

University of Nebraska - Lincoln

DigitalCommons@University of Nebraska - Lincoln

---

Historical Circulars of the Nebraska Agricultural  
Experiment Station

Extension

---

10-1947

## Turkey Steaks

I. L. Williams

H. L. Wiegers

Follow this and additional works at: <https://digitalcommons.unl.edu/hcnaes>



Part of the [Agriculture Commons](#), [Food Processing Commons](#), and the [Home Economics Commons](#)

---

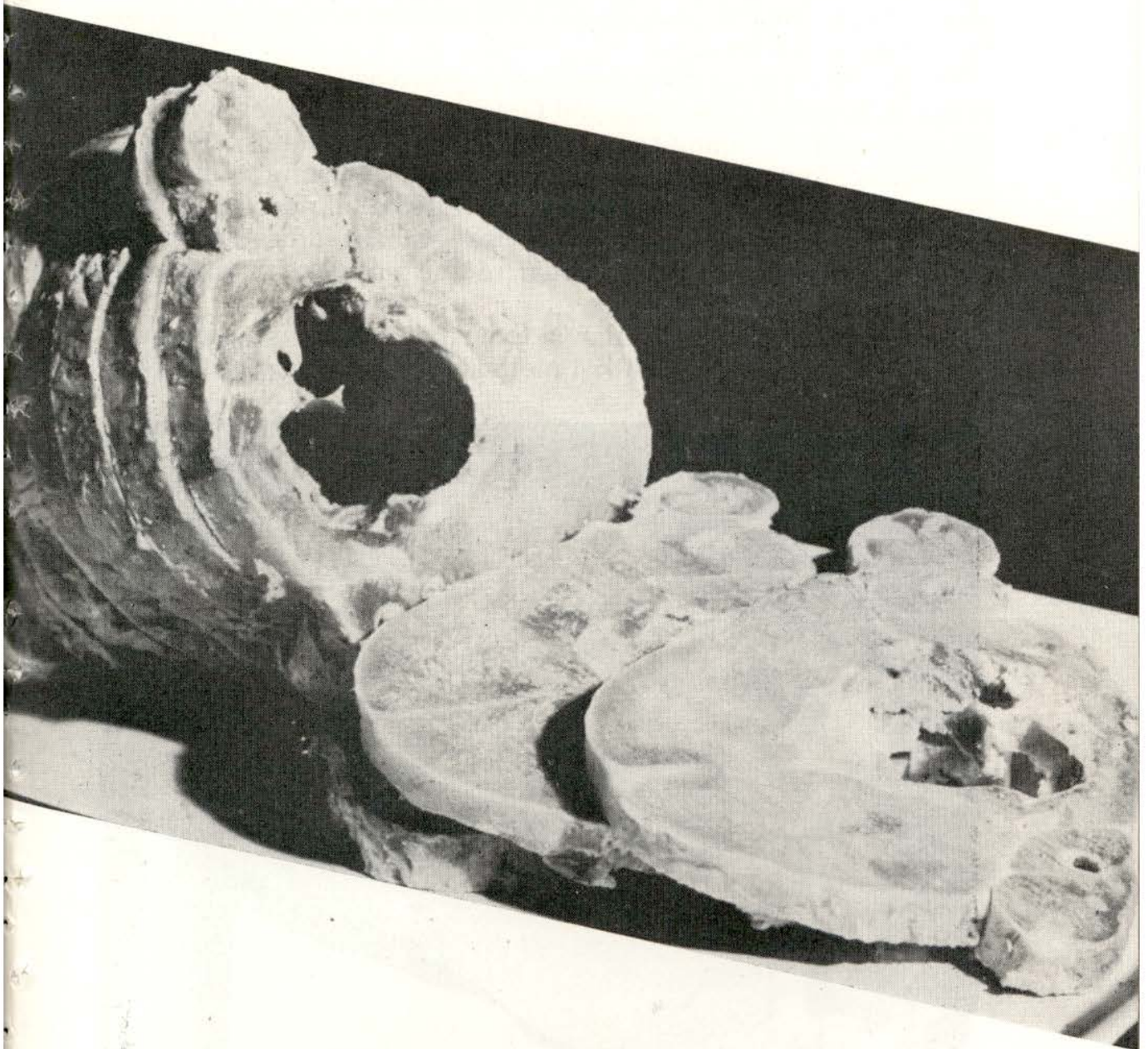
This Article is brought to you for free and open access by the Extension at DigitalCommons@University of Nebraska - Lincoln. It has been accepted for inclusion in Historical Circulars of the Nebraska Agricultural Experiment Station by an authorized administrator of DigitalCommons@University of Nebraska - Lincoln.

