfaces and cutting utensils with hot, soapy water".*

So now I have some lovely chicken to cook with, I've got some chicken pieces and I really stretched my dollar. I got this whole chicken for the same price as two chicken breasts, now I can make a stock and I have enough chicken to feed my family.

Eat well, live well.

*The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with [food-guide.canada.ca](http://food-guide.canada.ca) below it. An acknowledgement logo for Food Literacy for Life, [foodliteracy.ca](http://foodliteracy.ca), appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework, from [foodliteracy.ca](http://foodliteracy.ca) appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'*