

# GRACE GOUDIE

## How To Truss A Chicken

<https://www.gracegoudie.com/all-recipes-blog/how-to-truss-chicken>

### INGREDIENTS:

- 1 ea whole chicken (I swear by [D'artagnan Green Circle Chicken](#))

### SUPPLIES:

- 3-4 feet [butcher's twine](#) (depending on the size of the bird)
- 1 ea sheet [pan & rack](#)

### DIRECTIONS:

1. Start by cutting a 3-4 foot length of butcher's twine.
2. Face the chicken breast side up with the legs facing towards you.
3. Loop the butcher's twine around the chicken's neck area, making sure it is secure.
4. Pull the twine to fasten the wings onto the chickens side.
5. Bring the twine under the breast and cross the string, making sure to pull the breasts taut.
6. Loop the twine under the legs, near the thigh.
7. Pull the string up towards the end of the legs.
8. Criss-cross the legs and tie the string to hold the legs together.
9. Tie the twine in a tight knot to hold the chicken together.