

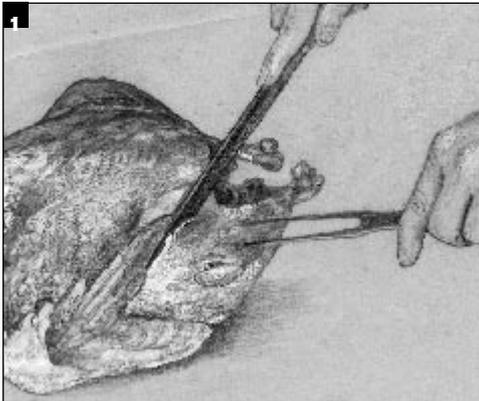
How to Carve Turkey and Goose



Carving a turkey is a simple skill, not an art. Cooking school instructor Katherine Alford offers the following instructions. If you follow them in the order given, the result will be a platter of perfectly cut meat. Although there are couple of options here—you can slice the breast while it's on the bird, or take it off first—the process is straightforward. Use a sharp, eight-inch chef's knife, a large cutting board (put a damp towel

under it to keep it from slipping while you carve), and be careful to follow the contour of the bird. If you locate all the joints, you won't have to exert much pressure at all to separate the sections.

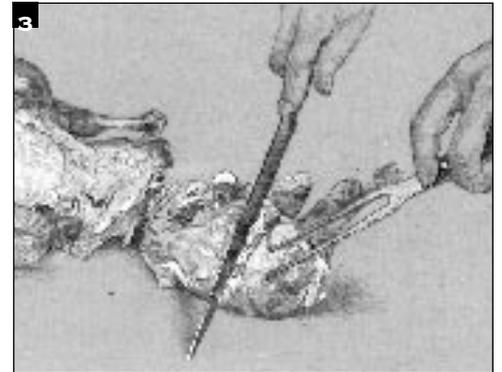
The goose, which has a longer, trimmer shape, is carved in a slightly different manner than a turkey or chicken. See the special instructions in steps 14 through 18. ■



1. Slice the skin between the meat of the breast and the leg.



2. Continue to cut down to the joint, using the fork to pull the leg away from the bird while the tip of the knife severs the joint between the leg and breast.



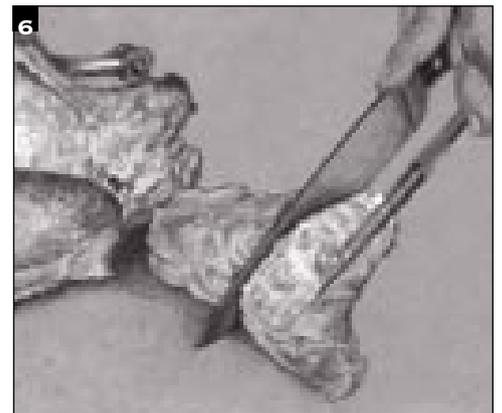
3. Use the blade to locate the joint between the thigh and leg. It's right where the thigh and leg form their sharpest angle.



4. Cut through the joint. If you have properly located it, this should be easy, since you are not cutting through any bone.



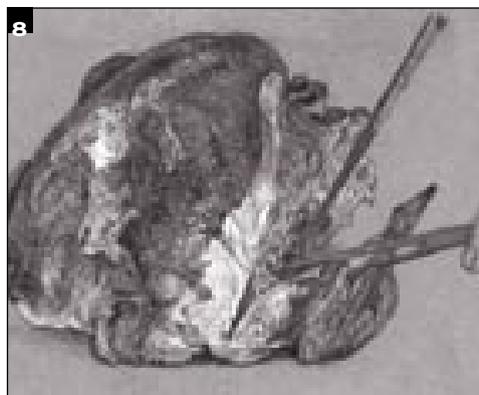
5. Slice medallions from the leg, turning it so you can cut all the meat off.



