

How to butterfly a chicken

This should take only 5 minutes!

You will need:

A whole frying chicken, preferably under 5 lbs. Best size is around 4-4 ½ lbs

A **SHARP** boning knife or cooks knife (I use a cooks knife)

A rimmed cookie sheet or platter

Place the chicken breast side up and slice a clean cut along the length of the keel bone.

Start pulling one side of the breast meat away from the bone with one hand, while making small cuts along the bone with your knife, really just pulling/scraping the meat away from the bone. Scrape until the entire side of the keel bone is exposed. Do this on the other side as well.

You will see the joint on either side of the keel bone, which is kind of white, compared to the darker color of the bone. Cut through the middle of each one of these joints. Then, grab the keel bone and lift it out, cutting through any small remaining connections to the chicken. (The motion is like lifting up the handle on an old fashioned ice cube tray.)

At this point you can cut through the wish bone, or if you are very picky, pull/scrape it out.

Open the chicken up and rinse out the cavity.

Turn it skin side up on the cookie sheet and push down on each hip joint while pulling up on the leg. This will pop the joint out of the socket, and the chicken will now lie flat.

Season with whatever seasoning you wish, and grill over low heat. A 4 ½ lb chicken takes around 40 minutes. There is no need to turn the chicken over. The skin will turn a beautiful golden brown when done, and a meat thermometer inserted into the thickest part of the breast needs to be 160° minimum. If you can, let it rest for 10 minutes after taking it off the grill.

To serve, cut along the length of the bird down the side of the backbone, and the side of the chicken will come away pretty easily. Divide into breast and thigh portions.