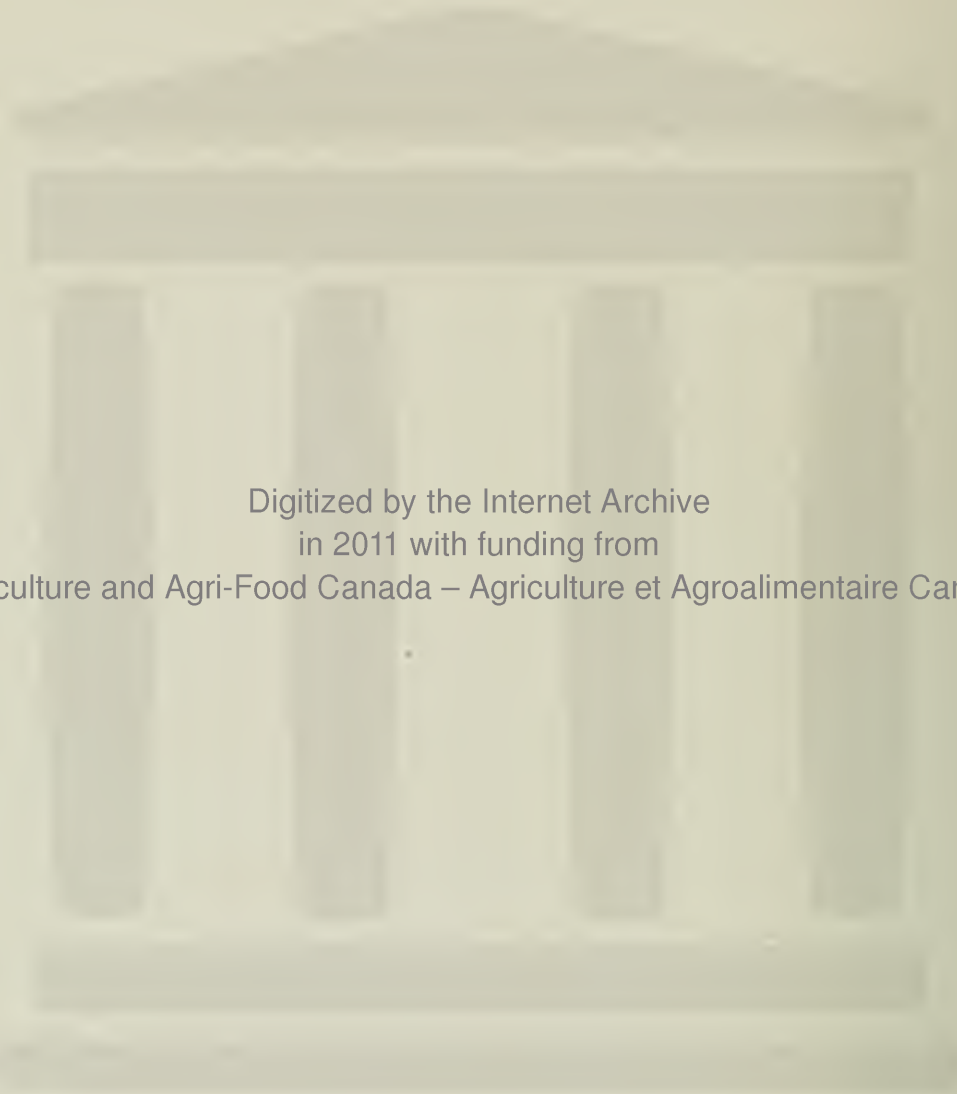


HOW TO BUY / HOW TO COOK



POULTRY



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POULTRY

HOW TO BUY / HOW TO COOK

PUBLICATION 1189

FOOD ADVISORY DIVISION — AGRICULTURE CANADA

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POULTRY

- has universal appeal, delicious flavor and satisfying qualities.
- is a versatile food around which to plan a variety of meals.
- combines well with many vegetables, cereals and fruits.
- may be served hot or cold for any meal at any time.
- supplies valuable amounts of high-quality protein.
- is rich in vitamins and minerals. Poultry livers have many of the excellent qualities of other liver.
- is easily digested presumably because of its small amount of connective tissue and low fat content. For this reason chicken and turkey are excellent for most special diets.
- is an important economical item in your food budget.
- is available fresh and frozen the year round. Chicken and turkey may be purchased whole or cut up.
- is being sold in an increasing variety of prepared products, from frozen dinners to warm, barbecued chicken.
- should be both government inspected for health and graded for quality.

