

How to Peel a Chicken

By Stephen Turbek

RAZORFISH REPORTS

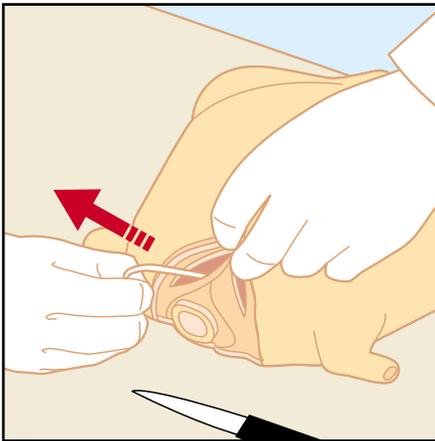
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A Galantine is an easy and delicious way to prepare chicken using a traditional French method that creates an intimacy with chicken often thought impossible. This recipe makes one whole chicken, deboned, stuffed, and roasted, serving 6 people.

Cut off the wings at the elbows.

Using knife, remove wishbone from inside neck cavity, under breast (Caution: wishbone is often broken and sharp).



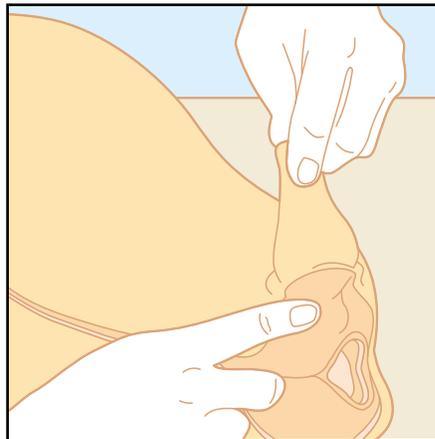
Removing Wishbone

Lay chicken breast side down, slice through skin and thin meat along spine, down the full length of chicken.

Pull skin away from rib cage at neck to expose the meat of the wing shoulder.

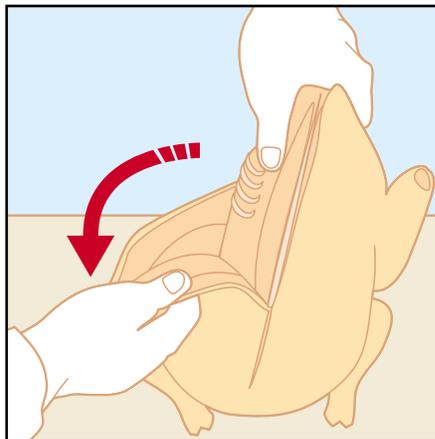
Move wing bone around to find the shoulder joint. Carefully cut through the joint to free wing

bone from meat and sinew holding it in place (but do not cut wing off).



Locating Shoulder

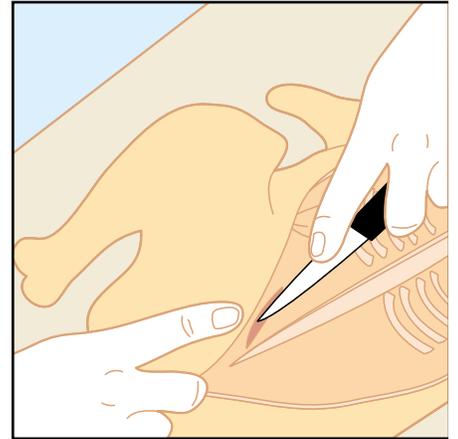
Holding chicken upright, grab the loose wing bone and pull it and the skin off the rib cage as far as it will easily separate (around the waist of the chicken). (Repeat with other side)



The First Peel

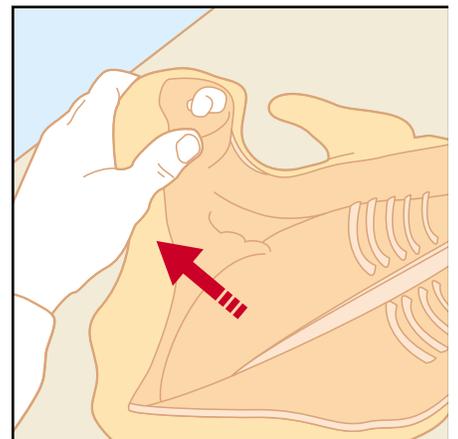
Turn chicken onto its back. Sticking your fingers under the skin of the breast, peel that side away from the rib cage. This will leave two fillets of meat on either side of the breastbone. Peel them off by running your

fingers underneath them down the breastbone and place them to the side.



