

OKLAHOMA
 AGRICULTURAL AND MECHANICAL COLLEGE
 STILLWATER, OKLAHOMA

EXTENSION DIVISION
 IN COOPERATION WITH
 UNITED STATES DEPARTMENT OF AGRICULTURE
 STATES RELATIONS SERVICE
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POULTRY FOR THE TABLE

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I—REFERENCES

Poultry as Food, Farmers Bulletin No. 182.

II—COMPOSITION

	Water	Protein	Fat	Carbo- hydrates	Ash
Chicken (young)	68.4	21.9	7.2	0	0.9
Turkey	57.4	22.2	18.9	0	1.2
Duck	61.1	18.3	19.0	0	1.3
Goose	54.0	16.0	28.7	0	1.1

III—DIETETICS

Poultry and (lean) meats of any kind are classed as protein foods, so are tissue-building foods. On an average the various kinds of poultry furnish nearly 5% more protein than the other kinds of meat. It is just as easily digested as other kinds of meats, if not more easily digested. The light meat is easier digested than the dark meat. Animal protein is more easily digested than vegetable protein. Adults may take a considerable amount of their protein in the form of meat without harmful results. It is better for children under ten years of age to take most of their protein in the form of milk and eggs, instead of meat. Too heavy a meat diet is bad for adults as well as children.

IV—QUALITIES

There are two qualities of meat about which we are especially concerned, namely, toughness and flavor.

The toughness is not in the red part of the meat, but in the heavier tissues which hold the red fibers together. The older the animal or fowl the heavier and tougher these tissues are. Our problem is to deal with these tough tissues so that they will be softened and dissolved, thus making the meat tender. The toughest meat may be made tender by the right method of cooking.

The flavor of meat is in the juices. In order to retain the flavor it is necessary to sear the entire surface before cooking.

V—PREPARATION OF POULTRY FOR COOKING

Remove feathers; remove hairs or down by holding over a flame, constantly changing the position until all parts of the surface have been exposed to the flame. Cut off feet and draw out the pinfeathers, using a small, pointed knife. Before removing the entrails, wash very thoroughly on the outside, since the outside skin is usually very dirty. The fowl may be put in a pan of water and be thoroughly scrubbed. There is a layer of fat under the outside skin that prevents the washing out of any of the juices. After you feel sure that it is clean on the outside, remove the entrails and crop. Carc should be taken not to break the green gall bladder which lies under the surface of the liver. Do not forget to remove the kidneys and lungs, which are found along the backbone. Before cutting the fowl up, wash the inside. Do this by holding the opening at the neck tightly together. Pour a cup of cold water in and shake thoroughly. Pour out this water and wash in this way two or three times, or until you feel sure it is clean. Now, it is clean on the outside and on the inside, so there is no need for any further washing. Cut it up without washing any more, place it in a bowl or crock. Keep in a refrigerator or a cool place until ready for cooking. Washing chicken after it is cut up draws out the juices or flavor. Chicken is a delicately flavored meat, so we must try to retain all of the flavor. Do not let chicken or meat stand in water or salt, for both draw out the juices.

VI—METHOD OF COOKING

Since meat is a protein food, it should not reach a high or boiling temperature any more than milk or eggs should. Boiling hardens and toughens the connective tissues, of which we have already spoken. The more meat is boiled the tougher it gets. While on the other hand, if it is given longer time and cooked at a simmering temperature, these tough tissues will be softened and dissolved and the meat will be tender. A very old fowl can be cooked so it is tender, and it is just as nutritious as a young one. The older the fowl, the longer it should be cooked. The fireless cooker is a good place for the cooking of meats of any kind, especially tough meat, because nothing ever boils in the fireless cooker.

In order to have a well flavored piece of meat it is necessary to keep the juices in. This is done by searing it before putting it on to cook.

There are three methods of searing: 1, The meat is placed in a very hot frying pan and turned every minute until a good coating is formed on the entire surface. 2, Very irregular pieces of meat, as a whole fowl, for baking, should be seared in the oven. This is done by having the oven very hot for the first fifteen or twenty minutes that the meat is in the oven, then lower the temperature for the rest of the cooking. 3, Sear by pouring boiling water over the surface.

After the meat has been seared, then season and cook. Salt should never be added to meat until it has been seared. Very little water should be added to meat, since it is composed of about two-thirds water.

VII—DISCUSSION

Some points that should be emphasized:

1. Poultry is a very valuable protein food.
2. More poultry and less pork should be used in the diet.
3. Sear all meats to hold in the juices.
4. Cook all meats at a low temperature. High temperature toughens meat.
5. Salt after searing.
6. Never allow meat to stand in salt or water.
7. The fireless cooker is a good place for the cooking of meat.
8. How does soup making differ from the regular method of preparing meats?

Chicken Salad

1 c cold cooked chicken

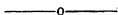
1 c celery

Mayonnaise dressing

Cut chicken into half-inch cubes. Cut celery into small pieces, and combine with the chicken. Add enough mayonnaise dressing to make it possible to mold the salad. Serve on crisp lettuce leaves and garnish with slices of hard-cooked eggs. A cup of nuts may be added if desired.

Fricassee of Chicken

Cut the chicken in pieces as for frying. Season and roll in flour. Place the pieces in a baking dish or roaster and pour a cup of boiling water over it. Have the oven very hot for the first fifteen minutes of the cooking, then lower the temperature to a simmering temperature. Keep this temperature until the chicken is done. Remove the lid and brown before serving.



These recipes were taken from Circular No. 777, by Miss Mary E. Cresswell and Miss Ola Powell of the United States Department of Agriculture.