Poultry
Poultry
Poultry
And more Poultry...
Poultry...what is it?

Poultry is the term used for all domesticated birds raised and bred for human consumption.
Poultry: Kinds

Chicken
Turkey
Duck
Poultry: Kinds

- Chicken
- Turkey
- Duck
Poultry: Kinds

Chicken
Turkey
Duck
Poultry: Kinds

Goose
Guinea Hen
Cornish Hen
Poultry: Kinds

Goose
Guinea Hen
Cornish Hen
Poultry: Kinds

Goose
Guinea Hen
Cornish Hen
Poultry

2. Chicken is similar to meat in structure.

3. Flesh is made up of muscle, connective tissue, fat and bone. Fat is found underneath the skin.
Poultry

Game birds:

Quail
Pheasant
Pigeon
Squab (pigeon nestling)
<table>
<thead>
<tr>
<th>Type</th>
<th>Description</th>
<th>Age</th>
<th>Weight</th>
<th>Cooking Method</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broiler/Fryer</td>
<td>Male or Female; Tender; small amount of fat</td>
<td>9-12 weeks</td>
<td>1½-2½ lbs.</td>
<td>Dry heat: Broil or Fry</td>
</tr>
<tr>
<td>Roaster</td>
<td>Male or Female; More fat</td>
<td>3-5 mos.</td>
<td>2½-4½ lbs.</td>
<td>Dry heat: Roast</td>
</tr>
<tr>
<td>Capon</td>
<td>Neutered male; Very meaty</td>
<td>&lt; 8 mos.</td>
<td>4-8 lbs.</td>
<td>Dry heat: Roast</td>
</tr>
<tr>
<td>Stewing Chicken</td>
<td>Male or Female; Less tender</td>
<td>&gt;10 mos.</td>
<td>4-6 lbs.</td>
<td>Moist heat: Braise, simmer, stew</td>
</tr>
</tbody>
</table>
Poultry

4. Light (White) Meat:

Less fat and cooks faster
Poultry

4. Dark Meat:

More fat, longer to cook
Poultry
Purchasing
Poultry: Purchasing
Market Forms:

• **Fresh** - Cook within 1-2 days
• **Frozen** - Keep frozen up to 6 months
• **Canned** - Pieces without bones
Poultry: Purchasing

Class:

• Maturity and Gender
• Male or Female
Poultry: Purchasing Style:

• State of the bird when received at foodservice operation
Poultry: Purchasing

RTC:

• Prepared and packaged
• READY TO COOK
Poultry: Purchasing

Which to buy:

1. Menu item
2. Time to cook
3. Light or dark meat
4. Storage - fresh or frozen
Poultry
Judging Quality
Poultry: Judging Quality

**Color**

Should vary from cream to yellow
Poultry: Judging Quality

Odor

Should not have a strong odor
Poultry: Judging Quality

Stamps

USDA approval
Poultry: Judging Quality

Check inspection & grade labels
- Clues to quality
- Must be inspected

Best poultry to buy
- Full-fleshed
- Meaty
- Well-distributed fat
- Skin free of blemishes & pin feathers
Poultry Inspection & Grading
Poultry: Inspection & Grading

1. Must be federally inspected
2. Free from visible signs of disease
3. Must be properly handled and stored
4. Grading is optional
Poultry: Inspection & Grading

5. **Grade A poultry:**
   
a. Plump and Meaty
b. Have clear skin
c. **No broken bones**
d. All feathers removed
Poultry: Inspection & Grading

6. Lower quality birds are used for chicken fingers and chicken pot pie
Poultry Standards…

**Inspection (required by law)**

Poultry sold in interstate commerce must be inspected for wholesomeness

- Healthy birds
- Sanitary packaging
- Labeled accurately
Poultry Standards…

Grading (voluntary)
Graded for quality & assigned a U.S. Grade

**Grade A:** Full-fleshed & meaty; even distribution of fat under skin

**Grade B:** Slightly less meaty

**Grade C:** Has less flesh & less fat
Poultry Handling & Storage
Poultry: Handling & Storage

1. Fresh and frozen must be handled carefully to avoid illness
2. Fresh poultry is highly perishable
3. Fresh poultry must be used within 3 days or must be frozen
4. Frozen poultry should be used within 6 months
Poultry: Handling & Storage