Circular 84

October 1947 (5M)

# *Turkey Steaks*

*I. L. Williams and H. L. Wiegers*



The Experiment Station

University of Nebraska College of Agriculture

W. W. Burr, Director, Lincoln, Nebraska



# *Turkey Steaks*

I. L. WILLIAMS AND H. L. WIEGERS  
Poultry Husbandry Department

**T**URKEY MEAT rates high in popular esteem. Even more turkey would be used if portions of a convenient size were available for roasting and frying.

Frequently a price differential of as much as 15 cents per pound exists in favor of 12 to 15-pound Grade A young turkey hens over the same quality young toms weighing over 24 pounds. Consumers will no doubt accept these prime Grade A young toms if portions of a convenient size are made available. Experience in the preparation and merchandising of turkey steaks indicates that this may be the most logical solution of the problem of marketing large turkeys.

The purpose of this circular is to acquaint growers, processors, retailers and consumers with a method of preparing large turkeys

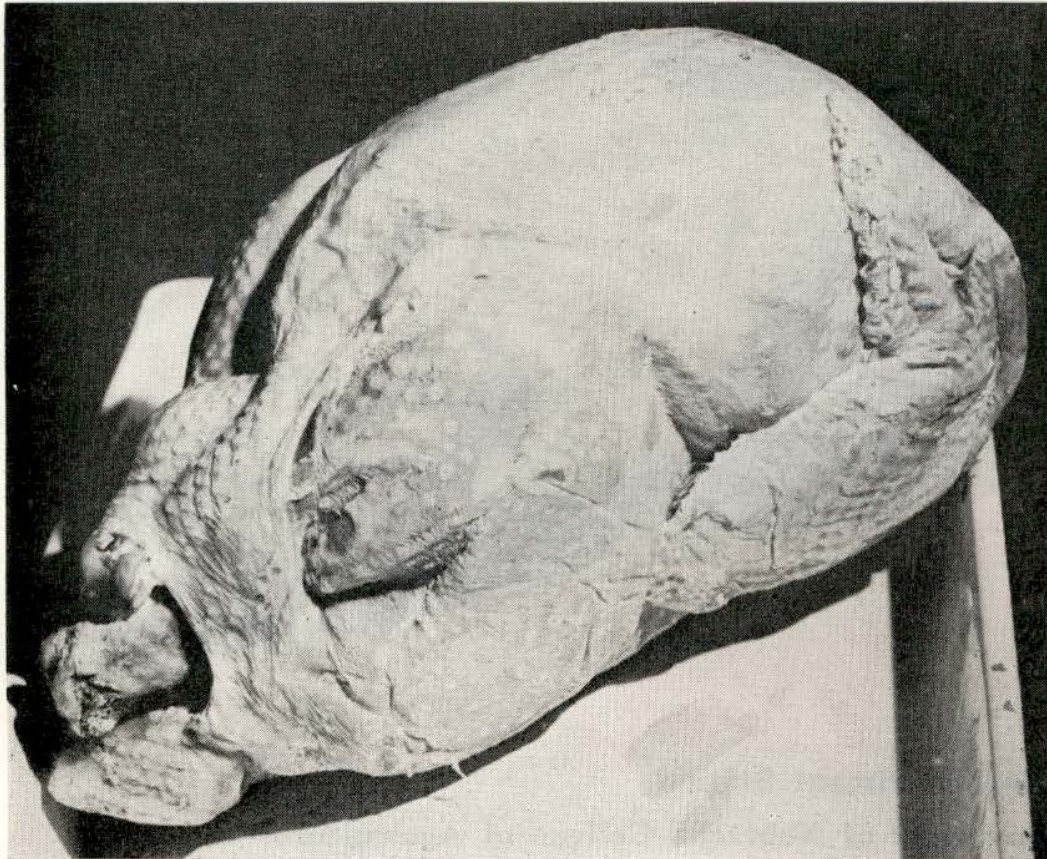


FIG. 1.—A turkey carcass ready for freezing and cutting into steaks.



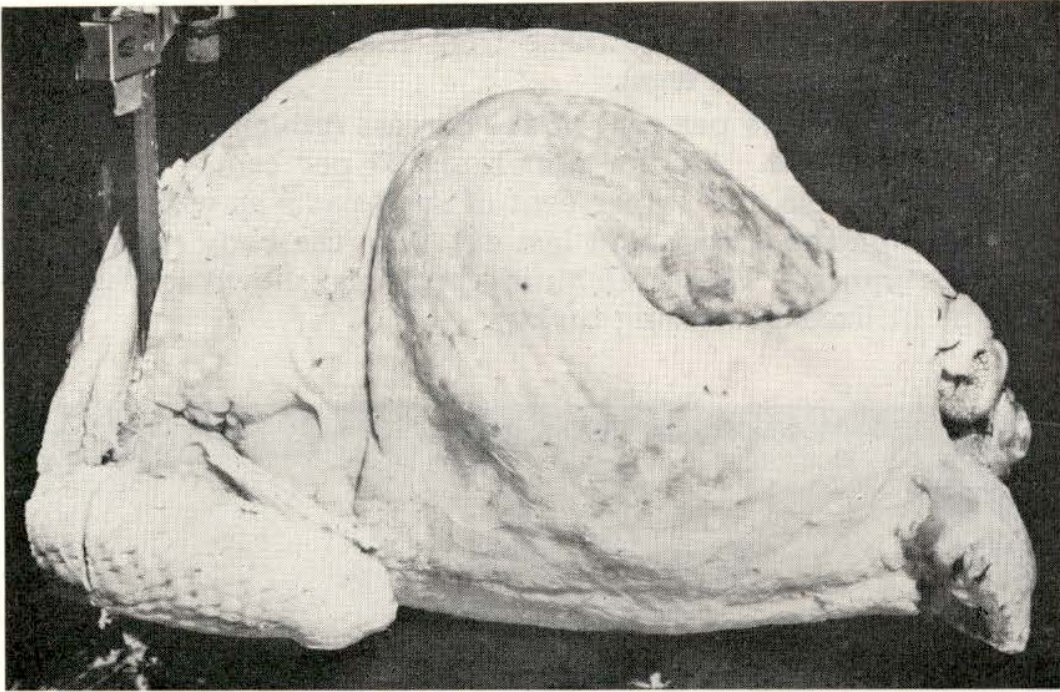


FIG. 2.—The position of the turkey when cutting into steaks with power driven band saw.

in such a manner as to promote the highest degree of consumer acceptance.

A satisfactory method of processing turkeys into smaller portions is as follows:

**Step 1.** Dress and draw the bird as described in Nebraska Experiment Station Circular 85. The finished product is shown in Figure 1. The giblets (neck, heart, liver and gizzard) should not be placed inside the body cavity as they are difficult to remove after freezing.

