



De-boning Raw Chicken Thighs

Boneless, skinless chicken is more expensive to buy than chicken that still has bones and skin. Take the skin off chicken before cooking because most of the fat on chicken is just under the skin. Removing the skin from chicken is easy to do. Cut the skin loose and then pull it off. Trim fat that is not attached to the meat.

De-boning raw chicken thighs can be done at home but is a little more difficult. Slice the meat along the bone with short cuts. Repeat the slices to make deeper cuts. As the meat becomes loose, carefully use your fingers to pull it free of the bone.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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