5. Never refreeze thawed poultry
Poultry: Handling & Storage

**Fresh:**

- Remove from the market wrap
- Rewrap loosely with waxed paper or freezer paper
- Store in coldest part in fridge (35-38°F)
Poultry: Handling & Storage

Frozen:
- Can be stored up to a year if wrapped in freezer wrap

Freezer burn:
- Not wrapped in freezer paper or bags
- Gets dehydrated because left in the freezer too long
- Dry, pale, and frosty in spots
Poultry Nutrient Contribution
Poultry: Nutrient Contribution

**Proteins**
- High-quality
- Complete protein

**Fats**
- Saturated
- Dark meat has a slightly higher fat content than white meat
Poultry: Nutrient Contribution

Minerals
- Iron & Phosphorus

Vitamins
- B-vitamins (thiamin, niacin, & riboflavin)
In the US, we eat a total of 26,088,324,319 pounds of chicken per year, which is 71,474,861 pounds per day.
After asking dozens of farmers, only one allowed filming in the chicken houses.
Poultry
Cookery
Poultry Roasting & Baking
Cooking Poultry
Roasting & Baking

1. Essentially the same process
2. Golden brown on outside, tender and juicy inside
3. Proper temp makes all the difference.

Basting the poultry while cooking will keep it moist. Usually only large birds.
Poultry
Broiling & Grilling
Cooking Poultry
Broiling & Grilling

1. Preheat broiler or grill
2. Prepare poultry
3. Place “presentation” side down first
4. Turn 90 degrees to get crosshatch
Cooking Poultry
Broiling & Grilling

5. Brush with oil or marinade to keep moist
6. Carefully turn over
7. Done when temp reaches 165 degrees
Poultry
Pan Frying
How To Make Pan Fry Chicken

www.videojug.com
Cooking Poultry
Pan Frying

Poultry is dipped in batter or seasoned flour that will turn golden brown when done.

Temperature of fat should be around 400 degrees.
Poultry
Deep Frying
Cooking Poultry
Deep Frying

Poultry is coated prior to frying -
bread crumbs, batter, etc.

Temperature of fat should be around 325-350 degrees.

Dark meat will take longer to cook than white meat.
Poultry Pressure Frying
Cooking Poultry
Pressure Frying

Uses the same technique for preparing poultry for frying.
Pressure cooker cooks more quickly at a lower temp.
Extra crispy on outside, juicy on inside - less greasy.
Poultry
Sauteing
Cooking Poultry

Sauteing

Sauteing is a method of cooking poultry in an open pan until brown and juicy. This method requires very little fat.
Cooking Poultry

Sauteing

1. Prepare poultry - cut thin or pound out for thinner piece
2. Heat fat
3. Season poultry - dredge in flour
4. Cook until “presentation” side is golden brown.
5. Flip and cook until reaches 165
Poultry
Simmering & Poaching
Cooking Poultry

Simmering & Poaching

**Simmering is for older birds.**

Poaching used to cook whole, tender birds.

**Poultry must be seasoned and cooked in flavorful broth**

Liquid should cover poultry during entire cooking process.
Poultry Braising
Cooking Poultry

Braising

Braising starts with a dry heat cooking method and ends with a moist heat method.

Braised poultry should be accompanied by the liquid in which it was prepared.
Cooking Poultry Braising

1. Brown and sear the poultry in a small amount of fat.
2. Add liquid and other ingredients and bring to simmer.
3. Cover the pan and continue to simmer until done. Should be falling apart.
Poultry Fabrication
Yan 3:00