

How to Remove and Store Meat from a Turkey



TIP: I used to do just about anything to avoid having to remove the meat from a turkey myself, but now that I know how to do it as efficiently as possible, I don't mind it at all.

Required Time: 5-15 minutes depending on turkey size and amount of leftover meat

Needed

Cooked Turkey

Bowl (large enough to contain leftover turkey meat)

Sharp Knife

Cutting Board



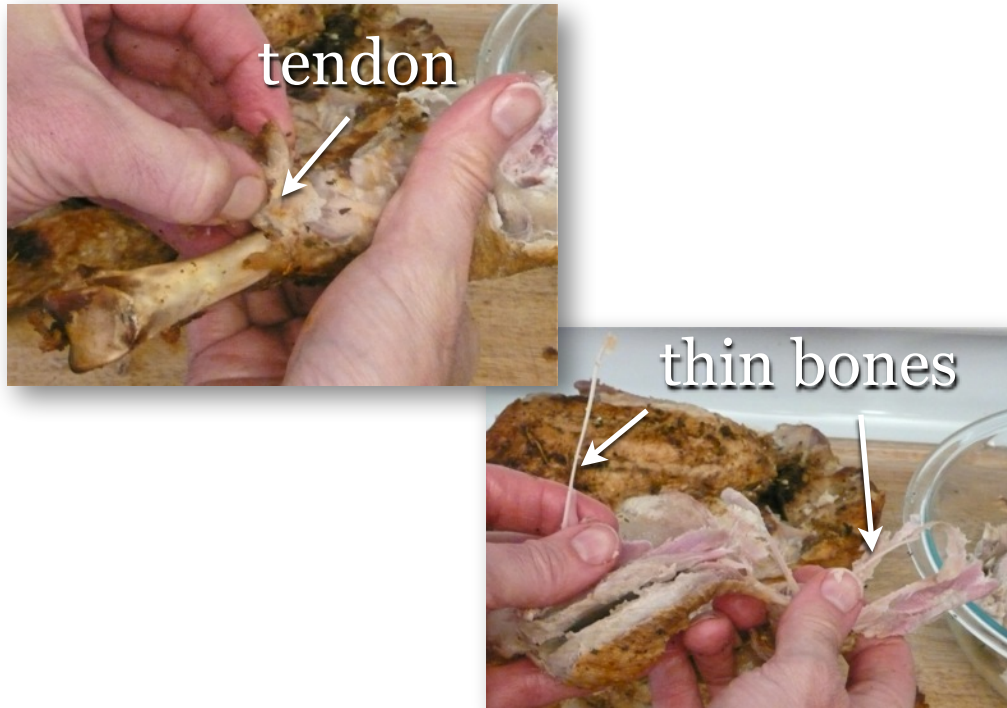
1. Start by pulling off **legs** and **wings** still on the **turkey body**. (Starting with the **legs** and **wings** will make it easier to remove the **breast meat** later.)



Remove the **skin**.



Pull as much **meat** from the **leg** and **wing** **bones** as possible, making sure to remove **tough, rubbery tendons** in the **leg** and **thin bone pieces** in both the **legs** and **wings**.



2. Remove the **breast meat** by making a cut along side and close to the **breastbone**, and then...



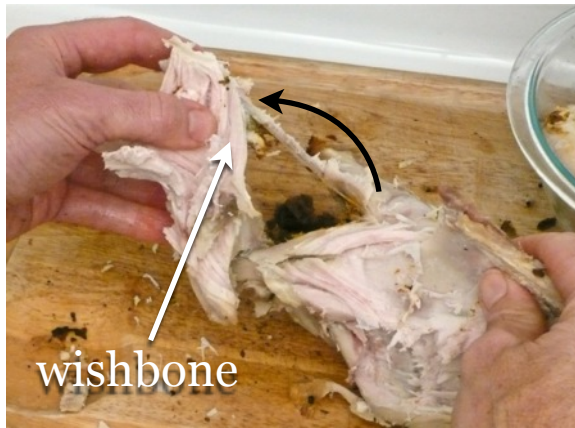
...pulling the **meat** away from the **turkey** **body** so that what you have looks about...



...like this.



3. Pull the **meat** from the **neck**. This is where the **wishbone** (the turkey's collarbone) is found.



Pull as much **meat** from the **body** as you can until...



...the **turkey carcass** looks about like this.



4. For easy storage, put the **turkey meat** in a sturdy plastic bag.



Squeeze as much air from the bag as possible, especially if you're planning to freeze the **meat**, and seal the bag closed.



Store the **meat** either in the refrigerator for up to 1 week, or...



...in the freezer for at least 1 month.



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