

# Slicing & Dicing Chicken Breast

## Introduction

Chicken is a great ingredient in Marion's Meals as it can be prepared in many different ways, it is a good, low-cost, protein and is easy to eat and digest. However, it can also be problematic.

Raw chicken is regarded as one of the more dangerous foods in the kitchen. When handled incorrectly, it can be an easy source of food poisoning.

It might sound counter-intuitive, but do not wash raw chicken before slicing, dicing or cooking.

Complete all your other preparation before you start to work with raw chicken.

You want to avoid touching the chicken with your bare hands and to minimize the movement of uncovered chicken within the kitchen.

Never get raw chicken near other cooked food or ingredients that are not to be cooked (such as salads or garni)

I do not discuss the full risks and implications here, but this is a significant topic in any food handling training courses I have completed.

Check out the Food Safety Techniques section in Marion's Meals.

## Dicing Chicken

Work as close as you can to the cooker and the pot in which you are putting the chicken.

Open the tray of chicken and stab a fork securely into the fat end of the chicken breast.

Use the fork to lift the chicken breast out of the tray and quickly move to hold it over your pot.

Cut the chicken into rough chunks with kitchen scissors, directly into the pan.

## Slicing Chicken

Be sure you have plenty clear space to work and that you have sanitised the work area you are about to use.

Ensure that there are no other ingredients, cooked foods, cloths or towels near your workspace.

Open the tray of chicken and stab a fork securely into the fat end of the chicken breast.

Use the fork to lift the chicken breast out of the tray and place it on the chopping board.

Use the fork to hold the chicken breast as you slice it into strips with a very sharp knife.

Transfer the sliced chicken from the chopping board directly into the saucepan.

Wash the worksurface with anti-bacterial soap or spray – even if you do not think any chicken touched the surfaces. A small splash of chicken juices could be enough to cause a problem.



*Slice into thin strips using a very sharp knife.*

### Safety Tip

#### **Reduce the Risk of Cross-Contamination & Food Poisoning**

Do not wash the chicken.

Put utensils, scissors and chopping boards right into the dishwasher or a basin of hot water.

Dispose of the wrapping and scraps.

Wash your hands.