

# How to butterfly cut chicken breast

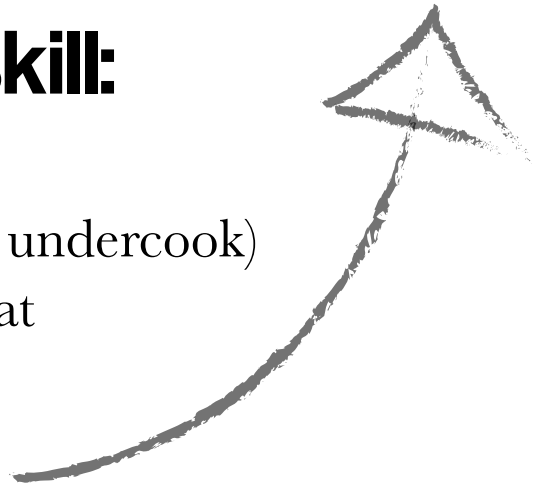
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## Why you'd use this skill:

- Quicker frying of chicken
- Increased food safety (less likely to undercook)
- Increased moisture held in the meat

## Method:



1. Lay the breast flat on a clean chopping board.
2. Place your hand on the chicken breast, apply a small amount of pressure and cut horizontally through the breast from one side to the other, stopping half an inch before the other end.

3. Open it out and you'll have a breast of half the thickness. Slice the breast and continue cooking as normal.
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