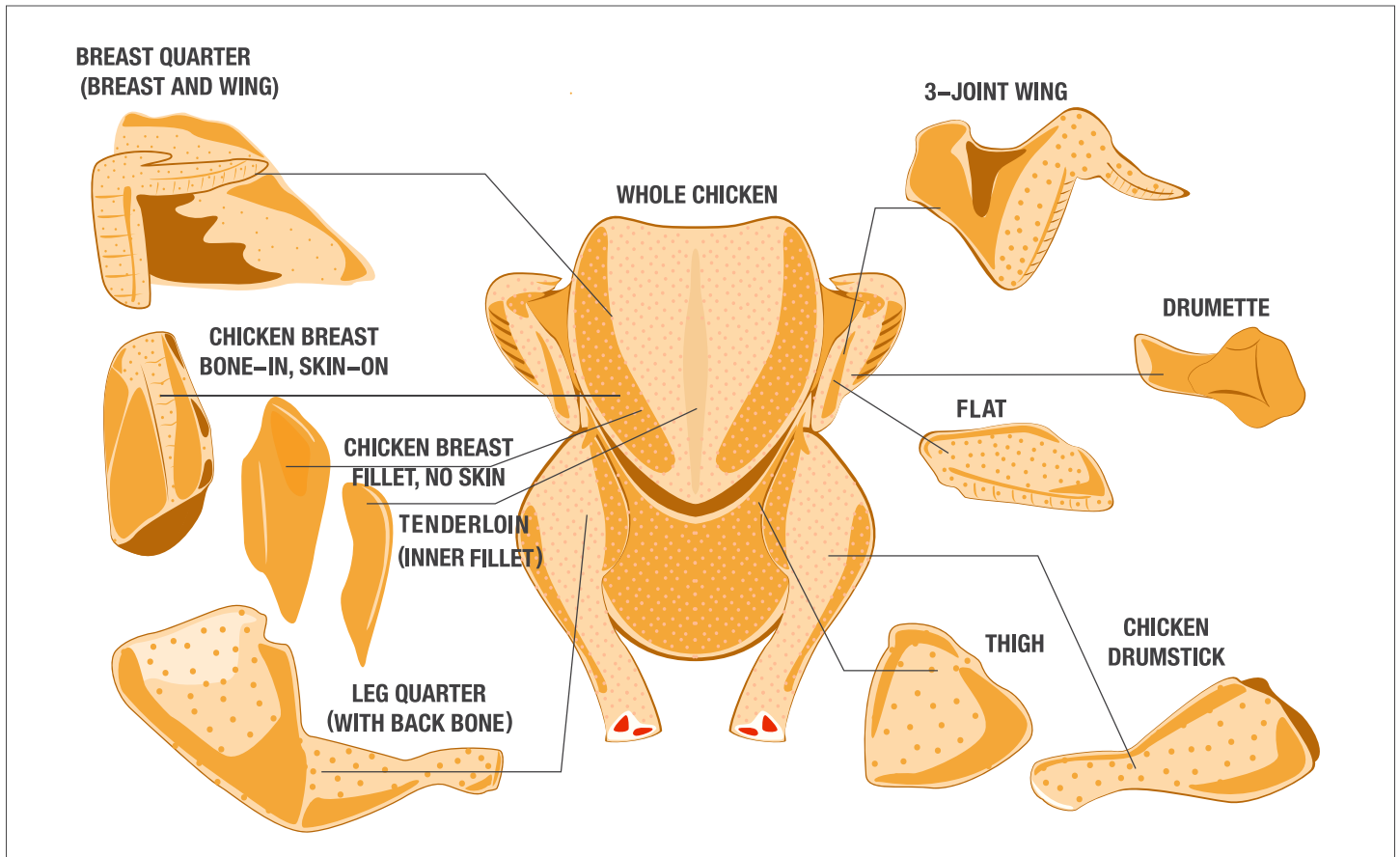


# EDIBLE PARTS OF A CHICKEN



While you can buy a whole chicken, there are also many different cut-up parts of a chicken that can be purchased in the grocery store:

- If you cut a chicken in half, and then half again you get two **BREAST QUARTERS** and two **LEG QUARTERS**. The breast quarter has half the breast with a wing and a portion of the back bone attached. A leg quarter has the drumstick and thigh with a portion of the back attached.
- Everyone knows the **WING**, but did you know it has two parts that are also sold. The wing has three joints. The first is the wing tip, which is usually cut off and discarded. We don't usually eat the **WING TIP** but you could use it to make soup. The **DRUMETTE** is the portion of the wing that looks like a small drumstick and the **FLAT** which is the portion between the drumette and the wing tip. The drumette and flat are often the portions you get when you order wings at a restaurant.
- The **LEG QUARTER** is made of the **DRUMSTICK** and **THIGH** with a portion of the back bone attached.
- You can get chicken **BREASTS** with the bone in and the skin still on or you can get **BREAST FILETS** which are the breast meat without the skin on and the inner fillet or **TENDERLOIN** removed.

## EDIBLE PARTS OF A CHICKEN

Different **CULTURES** like other parts of the chicken as well. Many **ASIAN** cultures, for example, like to eat **CHICKEN FEET**. We refer to them as **CHICKEN PAWS**. You will often see grilled chicken feet for sale on the streets of China.



Many of chicken organs can also be good to eat. These include the **HEART**, **LIVER**, and **GIZZARD**. If you purchase whole chicken, it will often have a small bag inside that contains these organs. They are referred to as the **GIBLETS**.

Organ meats are very nutritious. They are actually more nutritious than the chicken meat. While not as popular in Western culture as chicken meat, organ meats are often eaten in many other cultures.



**HEARTS**



**LIVERS**



**GIZZARDS**



**CHICKEN HEART SALAD**



**CHICKEN GIZZARD STEW**



**BOILED CHICKEN GIBLETS**



## EDIBLE PARTS OF A CHICKEN

Also included in the small bags found inside a whole chicken is typically a chicken **NECK**. While there is not a lot of meat on chicken necks, they are popular in some cultures.



While not sold in a typical grocery store, there are other chicken parts eaten in different cultures. These include the chicken **TESTICLES**, which are the reproductive organs of a male chicken. They can also include the heads. In Africa, the combination of **HEADS** and **FEET** are often eaten, and referred to as **Walkie-Talkies**.



**COOKED CHICKEN TESTICLES**



**BOILED CHICKEN HEADS AND FEET**