

## **Roy's Wild Turkey Bone Soup**

In furtherance of our bone broth topic, and making the most of every harvest, let's talk wild turkey carcass soup! I assure you, once you make a pot, you will never throw your turkey bones away again. To start, for a number of reasons I always skin my wild turkeys just too much work to pluck, and zero fat on the skin anyway. Additionally, I often preserve the hide for a hunter's first turkey trophy or to make turkey decoys. Once the bird is skinned, remove the breast meat from the bone with a filet knife or other fine blade scalpel-type knife. The two individual breasts can be rinsed and frozen separately for later meals. Next, remove thighs and drums from the carcass taking care to get as much thigh meat as you can with them. Lastly, remove the drum from the thigh at the joint. At this point, you can freeze the thighs separately (they are delicious on the BBQ), or add them to your soup. I leave the skinned wing bones and meat attached to the carcass. Now that you have your meat removed, go inside the carcass and remove the guts. Then give the carcass a good rinse inside and out. I save the heart, gizzard and liver for soup stock. Some are not into offal, but I think it takes the soup up a notch, and I hate waste.

Now let's get cooking! Preheat oven to 425 degrees. Line a large cookie sheet or deep broiling pan with foil. Evenly spread your cubed vegetables, one onion and chopped garlic on the sheet and place carcass on top. Spray or drizzle about a half cup of olive oil over the vegetables, carcass and drumsticks. Season with salt and fresh crushed black pepper. Place pan in oven for about 25 to 30 minutes, rotating the carcass and stirring vegetables after 15 minutes. While the carcass is in the oven, chop two medium-sized onions, two cups of celery and four to six cloves of garlic. On the stove top, use an 8-quart pot to brown the above in ¼ cup olive oil on medium to high heat till tender, add chopped heart, liver and gizzard, if you choose, and simmer till brown. Remove carcass and vegetables from oven and add to a large pot along with sautéed onions, celery and garlic. Add tomato sauce and cabbage, then enough water to cover bones and vegetables (leave at least an inch below the rim of your pot). Bring to a boil, and then reduce to simmer for 6 hours. After completed, remove bones from pot—do your best to remove the drumstick whole and allow to cool somewhat to separate meat from bones. Wild turkey drumsticks are notorious for many small bones. Take care to remove as many bones as possible. I still give the admonishment: "Watch out for bones," with every bowl I serve! Add three cups of precooked rice or pasta, return meat removed from bones, give a stir, and it is ready to serve. I like to serve the soup with a bit of fresh grated parmesan cheese and a squeeze of fresh lemon. Salt and pepper to taste, add a slice of toasted sourdough bread, and you are golden!

Enjoy!

## **INGREDIENTS:**

One (1) wild turkey carcass  
One (1) head of cabbage chopped  
Four (4) medium large carrots sliced or cubed  
Three (3) medium onions chopped  
Two (2) cups chopped celery  
Six (6) cloves of garlic chopped  
One (1) cup sliced mushrooms  
One (1) parsnip cubed  
One (1) turnip cubed  
One (1) rutabaga cubed  
Three (3) bay leaves  
One (1) teaspoon salt  
One (1) teaspoon crushed black pepper  
One (1) quart / 32 ounces tomato sauce / or better yet roasted pureed garden tomatoes  
Three (3) cups precooked pasta or rice