

Practical notes on trussing poultry for the table and market / [W.B. Tegetmeier] ; presented by W. Bellamy.

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PRACTICAL NOTES
ON
TRUSSING POULTRY
FOR THE
TABLE AND MARKET.

(Reprinted, by permission, from Tegetmeier's "Poultry for the Table and Market.")

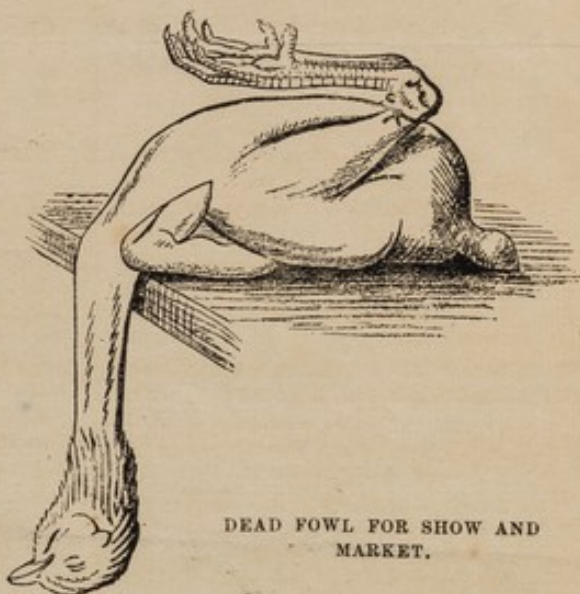
PRESENTED BY W. BELLAMY,
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No trussing should be allowed at a show of dead poultry. The hocks should be merely tied together, and the fowls shown without the breast-bone being broken, as seen in the engraving.

All fowls should be shown in precisely the same manner, "plucked," but not drawn or trussed. They should be displayed on a raised shelf, with the head hanging down in the position represented.

The second engraving represents a fowl as trussed for roasting according to the plan pursued for the table of the highest lady in the land. The manner in which this is done is so superior to that ordinarily adopted that it is worth a

detailed description, the mode of operating being that which is followed by the first-class West-end poulterers. The dresser takes the dead fowl, and cuts across the skin at the back of the neck, about $2\frac{1}{2}$ inches from the body. The knife is then passed under the skin, down towards the junction of the neck with the body, making a flap out of the skin of the back of the neck. This exposes at once the bones of the neck, which are then cut across where they join the body. The crop can

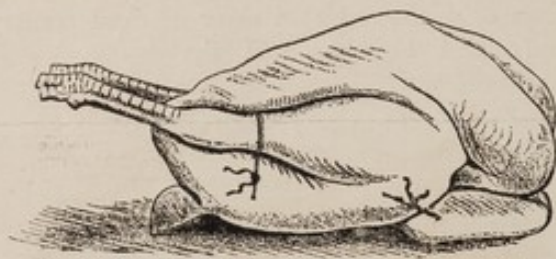


DEAD FOWL FOR SHOW AND
MARKET.

then be readily extracted, and the skin of the front of the neck quite cut across, when the head and neck are at once removed.

What may be regarded as a great improvement in the preparation of a fowl for the table is often followed. This improvement consists in the removal of the merrythought, which is done almost with a touch, the point of the knife passing between it and the flesh of the breast, when it may be taken away without even the smallest quantity of meat being attached to it. The object gained in the removal of this bone is to allow the flesh of the breast to be cut away more conveniently, and in longer slices, in carving.

After the removal of the head and neck, the finger is passed into the interior of the body, and all the structures that can be reached by it are loosened, the finger being passed round the interior as far as possible; this should be thoroughly done. The fowl is then rested on the table, tail upwards, and a somewhat deep and large incision is made straight across the body, between the tail and vent. This cut enables the finger of the trusser to be placed round the bowel, a loop of which is pulled out, and the knife, being placed under the loop, cuts out the vent without the



FOWL TRUSSED FOR ROASTING.

slightest difficulty, leaving an opening sufficiently large to enable the fingers to be passed into the interior to seize hold of the gizzard, when, if the loosening in the front has been properly accomplished, the whole of the interior of the fowl, including the intestines, liver, lungs, and heart, are drawn away in one mass. This method of operating is much more expeditious, more cleanly, and infinitely more workmanlike than that usually followed. Should the fowl have been one of extreme fatness, a little rolling of the body under the hand before beginning to draw it suffices to loosen the gizzard from the large mass of abdominal fat which is occasionally present in the interior.

