

Pukeko Breasting – Easily!



This easy breasting method involves;

1. laying a dead pukeko (preferably warm) breast down on the ground with its legs stretched out towards you
2. place a booted foot on each of the pukeko's legs with your weight firmly pinning the birds legs to the ground
3. bend down and grab each wing base as close as to the body as possible
4. while still bent over, hold tightly to the wings then when ready stand up while still gripping the wings

What you should have is two wings and a pair of skinned pukeko breasts in your hands and the remains of the bird at your feet. Quick simple and clean !!

5. to finish the job use your knife to separate the wings from the breasts
6. place the breast meat in your chilled esky or ventilated bag (not plastic bags) enabling the meat to set (not sweat)
7. dispose of the remaining carcass appropriately
8. tidy the meat later ready for freezing

Sometimes you may have some difficulty pulling the breasts and wings off easily. This is easily rectified by placing a couple of knife cuts just below the rib cage and then repeating the above process.