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marketing

Nothing has changed more in this, the “space age,” than food technology, and the poultry industry has kept pace.

Until recently, poultry was served only on special occasions. Now it may be served any day of the year, thanks to the advances in production, processing and storage methods.

Canadians are now consuming approximately 45 pounds of poultry per person each year, of which about 33 pounds are chicken and 9 pounds are turkey. There has been a great increase in poultry consumption in recent years, mainly due to the popularity of chicken broilers.

Because poultry is economical, because it is now always available and because it can be served in such a variety of ways, it is a welcome, delicious change from other meats and fish.

PROCESSING

In marketing poultry, the live birds are first brought to a processing plant, where they are prepared in different forms according to market demand. When a bird is slaughtered, bled and has had its feathers removed, but still has its feet, head and viscera, it is known as *dressed poultry*.

After the head, feet and viscera (including the oil sac) have also been removed, it is called *eviscerated poultry*. *Eviscerated* is the official term used by the Canada Department of Agri-

culture but it is sometimes called “Oven Ready” or “Ready-to-Cook.” The giblets (liver, heart and gizzard wrapped together) and the neck may be enclosed in the bird.

RETAILING

Most poultry sold nowadays is eviscerated and needs very little preparation before cooking. At the few places where dressed poultry is sold, as a service to their customers, butchers usually will remove the head, feet and viscera.

In most food stores, fresh and frozen ready-to-cook poultry is sold wrapped in transparent packaging materials. Whole birds, halves, quarters and smaller pieces are available. Parts of the bird, such as legs or breasts, are sold either packaged or loose. Cooked chicken and turkey, whole or cut up, are available frozen and also may be purchased warm from stores operating rotisseries. Smoked chicken and turkey are sold in specialty shops.

Commercially prepared products — As the poultry industry expands, more prepared poultry products, or “convenience foods,” appear on the market.

Turkey rolls are one of the newest products. They may be purchased raw or precooked. The large rolls are usually made from 20- to 30- pound turkeys and the small ones from 10- to 16- pound birds. The skin and bones are removed and the layers of white and

dark meat, or all white or all dark, are rolled up in the skin and securely tied. Turkey rolls are ideal for buffet suppers and sandwiches.

Canned poultry is convenient to have on the storage shelf for quick meals, salads, sandwiches and casseroles. Cans vary in size from the large ones containing a whole bird to smaller ones for poultry pieces. In addition, canned poultry mixtures, such as soups, sandwich spreads and chicken à la king, are available.

Precooked chicken and turkey are on the retail market in a variety of frozen preparations, such as chicken pies, fried turkey legs and TV dinners. The boil-in-the-bag plastic pouches are a new convenience for reheating precooked frozen poultry products, such as barbecued chicken.

CLASSIFICATIONS

Poultry is classified and marketed as follows:

CHICKEN BROILERS AND FRYERS are young birds, 6 to 10 weeks old, that weigh up to 4 pounds.

CHICKEN ROASTERS are 10 weeks to 7 months old and weigh over 4 pounds. High-quality birds are well fattened and fleshed.

CHICKEN CAPONS are unsexed male birds, 5 to 9 months old, weighing from 5 to 8 pounds. They have excellent flavor, are very tender and have a high percentage of white meat. **FOWL** are mature hens that have served their purpose for egg production. They are over 7 months of age and weigh 3 pounds and over. They have a nonflexible cartilage at the posterior end of the breastbone. Since

the meat is less tender than that of roasters or broilers, fowl should be braised, stewed or oven-browned (page 21).

TURKEY BROILERS are young birds, usually under 15 weeks of age, weighing up to and including 10 pounds.