**Step 2.** Freeze the carcass.

**Step 3.** Saw the frozen carcass into steaks about three-fourths of an inch thick, as shown in Figure 2. Either a hand saw or a power driven band saw may be used. If many birds are to be cut up, a band saw will save much labor. If the birds are extremely large (25 pounds or more), the carcass may be split in half along the longitudinal axis. Then each half can be cut into steaks.

**Step 4.** Return the cut-up turkey to refrigeration.

The picture on the cover shows the bird after the cutting operation has been completed. One steak will provide a serving for



two people. Steaks from the fore part of the carcass are mostly white (breast) meat, while those from the hind part are mostly dark meat (thighs and legs).

Approximately 75 per cent of the carcass (giblets included) can be cut into steaks. Of the remaining 25 per cent, 10 per cent consists of giblets and 15 per cent of such parts as wing tips, the first cut from the breast, and last cut from the body (tail section and hock joints). These remaining portions, shown in Figure 3, could be utilized as stewing turkey.

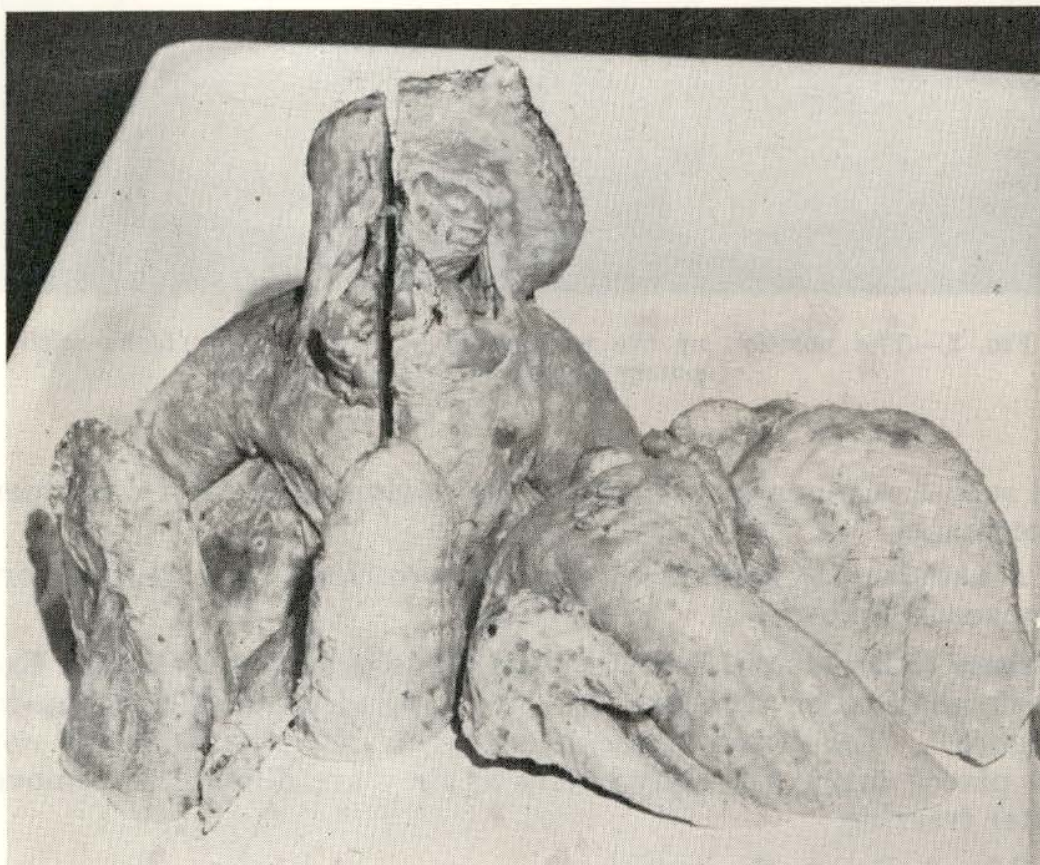


FIG. 3.—This 15 per cent of the carcass is unsuitable for steaks but could be utilized as stewing turkey.