

# Breasting Parries - Quickly



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The Paradise shelduck is the second most harvested game bird in New Zealand and many hunters, both experienced and new to the sport, are always keen to learn alternative methods of utilising their quarry after the shot.

Breasting parries is the most common method of extracting their prime meat, but many hunters struggle or use slow methods to clear the feathers and skin to enable easy breasting.

An easy method of clearing the feathers and skin, enabling breasting is as follows;

1. lay your dead parrie on the table / ute tailgate, breast up and firmly hold onto the bird
2. using a knife / sharp object, puncture a hole through the skin at the junction of the breast and neck (photo 1.)
3. use one hand to hold firmly onto the head, then insert the other hand's middle fingers into the created hole and pull this hand towards the rear of the bird while holding onto the peeling skin and feathers (photo 2.)
4. ensure you pull the skin and feather coat right back to expose the entire breast meat area (photo 3.)
5. now the breast is exposed, use your knife to separate the meat from the bone plate (photo 4.)
6. tidy the meat and wash ready for freezing
7. dispose of the remaining carcass appropriately.

Once you've done this method a couple of times I'm sure you'll be hooked on both the ease of the method, and its cleanliness. I recommend you give it a try.

*By John Meikle, Fish & Game Officer*