YOUNG TURKEYS are usually marketed when they are 4 to 8 months old and weigh 10 pounds or over. The majority of turkeys on the market are young turkeys. These birds have a flexible cartilage at the posterior end of the keel, or breastbone, and soft pliable skin of smooth texture.

MATURE TURKEYS, generally marketed in the late spring or early summer, are over 8 months old and weigh 10 pounds or over. They have hardened breast bones and coarser skin than young birds. Mature turkeys may be made tender by simmering, braising or oven-browning as with fowl (page 21).

DUCKS usually weigh 4 to 6 pounds and are less than a year old when marketed. The meat of these birds is all dark, and there is a larger proportion of fat than in chickens or turkeys. Because the bones are large, at least 1 pound of duck is needed for one serving.

GEESE are usually sold when they are less than a year old and weigh from 9 to 12 pounds. As in ducks, the meat of these birds is all dark and is fatter than that of chickens or turkeys. **OTHER BIRDS**, such as guineas and squabs, are specialty items. The meat of guineas is dark. Guineas may be roasted whole. Squabs are young pigeons weighing from $\frac{3}{4}$ to $1\frac{1}{2}$ pounds; they should be broiled.



BUYING GUIDE

CLASSIFICATION	EVISцерATED WEIGHT (POUNDS)	AMOUNT TO BUY (PER SERVING)	HOW TO COOK
Chicken broilers ¹ and fryers	up to 4	$\frac{3}{4}$ to 1 pound	Broil-bake, fry, or barbecue
Chicken roasters	over 4	$\frac{3}{4}$ to 1 pound	Roast
Chicken capons	5 to 8	$\frac{3}{4}$ pound	Roast
Fowl	3 and over	$\frac{3}{4}$ pound	Braise, stew, oven-brown or pressure-cook
Turkey broilers ¹	10 and under	$\frac{1}{2}$ to $\frac{3}{4}$ pound	Broil-bake, roast or barbecue
Young turkeys	10 and over	$\frac{1}{2}$ to $\frac{3}{4}$ pound	Roast
Mature turkeys	10 and over	$\frac{1}{2}$ to $\frac{3}{4}$ pound	Roast, braise or oven-brown
Young ducks ²	4 to 6	1 to 1 $\frac{1}{4}$ pounds	Roast or braise
Young geese ²	9 to 12	$\frac{3}{4}$ to 1 pound	Roast

¹ The term broiler is not compulsory and chicken and turkey broilers are marked as "chicken" or "young turkey" respectively.

² When mature ducks and geese are sold on the retail market they are marked "mature" on the grade panel or tag.



INSPECTION For Your Protection

The Canada or Canada Approved stamp on the tag, bag or label of a poultry product is your assurance that the product is safe and wholesome.

Most poultry and poultry products are slaughtered and processed under the Canada Meat Inspection Act and Regulations, administered by the Canada Department of Agriculture. In some areas poultry processed and sold, graded or ungraded, is not required to be federally health-inspected. Only eviscerated poultry is eligible to carry the mark "Canada" or "Canada Approved," as undrawn poultry cannot be completely health-inspected.

In poultry plants operating under federal inspection all live birds are examined by veterinary inspectors and those showing signs of disease are removed; only birds that appear healthy may be slaughtered. After slaughter each part of the bird, including the head, feet, skin, muscles and all internal organs, is subjected to rigid veterinary inspection. Only those carcasses and portions that are wholly safe and fit for human consumption may bear the Canada or Canada Approved stamp. All diseased or unwholesome carcasses and portions are destroyed by burning or sterilization and are not used in any way as human food.

Strict sanitary, operational and structural requirements must be met in plants under federal inspection to ensure that only safe, sound and wholesome products leave the plant.

The same system of inspection is provided for a wide range of poultry products such as baby foods, soups, TV dinners, frozen pies and canned poultry. These products carry the Canada or Canada Approved stamp on their labels.

Further, the spices, seasonings and other condiments used in the preparation of poultry products are limited to the kinds and amounts permitted in the Food and Drugs Act and Regulations. Labelling is also strictly controlled to ensure a true and correct description of the product.