Cutting Hip Muscle

Turn chicken onto its front. Move the leg bone around to find the joint between the hip joint. Peel back the skin and cut through the tough muscle area covering the joint (don't cut into the joint) Holding the knee, move the leg parallel to the spine and pull back. This will pop the leg out of the socket. Cut through the sinew to release the bone from the joint (but not the meat). Pull leg away from rib cage. (Repeat with other leg)



Freeing Leg

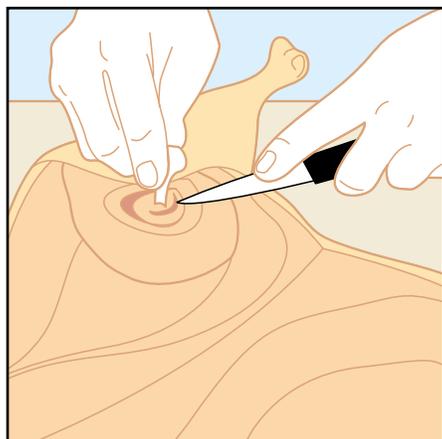
Rib cage should now be completely disengaged from skin.

Cut meat around inside thigh-bone knob.

Use side of knife to scrape meat off thighbone toward knee, leaving skin intact.

At knee, cut meat off knee, leaving skin intact.

Scrape meat down to ankle, pull bone free



Scraping Leg Bone

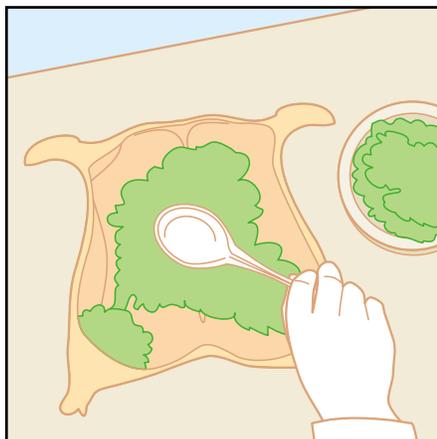
Holding wing bone upright, cut meat around shoulder joint, push meat down with fingers, pull bone out.

Chicken should now be completely free of bones.

Lay chicken skin side down.

Arrange meat on skin as evenly as possible. Add loose pieces where they will fit,

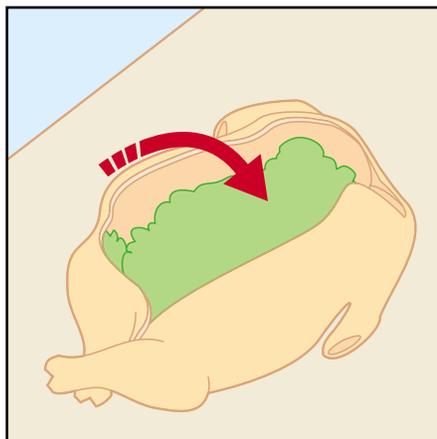
Generously season with salt and fresh pepper.



Stuffing Skin

Stuff stuffing into leg holes. Place remainder on center of chicken skin.

Fold one side of chicken skin over stuffing, then other, covering all the stuffing. Cross legs and tie with kitchen string.



Folding Skin

Wrap multiple half-hitch loops along chicken body, securing skin.

Cook at 1 – 1.5 hours at 375°, basting as needed. (The thickest part of the thigh needs to reach 180 degrees for safety.)

Remove string before serving.

Surprise guests by carving "through" whole chicken.

Spinach Mushroom Stuffing

3 tablespoons butter
2 garlic clove, minced
2 tbsp. chopped fresh parsley
1 tsp. dried crushed red pepper
3 cups chopped mushrooms
2 cups chopped fresh spinach
3/4 cup finely ground almonds
1/2 cup sour cream

Sauté garlic clove and spices in butter, about 1 minute.

Add mushrooms and sauté until tender and all liquid evaporates, about 3 minutes.

Add spinach; sauté until just wilted, about 1 minute.

Drain and cool 30 minutes in a covered bowl.

Stir in ground almonds and sour cream. Season with salt and pepper.

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