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Utah Turkey Barbecue

unknown unknown
Utah State University Extension

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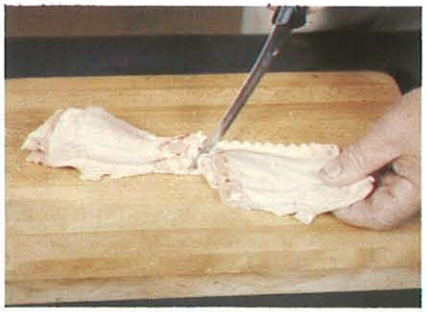
HOW TO BONE OUT A TURKEY STEP BY STEP

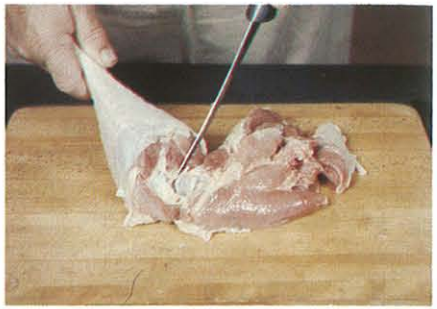
Remove crop and neck skin. Keep for soup pack.

Remove wing by cutting meat around base, then through joint.



Disjoint wing by cutting skin around joint. Force knife through joint.

Cut around base of leg. Pop out hip joint. Pull leg from carcass.



Separate drumstick and thigh by cutting diagonally across joint.

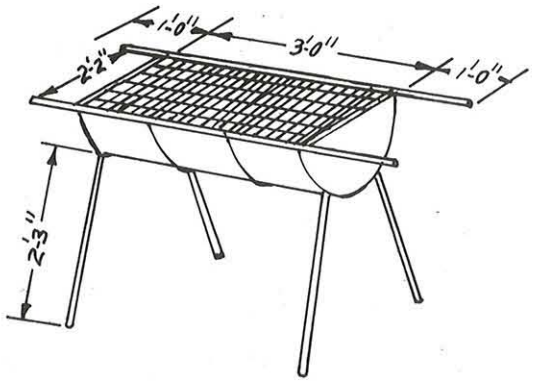
Bake these: Drumstick and thighs.

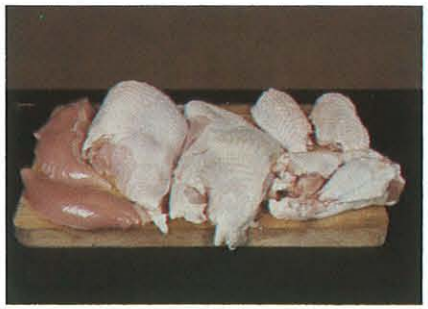
Debone thigh by cutting meat away from bone.

Cut along each side of breast bone.

Starting at front, peel breast meat from carcass.

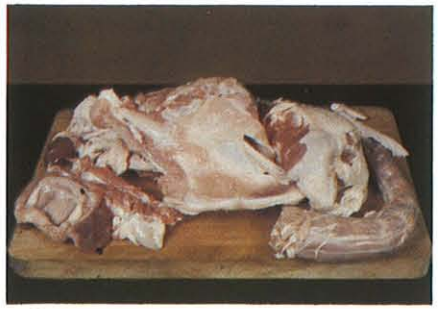
Simple, portable barbecuing equipment can be made from 50-gallon oil drums cut in half lengthwise. Equip with removable one-half inch galvanized conduit pipe legs. Grill is made of heavy wire mesh placed over top of drum as shown.





Barbecue these: Wings and breast.

Bake these: Drumstick and thighs.



Soup stock from these: Giblets, neck, and carcass.

FOLLOW THESE STEPS IN PREPARING YOUR TURKEY FOR COOKING

Whole body turkeys are a source of economical meat for consumers.

Consumers can purchase whole body birds at very reasonable prices, disjoint the bird at home and prepare the different parts in many delicious ways.

A frozen turkey, when properly thawed, can be sectioned into parts and some of the parts refrozen for later use. Just follow these simple steps:

To Thaw: Leave turkey in original bag and place on tray in refrigerator. This will require 2 or 3 days, depending on the size of the turkey. Section turkey when there are still ice crystals in center of meat.

Sectioning: Follow picture demonstration.