GRADING Your Guide to Quality

In the grading of Canadian poultry — chickens, chicken capons, fowl, turkeys, ducks and geese — there is one national standard for each grade.

Under federal legislation, national grading regulations govern the import, export and interprovincial movement of all poultry. In many cities all poultry sold, whether shipped in from another province or processed and sold within the province, must be graded.

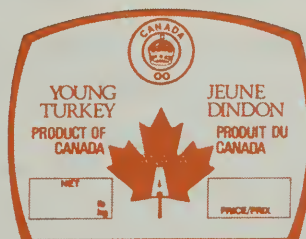
Imported poultry must conform to Canadian grade standards although it does not bear the word "Canada" in the grade mark.

These grading standards are carefully maintained by federal inspectors of the Canada Department of Agriculture checking at plants and at wholesale and retail levels.



Canada grade names on bags or tags are...

Canada A
Canada B
Canada Utility
Canada C



Poultry is graded on the following:

Conformation — absence or presence of deformities of the carcass that affect its appearance or the normal distribution of flesh, for example, a crooked keel bone.

Flesh — the covering of meat on the carcass, its distribution and the amounts on the breast and thighs.

Fat — the covering of fat, its distribution and the amounts in specific areas of the carcass.

Dressing — the condition of the carcass as to feathers, discoloration, tears or other blemishes.

The **GRADE MARK** is on a metal tag on the breast, or is printed on a transparent bag or on an insert inside the bag. The grades are:

Canada A (Red) — the best quality commonly available on the retail market — normally formed and well fatted and fleshed. Chickens have fat showing over breast and thighs; turkeys weighing more than 10 pounds (eviscerated) have breast and thighs reasonably well covered with fat and a moderate covering of fat over the back; less fat is required on birds over 16 pounds. Fowl, ducks and geese have the breast, thighs and back covered with fat. A slightly crooked keel bone, a few small tears, minor discolorations and a small number of pinfeathers are allowed.

Canada B (Blue) — normally formed but may have a slightly crooked keel bone; not as well fleshed and fattened as Canada Grade A birds. Moderate-sized tears, minor discoloration and pinfeathers that do not seriously detract from the appearance of the bird are allowed.

Canada Utility (Blue) — must at least qualify for Canada Grade B but one or more parts of the bird may be missing.

Canada C (Brown) — may be poorly fleshed or may have large tears, pinfeathers and prominent discoloration.

Turkeys, ducks and geese must be marked as 'young' or 'mature' on the grade panel or tag.



storing

UNCOOKED

Like other raw meats, fresh poultry is very perishable and should be stored in the coldest part of the refrigerator. After removing the store wrappings, cover the poultry loosely with waxed paper or aluminum foil. Cook it within two to three days. If giblets are enclosed in the neck or body cavity (fresh or thawed), remove them and store separately as they spoil more rapidly than the rest of the bird.

Keep frozen poultry frozen until the time to thaw it for cooking.

Storage times for frozen raw poultry:

- Whole chickens and turkeys . . 1 year
- Cut-up poultry 6 months
- Geese and ducks 3 months

For freezing uncooked poultry, see page 35.

COOKED

Cooked poultry may be stored in a covered container, a plastic bag or

aluminum foil in the refrigerator for 3 to 4 days. Remove the stuffing from the bird and wrap it separately, or put it in a container for storing.

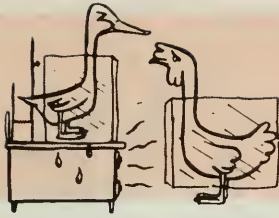
Both fresh and frozen poultry may be frozen after cooking. It is wise to store it for only a short time (1 to 3 months).

Storage times for frozen cooked poultry:

- Plain slices or pieces 1 month
- Covered with broth
or sauce 3 months
- Sandwiches 1 month
- Cooked mixtures . . 2 to 3 months
- Fried chicken 3 months

For freezing cooked poultry, see page 36.

