

HOW TO PREPARE A WHOLE CHICKEN

Yielding Meat, Broth, and Crispy Skins

1. With chicken defrosted and unwrapped, remove giblets, if there are any.
2. Place in Instapot with 2 tablespoons salt and ¼ cup vinegar, cover with water. Optional: add other seasoning or replace some of the water with veggie broth.
3. Cook on poultry setting in Instapot and set for 40 minutes. (In a typical slow cooker it would approximately 2 ½ to 3 hours on high for a 5 to 6 pound chicken, but slow cookers vary.)
4. Let it cool until you can easily touch it with your bare hands.

5. Lay five bowls out on your table:

One large: Remove the whole chicken and place it in this bowl. Now the water you have left in your Instapot is chicken broth.

Two Medium: One for meat, one for bones

Two Small: One for skin
One for veins, organs, and cartilage

6. With your hands, separate the meat, bones, organs, veins, skin, and cartilage.
7. Finely chop the skin. It should be in pieces the size of bacon bits.
8. Spread the chopped skin onto a baking dish about the thickness of a tortilla. Salt as desired.
9. Bake at 325 degrees for 12-15 minutes. Skin should be brown and fat should be foamy.
10. Add additional seasonings (such as chili powder or garlic) while skin is still warm.
11. Once cooled, it can be broken into chip sized pieces for snacking or crumbled into tiny pieces and used like bacon bits. Chicken skin can typically substitute for bacon in any recipe.