



## BODY AWARENESS

### TURKEY PHYSIO

#### Turkey anatomy made simple

It's holiday season and you are probably thinking about what to serve to your guests. A turkey is always festive and feeds many people, so it is frequently seen on the dinner table during this time of year. Carving a large bird such as the turkey can be challenging. There are several techniques that people use. I have tried various ways, but have found the method I use to be the best, especially if you want to wow your guests with a beautiful presentation.

I am fortunate because my knowledge of anatomy (human not turkey) enables me to understand the joint articulations and muscle attachments. I will share this knowledge with you so that you too will have a better understanding of the holiday bird.



Wow your guests with a beautiful presentation!



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### How To Carve A Turkey

Allow the bird to rest 20 minutes before slicing.

**Step 1** - Remove the legs by cutting through the hip joint.

**Step 2** - Remove the wings as they meet the breast.

**Step 3** - Slice along the breast bone



removing the entire breast from each side.

**Step 4** - Place the breast on a cutting board and slice it with the flat side down. This makes it easy to produce clean, even slices.

**Step 5** - Dissect the thigh bone from the thigh. Place the thigh on the cutting board, you may need to form it into a proper shape, and then slice it evenly.

**Step 6** - Arrange the sliced pieces on your favorite platter.