Thaw frozen poultry by one of the following methods and then prepare the bird. Refrigerate it and cook within 24 hours; or, if you have no refrigerator, cook the bird immediately. *Do not stuff poultry until just before roasting.*



thawing and preparing

THAWING

In refrigerator — Leave the bird in its original wrapper and thaw it in the refrigerator, allowing about 5 hours per pound. For example, a 5-pound chicken takes 25 hours, or about 1 day, to thaw; a 10-pound turkey takes 50 hours, or about 2 days.

At room temperature — Slit the wrapper along the back or underside of the bird, but do not remove it. Place the bird on a rack on a tray to allow the moisture to drain out. Allow about 1½ hours per pound. In other words, a 5-pound chicken takes 7½ hours to thaw, and a 10-pound turkey 15 hours. (Refrigerate or cook bird as soon as it has thawed.)

In cold water — For the shortest thawing time, leave the bird in its original watertight wrapper and thaw in cold water, allowing about 1 hour per pound. A 5-pound chicken takes 5 hours to thaw, and a 10-pound turkey 10 hours.

By combination method — Sometimes it is a good idea, especially with a large bird, to partly thaw it in its original wrapper in the refrigerator for about a day. Then, to speed up the process, finish thawing the bird either in cold water or at room temperature as above.

PREPARING

Remove any pinfeathers with tweezers or a knife, and any body hair by singeing over a low flame. Examine the body cavity for bits of lung, windpipe, etc. Remove the giblets from the body or neck cavity; unwrap and wash carefully. Wipe the bird inside and out with a damp cloth or rinse well in cold water and dry thoroughly.

Wrap it loosely in waxed paper and store in the refrigerator until time for cooking or stuffing. Fresh poultry will keep for two to three days but thawed poultry must be cooked within 24 hours.

Do not store poultry after stuffing. In fact, never stuff poultry until *just before* roasting.

How to Cut up Chicken and Turkey Broilers

All you need is a sharp knife.

(1) To remove wing

Pull the wing out from the body and slash the skin between them. Cut around the shoulder joint to separate the wing from the breast, leaving as much white meat on the breast as possible. If desired, cut off the wing tips. Repeat for the other wing.

(2) To remove leg (drumstick and thigh)

Slash the skin between the body and the thigh; then press down and out on

HOW TO CUT UP BROILERS

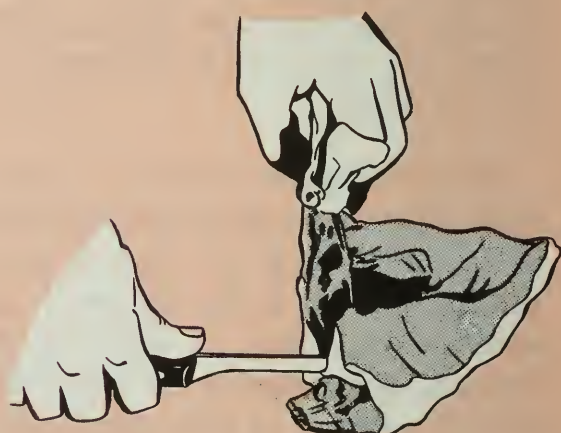
REMOVING WING



REMOVING LEG



REMOVING NECK
AND BACKBONE





SEPARATING BREAST
FROM BACK



CUTTING CARTILAGE
NEXT TO KEEL BONE



CUTTING BREAST IN HALF

the leg until the hip joint pushes out of its socket. Cut through the hip joint, separating the thigh from the body of the bird. If desired, cut the drumstick away from the thigh through the knee joint. Repeat for the other leg. Note how the "oyster" (fleshy, oyster-shaped piece) pulls away from the spoon-shaped hollow of the backbone of a chicken. In turkeys the thigh tendon must be cut before the oyster will pull away from the backbone.

(3) To remove neck and backbone

Starting at the tail, cut through the ribs slightly to the right of the backbone all the way to the neck. Repeat on the left side of the backbone. Remove the backbone and neck in one piece by cutting the skin around the neck.

(4) To separate breast from back

Insert your knife in the wing socket and cut through the rib joints to the back of the bird. This separates the back from the breast, leaving part of the ribs on each.

