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1939

THE CARVING OF FOWL AND MEAT

Expert carving is an accomplishment that will add much to the graciousness and charm of dining. Practice alone brings perfection in the art of carving. For satisfactory carving, sharp tools are essential. The knife should be sharpened on the steel immediately before using, but this should be done in the kitchen.

Carving of Fowl

A fowl that is well cooked is tender and carves easily as all the joints are loosened. To carve turkey or chicken, place with the neck to the left in front of the host. The carving knife and serving spoon are placed at the right of the platter and the fork at the left. Take the fork in the left hand and put it into the breast of the fowl to keep it firm on the platter. With the knife in the right hand, separate the leg and thigh from the nearest side, bending the thigh away from the body so as to disclose the joint before cutting it free. Separate thigh and leg joint end. Separate the wing in the same manner.

Cut the breast in thin slices cutting across the grain on the slant from the breast bone down toward the wing. Serve both light and dark meat with dressing on each hot plate unless the preference of each guest is known. If more meat is needed, carve the other side in the same manner.

If the platter is small, a warmed plate may be placed beside the platter, and the carved meat transferred to it. If back and breast pieces are served, sever at ribs and split each piece in half through center back.

Carving of Meat

Beef. Meat, except beefsteak is cut across the grain. To carve beefsteak, separate the meat from the bone by cutting along the edges of the bone with the point of the knife. Beginning with the wide or bone end of a steak, it is cut into sections about an inch wide, depending on the number to be served. Serve a small piece of tenderloin and a small piece of the wide portion.

The standing rib roast is placed with the cut surface on the platter with the ribs protruding to the left of the carver. The carver either grasps the uppermost rib with the left hand or he may steady it by thrusting the fork into the thick center of the roast. Very thin slices are then carved horizontally until the knife comes to the bone. When several slices have been cut the point of the knife is drawn along the edge of the bone to separate the slices from the ribs.

The rolled rib roast is placed with the cut surface on the platter and is held by inserting the fork just below the slice that is next to be cut. The rolled roast is held in place by cords so only one cord is cut at a time as it is reached in carving. Loosen the cords with the fork. The slices are cut horizontally and very thin.

Pork. A whole ham is seldom carved at the table. However, when this is done, the ham is usually placed on the platter, fat side uppermost, with bone end to the right of the carver. The center slices are the most desirable and are the ones served. Make the first incision at the large end with the knife just ahead of the aitchbone and cut down to the bone. Cut several slices, then run the knife along the bone to release the several half slices. For a second serving, turn the ham over and cut the same way.

Loin roast. When this roast is purchased at the market the backbone should be separated from the ribs. Thus the backbone may be removed after the meat is cooked before it is taken to the table. It may then be sliced evenly.

Veal. The loin of veal is carved in much the same way as described for pork loin roast.

To carve a tongue, cut it across in wafer-like slices. The center of the tongue is the choicest portion.

Lamb. The method for carving a leg of lamb is much the same as for carving a whole ham but the slices of lamb are cut thicker. Another method is to begin at the right end of the leg but cutting straight down to the bone, making a thin slice at an angle about thirty degrees.

Crown roast. The divisions between the chops are clearly indicated so it is only necessary to cut the pieces of equal thickness. Care is taken to serve portions of the dressing which fills the roast with each portion of meat served.

(Prepared by Mabel Doremus, State Extension Agent, Foods and Nutrition.)

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