Packaging Section Parts: Use heavy weight freezer bag. Press out air and seal.

Refreezing: Taken from USDA Bulletin No. 70—"Home Freezing of Poultry". "Frozen raw or cooked poultry that has thawed may be safely refrozen if it still contains ice crystals or if it is still cold — about 40° F. — and has been held no longer than 1 or 2 days at refrigerator temperatures after thawing. Thawing and refreezing may lower the eating quality of the food."

Barbecuing: The breast meat is the most suitable for barbecuing, but the wing section and boned-out thigh meat may be used. Soak meat in marinating sauce two hours or longer. Place charcoal briquets in a pile in pit and saturate briquets with solvent and allow to stand for 1-2 minutes and then ignite. Solvent may be available at most gas stations or use commercial lighting fluid. Allow approximately 20 minutes for solvent to burn and grey ashes to appear on outside of briquets. Scatter briquets evenly in pit. Place marinated turkey meat on grill, skin side up. Baste meat with marinating sauce each time the meat is turned. Rotate about every 5 to 15 minutes or as needed to avoid burning of meat. Cooking time will vary according to size and thickness of pieces. Cook until thickest part changes from pink to whitish appearance. To avoid dryness, don't overcook. Cooked turkey can be placed back in marinating sauce and kept hot until time to serve. Breast meat can be sliced crosswise for serving. One pound of barbecued turkey will serve approximately 3 people.

BARBECUE SAUCE

2 parts lemon-lime type soda water
1 part soy sauce
1 part cooking oil
Optional:
Garlic powder—¼ Tsp. per quart
Horse radish powder—½ Tsp. per quart
Make enough marinade to cover meat.

Baking: The meat can be baked or roasted in the oven at 350° F. Meat is done when the thermometer registers 170° F or when drumstick feels soft when pressed with thumb and forefinger.

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(10M/8/83/CPN)

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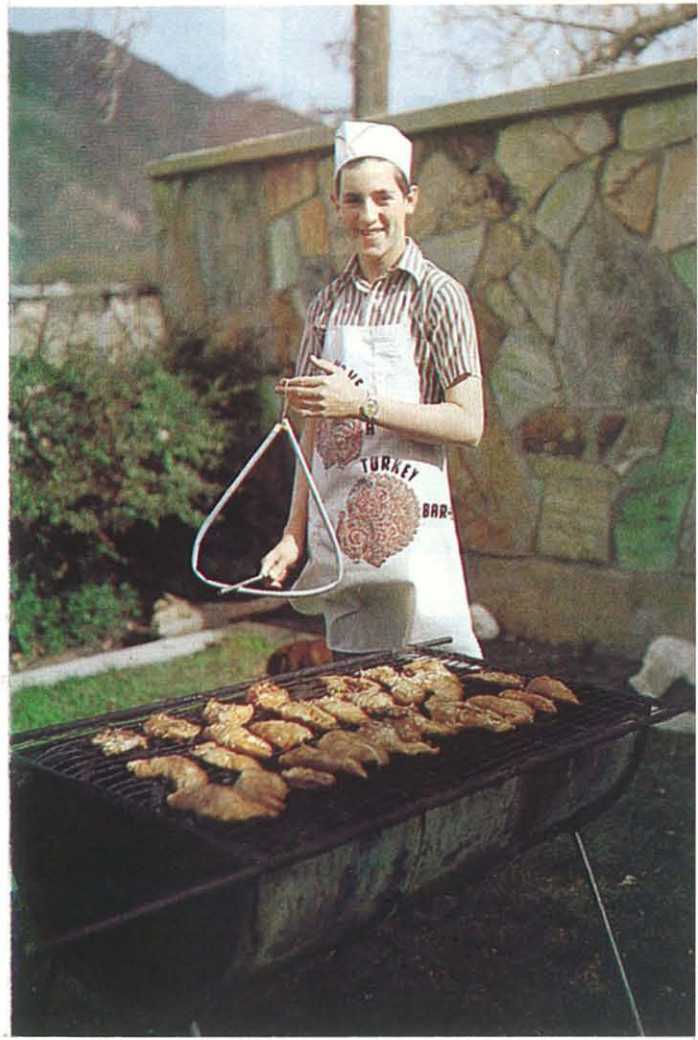
UTAH TURKEY BARBECUE