(5) To divide breast

Spread the bird open and cut the pearl-like cartilage on either side of the keel bone in the neck region. Hold the bird firmly and press from underneath,

forcing the keel bone to spring up so that it can be easily removed. Cut the breast in half lengthwise.

To cut broilers in halves, follow steps 3 and 5. For quarters, cut each half in two crosswise.

Wipe the cut-up bird with a damp cloth or rinse well in cold water and dry thoroughly. Wrap it loosely in waxed paper and store in the refrigerator until time for cooking.

How to Remove the Wishbone from Turkey

Removing the wishbone before roasting makes carving the breast easier and gives a larger number of uniform slices.

Pull the neck skin back over the breast of the turkey, exposing the flesh. The wishbone extends from each shoulder in a "V" to the top of the keel bone. Loosen it from the flesh by running a sharp, pointed knife down each side of the "V" for its entire length and then pushing the meat away from the bone with your knife and fingers. Cut off the wishbone at each shoulder and at the top of the keel bone and lift it out. Then pull the skin back over the breast and stuff or finish the bird as usual.



cooking chicken

ROASTING

Roasting is a dry heat method of cooking whole chickens. These include roasters, capons and the larger broilers.

After the chicken has been prepared (page 11) it is ready for roasting. It may be roasted stuffed or unstuffed. Chicken should be stuffed *just before* roasting; do not store it after stuffing.

HOW TO STUFF

Allow $\frac{1}{2}$ to $\frac{3}{4}$ cup stuffing (page 68) for each pound of eviscerated chicken. Sprinkle inside of bird with salt.

Fill neck cavity with stuffing but do not pack tight as stuffing swells.

Fold neck skin over opening and fasten to back with a metal skewer.

Fold wing tips over back to anchor the neck skin.

Fill body cavity with stuffing.

Close opening with thread or metal skewers.

HOW TO TRUSS

Use a piece of white string about 3 feet long.

With bird on its back, tie drumsticks to tail.

Bring strings up firmly between drumsticks and body, then over wing tips to center back and tie securely to skewer.

HOW TO ROAST

Place stuffed and trussed chicken breast up on a rack in a shallow roasting pan.

Rub with butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Do not add water.

Cover loosely with aluminum foil (dull side out), tucking edges into pan at ends but leaving open at sides (or cover with cheesecloth dipped in melted butter or cooking oil).

Roast stuffed chicken in a moderately slow oven (325° F) according to the following timetable. (For unstuffed chicken, use the same timetable.)

To finish browning bird, remove foil near end of roasting time and baste with drippings.

HOW TO MAKE GRAVY

Pour off fat and drippings leaving 3 tablespoons fat in roasting pan. Add 3 tablespoons flour and blend with fat.



TIMETABLE FOR ROASTING CHICKEN 325° F oven

EVISCERATED
WEIGHT

ROASTING
TIME

pounds

hours

2

1¼ to 1½

4

2 to 2¼

6

2¼ to 2½



TEST FOR DONENESS

Press thick muscle of drumstick, protecting fingers with cloth or paper towel; it feels soft if bird is done. Also, leg moves readily when you lift or twist it.

OR

If you use a meat thermometer, insert it into thickest part of thigh muscle or into center of stuffing; make sure that it does not touch the bone. When chicken is cooked, thermometer registers 185° F in thigh or 165° F in stuffing.

Remove from heat, stir in $\frac{1}{2}$ cup cold liquid to make a smooth paste. Return to low heat and gradually add $1\frac{1}{2}$ cups liquid (drippings and water, milk or giblet broth). Scrape brown residue from bottom of pan to blend with gravy. Continue stirring over low heat until gravy is smooth and thickened. Cook about 5 minutes. Season with salt and pepper. Add finely chopped cooked giblets if desired.

Makes about 2 cups gravy — enough for 8 servings of $\frac{1}{4}$ cup each.

BROIL-BAKING

Broiling is a dry heat method of cooking but with chicken halves and quarters the meat often becomes dry before it is cooked. Therefore, partial cooking by broiling and finishing by baking is recommended.

