

# “How to Cut Skinny Chicken”

Step 1: Trim chicken breast very lean. No fat, skin or cartridge.



Step 2: Hold knife at a 45-degree angle.



Step 3: Slice the chicken on a radical bias. Cut about 3/8” thick.



Step 4: Repeat Step 3:



Step 5: Continue slicing chicken until there are several slices.



Note: The chicken can be used immediately or stored in a plastic container and refrigerated for a few days or stored flat in a vacuum-sealed bag and frozen. Frozen chicken in bags can be thawed in just 30 minutes.