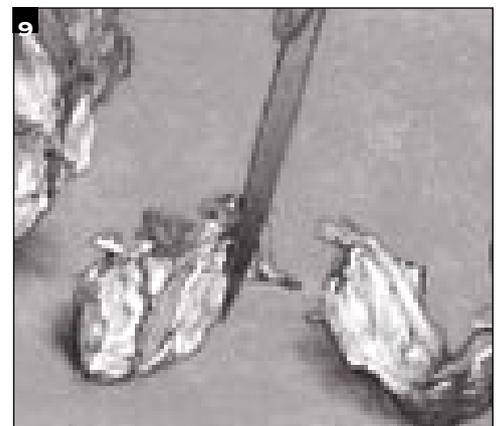
6. Remove the large pieces of meat from the thigh bone.



7. Slice these large thigh pieces, leaving a bit of skin attached to each slice.



8. Cut through the joint between the wing and the breast to separate the wing from the bird.



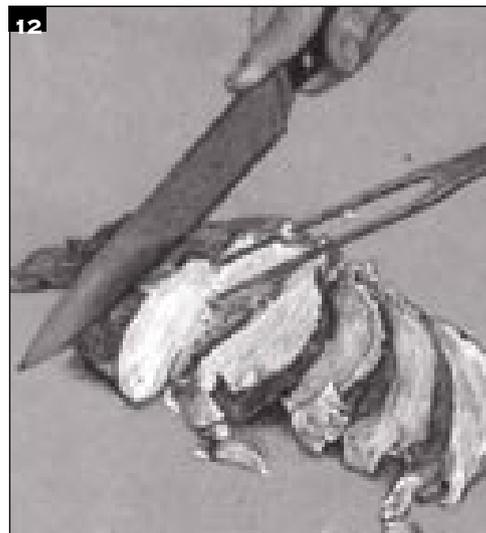
9. Cut the wing in half.



10. With the tip of your knife, cut along the entire length of the breastbone (sternum).



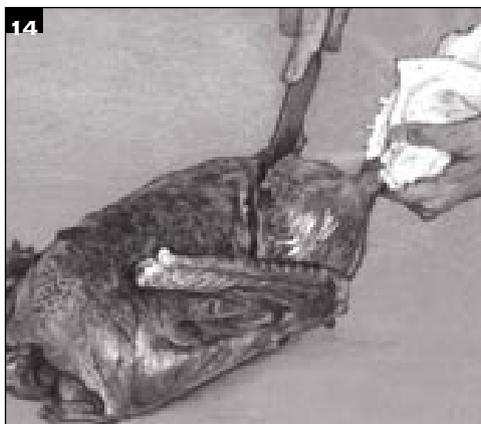
11. Angle the blade of the knife, and slice along the line of the rib cage to remove the entire breast half.



12. Cut thin slices from the breast, slicing across the grain of the meat.



13. Alternatively, you can slice the breast without removing it from the bird.



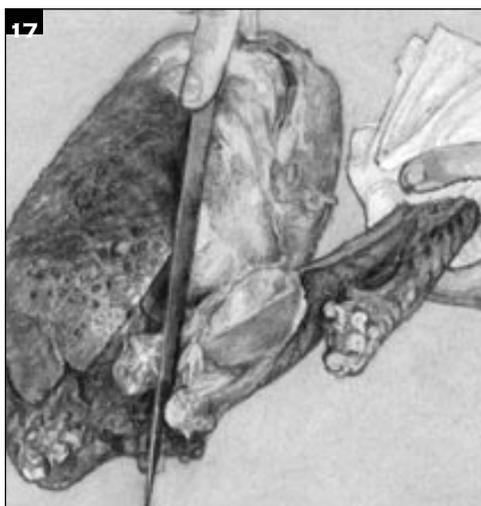
14. The goose thigh is closer to the carcass. To remove it, you must cut around the area where the breast and leg meet. Turn the goose on its side and pull slightly on the leg (hold it with a towel rather than a fork) so that you can clearly see where the muscles meet.



15. Remove the whole leg and thigh, making sure you get the small, delicious, boneless piece called the "oyster" on the bird's back, next to the base of the thigh.



16. Separate the thigh from the leg, and slice the meat off the bone.



17. To remove a wing from a goose, twist the wing outwards to find the joint. It's tucked further under the breast than it would be on a turkey.



18. Although a goose breast is longer than that of a turkey, it is carved by the same method, either by cutting it away from the sternum and ribs (see steps 10 and 11, above) and slicing as shown, or by carving it in place (step 13,