

Name: _____

Period: _____

Poultry

Guide to Good Food-Chapter 20 (pages 337-342)

Poultry - any domesticated bird. Examples: Chicken, turkey, goose, duck, guinea hen, Rock Cornish hen and pigeon.

Nutritional Value of Poultry:

- ↑ Contain high-quality proteins
- ↑ Good source of phosphorus, iron, thiamin, riboflavin and niacin.
- ↑ Fat varies:
 - ← Older birds have more fat than younger
 - ← Dark meat is slightly higher in fat than white
 - ← Turkey and chicken are lower in total fat and saturated fat than most red meat
 - ← A lot of fat is located just under the skin, removing the skin will reduce fat content
- ↑ Chicken and turkey can be flavored and processed to resemble hot dogs, ham and other meats. (However a large percentage of calories are still coming from fat)

Buying poultry:

- ↑ Inspection and Grading of Poultry
 - ← If sold across state lines must be federally inspected for wholesomeness
 - ▢ Bird was healthy, processed under sanitary conditions and labeled correctly
 - ← Graded voluntarily for quality
 - ▢ Retail level - U.S. Grade A - full-fleshed and meaty with well distributed fat, few blemishes and pinfeathers
 - ▢ Grade B and C - usually used in processed products
- ↑ Buying Fresh and Frozen poultry.
 - ← Most fresh and frozen are young birds and suitable for all cooking methods
 - ← May be purchased in a variety of cuts
 - ← Generally will need _____ pound of poultry per serving
 - ← Turkey and chicken have light meat (mild flavor) and dark meat (stronger flavor)
 - ← Ducks and geese have all dark meat (tender and flavorful)

←When buying poultry.... (Page 337)

- A. Choose birds with meaty breasts and legs-well distributed fat and blemish free skin
- B. Choose the type and amount that will suit your intended use
- C. Look for frozen birds that are solidly frozen
- D. Beware of dirty & torn wrappers & freezer burn (pale, dry frosty areas)

Buying Processed Poultry Products:

- ↑Available canned (cheaper than fresh or frozen)
- ↑If used in processed poultry items read label.
 - ←"turkey breast" or "chicken leg" - meat as well as the skin with fat has been used
 - ←"breast meat" or "leg meat" - only the meat has been used

Storing poultry:

- ↑All poultry, except canned, is very perishable.
- ↑Proper storage to retard spoilage and inhibit growth of salmonellae
- ↑Refrigerator Storage - remove store wrapping and rewrap in waxed paper, store in the coldest part and use within 2-3 days
- ↑Freezer storage - rewrap in moisture and vapor proof wrapping, use within 6-8 months, once it has thawed it should not be refrozen
- ↑Canned poultry - in cool dry place; unused portions and leftovers in tightly covered containers in the refrigerator and use within 2-3 days.

Food Science Principles of Cooking Poultry:

- ↑Low temperature and careful timing
- ↑Too high temperature or too long results in tough, dry and flavorless poultry
- ↑Cooking whole bird - internal temperature should be 185°F or drumstick should twist easily; Breast meat will pierce easily with fork and juices will be clear
- ↑Cook until the well-done stage but not overcooked
 - ← Pink color does not always mean it is undercooked; It is a chemical reaction and is not harmful

↑Poultry bones sometimes turn dark when cooked; Indicates freezing of poultry. Freezing damages blood cells in the bones and they change color when cooked. Has no effect on flavor and bird is safe to eat.

Methods of Cooking Poultry:

↻ Always wash the Poultry under cold water and pat dry with paper towels

↓Roasting - internal temperature of 185°F, Stuff the bird just before roasting and remove stuffing immediately and refrigerate in a separate container.

↓Broiling - timing depends on the size of the pieces.

↓Frying - dip in batter or bread, brown in ½ inch of fat, turn. May finish in moderate oven.

↓Oven-frying poultry - coat with seasoned flour. Bake in moderate oven.

↓Braising - brown pieces in a small amount of fat. Add a small amount of water and cover tightly. Cook over low heat for up to one hour.

↓Stewing - in large kettle and cover with water. Add vegetables and seasonings. Cover and simmer.

↓Microwaving - arrange bony portions toward the center. May need to shield some portions.

↑Frozen - Should thaw poultry before cooking in the refrigerator or in the microwave.

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B.

C.

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↓Microwaving -

↑Frozen -