

## ✦ CUTTING

The **Galletto** can be cooked whole, split, cut into half or quarters, or it can be separated into fillets, wings, legs, as illustrated in the following pictures:



**Step 1: Cutting the Galletto in half**



**Step 2: Open the split Galletto**



**Step 3: Galletto cut in half**



**Step 4: Galletto cut in quarters**



**Step 5: Cutting the wings**



**Step 6: Discarding the extremities**



**Step 7: Separating the legs..**



**Step 8: ...following the joints**



**Step 9: We can also separate the legs and the thighs**



**Step 10: Remove the skin from the breast**

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**Step 11: Remove the skin from the breast**



**Step 12: Separate the fillets...**



**Step 13: ...using a knife**



**We have now obtained all the parts of the Galletto and are ready to cook.**



The **very tender fillets**, with no excess fat, are light and very easy to digest, high in nutrients because they are rich in noble protein with a **high biological value**. They can be cooked in a few minutes using the simplest, traditional recipes, maintaining and appreciating their fine and delicate flavour.



The **legs and wings** need a little more time to cook, but either alone or with **fillets** they are ideal both for elaborate recipes and simple, tasty roasts or crispy grills.

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