

What's cookin' Doc?



Modified Dewey Breasting Method

Many people dislike cleaning the birds they have shot, for the simple reason that they don't know how. Here's how:

The best method of cleaning game birds is to breast them in the field or immediately after returning home. The Modified Dewey Method is fast and easy. With practice, small birds (rockies, quail and partridge) can be done in 30 seconds each; larger birds (ducks, geese and guineas) take a little longer and a sharp knife or pruning shears help to remove the wings and detach the breast bone. The rest of the bird has very little meat.



1. With the breast towards you and the legs pointing down, pluck a small patch of feathers out of the breast area, then make a small nick in the skin. Then peel back the skin, complete with feathers, from the breastbone with your thumbs while holding the legs. This leaves the breast neat and clean. With duck or geese you have to skin most of the breast with a sharp knife.
2. Insert your thumb deep under the breastbone, grab the breast and with the other hand grip the rest of the bird. Pull the breast upwards and away from the rest of the bird, peeling away some last bits of skin and feathers.
3. Now snip off the breast from the rest of the body with a pair of sharp garden shears as shown above left. This minimises inadvertent tearing of the breast meat, and if you are cleaning duck or geese, the sinews are too strong to detach the breast by hand alone.
4. You end up with the neat, skinned breast in one hand and the rest of the carcass (guts, back and legs in one piece) in the other hand — ready to discard into your trash bag.
7. Rinse feathers & blood from breast with water and place in plastic bag ready for freezing or cooking. —Dick Dryer

NOW YOU SEE IT



NOW YOU DON'T



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