To complete the trussing of the fowl in the manner shown in the figure, a trussing needle 8 inches long, threaded with thin strong string, is requisite. The legs being brought into the position shown in the drawing, the needle is passed through the leg, close up to the joint, then through the body and the leg on the other side, and pulled out; the fowl is then turned over, and the needle, still carrying the string, is passed through the joint and the pinion of each wing, when it comes out close to where it was first put into the fowl, and the two ends of the string are tied tightly

together, keeping the legs and the wings in position. To secure the ends of the legs, the needle, with the string attached, is passed through the body close to the backbone, over the leg, and back through the body under the end of the breast-bone. It is then tied, and the fowl presents the appearance shown in our figure, the knots in the two strings being shown. The ends of the toes are cut off, and it is customary with the best poulterers to remove the extreme point of the pinion and the small fold of loose skin which is attached to it before trussing, in order to prevent these becoming scorched in cooking.

It is needless to speak of the superiority of this mode of trussing over that usually adopted. No skewers, which have to be removed before it can be served on the table, are left in the fowl, nor are any large incisions made in the flesh, letting out the goodness of the meat. The strings that are used are cut and drawn away without trouble, and do not interfere with the carving of the fowl. It is needless to say that the breast-bone should never be broken, as it is impossible to carve a bird satisfactorily when that has been done.

The ease and rapidity with which a fowl may be prepared for roasting



FWL TRUSSED FOR BOILING.

in this manner is remarkable, and its neat and attractive appearance not the least advantage.

The preparation of a fowl for boiling is usually performed in a somewhat more intricate manner. The method adopted is somewhat different, and is represented in the engraving.

The fowl, when taken in hand after having been plucked, is, in the first instance, treated as one required for roasting. The extreme tip of the wing and the thumb pinion are cut away, as well as the loose strip of skin along the under side of the wing, which is left after the removal of the quill feathers. The proper mode of removing the neck, crop, and merrythought, and drawing the fowl, is the same in trussing for boiling as for roasting, but the subsequent proceedings are very different.

The fowl having been drawn, the fingers are passed from behind under the skin at the side of the breast, which is separated and loosened from the flesh round the joints of the leg, right down to the hock. This is done on both sides, and so effectually that by laying hold of the shank the fleshy part of the leg can readily be pushed up under the skin, but before

this is done, a cross cut is made at the back of the leg 1 inch above the hock, and another about $1\frac{1}{2}$ inches below the hock, but this is made in the front. These cuts are for the purpose of dividing the sinews and enabling the foot to be twisted right round, so as to come at the back of the fowl. Then, holding the foot in the hand, the hock is pushed through the first cut made in the skin, which is drawn down over it, and it disappears altogether from view. The shank is then cut across where it projects beyond the skin, and the foot is in this way removed, and, the hock being under the skin, no portion of the leg is visible. The fowl is then turned over, and it is customary to crack the shoulders by striking them between the wings and the spine with the back of the knife. This enables the wings to be brought closer to the body when the trussing is completed.

The long trussing needle, which is threaded with fine string, is then passed through the leg at the back of the knee from one side, and through the corresponding part of the leg on the other, and through the pinion and joint of each wing. This brings the string to the same side where the needle was first passed through the leg, and the two ends are tied tightly together, thus securing the legs and the wings firmly to the body with one tie, as is shown in the left hand side of the figure. In order to secure the ends of the legs which are thrust under the skin a second string is passed through the body above the hock (which must be felt for, as it cannot be seen), then under the breast-bone to the hock on the opposite side, and brought round behind the back and securely tied. The tail is then, as it were, pushed into the interior of the body, and the fowl, ready for boiling, appears as is shown in the figure.

The description may appear to include numerous details, but it is not difficult to follow the steps with a fowl in hand, and once learned it is not easily forgotten.

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