

Turkey Carving 101

Carving a turkey takes a little practice but once you get the hang of it you will reduce time and waste. Retrieving all the meat off the bones is the key to making your turkey more profitable and remember to use the carcass to make a flavourful soup stock.

What you will need:

- 1 roast turkey
- 1 sharp knife. A boning or carving knife, which has a long, narrow blade or electric carving knife is best, but any very sharp knife will do.
- 2 cutting boards
- 1 fork and/or rubber gloves or silicone mitt (the turkey is hot!)
- 1 platter (or 2), ready to receive carved pieces

1-Place the turkey on a clean wooden board.

Allow the turkey to stand at room temperature for 15 minutes or longer after roasting. The juices will spread through the turkey, making the meat evenly moist. Tenting with foil will help keep the bird warm.

2-Remove the wishbone.

Remove a little skin from the neck-end of the turkey's breast. This will enable you to see the actual turkey meat, so that you can remove the wishbone.

Poke into the cavity with your finger, feeling around for the wishbone. Cut around the V-shaped wishbone.

Grasp the wishbone carefully and remove it from the turkey. Try to avoid damaging the meat or breaking the wishbone.

3-Carve the legs.

Cut along the turkey's hip joint with your knife, letting the leg slowly separate from the body of the turkey. Remove the leg completely from the joint once you view the separation. The joint should snap free. If not, it can easily be cut with your knife. Remove as much meat as you can by carving close to the body, especially near the turkey's back.

Cut the leg at its knee joint. An easy way to find the joint is by feeling with your finger. It should cut easily.

Slice the thigh meat by holding it firmly to the cutting surface with a fork and cutting slices parallel to the bone. This task can be assigned to someone else to save time while you move on to carve other parts of the turkey.

Repeat on the other leg.

4-Carve the breasts.

Cut into the bird alongside of its breastbone.

Angle the knife and cut the meat away from the carcass, cutting through the wing joint. The breast should come easily away from the body.

Repeat for the other side.

5-Slice the breasts.

Cut off the wing tips from the breasts.

Slice the remaining meat against the grain.