HOW TO BROIL-BAKE

Preheat broiler compartment — but not broiler pan — 5 minutes. Leave door ajar or closed, depending on the type of range you have. (Follow manufacturer's directions.)

Brush chicken with butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Place skin side down in greased shallow pan, without a rack, so that top of chicken is 6 to 8 inches from heating unit.

Broil until chicken browns, about 10 minutes.

Turn skin side up, brush with melted butter or cooking oil and broil until skin browns, about 5 minutes.

Set oven control at 325° F and cook until meaty parts of chicken are tender, 20 to 25 minutes.

Total cooking time: half chicken, about 40 minutes; quarter chicken, about 35 minutes.

FRYING

Chicken broilers or fryers cut into quarters, and chicken breasts and legs, may be panfried, oven-fried or deep fried.

HOW TO PANFRY

For each pound of chicken mix $\frac{1}{4}$ cup flour, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ teaspoon paprika and a dash of pepper in a paper bag. Add chicken, a few pieces at a time and shake to coat evenly with seasoned flour.

Heat cooking fat or oil in a heavy frying pan until a drop of water just sizzles in it (melted fat or oil should be about $\frac{1}{4}$ inch deep).

Beginning with the meatier pieces, cook chicken, turning once or twice, until lightly browned, about 15 minutes.

Reduce heat, cover pan tightly and cook slowly 15 to 20 minutes.

Uncover pan; increase heat and cook, skin side up, until chicken is tender and skin is crisp, about 10 minutes.

Total cooking time: 40 to 45 minutes.

HOW TO OVEN-FRY

Coat with seasoned flour and lightly brown in heated fat, the same as for panfried chicken.

Arrange pieces of chicken, skin side up, in a single layer in a shallow baking pan.

For each pound of chicken, spoon a mixture of 1 tablespoon of melted butter and 1 tablespoon of broth or milk over the chicken.

Cook in a moderate oven (350° F), turning once or twice to crisp evenly, until chicken is tender, 35 to 45 minutes.

Total cooking time: 50 to 60 minutes.

NOTE: This method is especially convenient when you are cooking a large amount of chicken.

HOW TO DEEP FRY

Raw chicken:

Coat with seasoned flour, as for panfried chicken; or dip in egg beaten with water (2 teaspoons per egg) and roll in fine breadcrumbs; or, if bird weighs less than 2 pounds, you may dip it in batter (page 19).

Heat enough cooking fat or oil to cover the pieces of chicken completely (heated fat or oil should be about 2 inches deep).

Heat fat to 375° F, or until a half-inch square of bread browns in 30 seconds. Temperature drops to 325° F when chicken is added.

Dip frying basket into fat so that chicken will not stick to it.

Lower chicken, a few pieces at a time, into preheated fat; do not overcrowd frying basket.

Cook at 325° F until tender, 15 to 20 minutes.

Drain the cooked pieces on absorbent paper and keep them in a warm oven until serving time.

Precooked chicken:

To precook chicken for deep frying, cut chicken into serving-size pieces and add onion, salt and enough water to just cover the chicken. Cover pan and bring to a boil; reduce heat and simmer until just tender, 30 to 40 minutes.

Cool thoroughly and pat dry with paper towels.

Coat the chicken pieces and heat the fat, as above.

Drop chicken, a few pieces at a time, into preheated fat.

Fry until nicely browned, about 5 minutes.

Drain the cooked pieces on absorbent paper and keep them hot, as above.

Batter-coated chicken:

It is best to use broilers that weigh less than 2 pounds; otherwise, the batter becomes too brown before the chicken is cooked. If the broilers weigh over 2 pounds, precook them before frying.

Dip chicken pieces in batter and deep fry as above but do not use frying basket; drop batter-coated chicken directly into fryer and turn each piece once with a fork.

BATTER FOR FRIED CHICKEN

1 cup sifted flour
½ teaspoon salt
1 teaspoon baking powder
1 egg, beaten
1 cup milk

Mix dry ingredients.
Combine beaten egg with milk;
gradually add to flour
and mix to a smooth batter.

BARBECUING

Barbecuing means roasting or broiling a whole animal or bird, or large pieces, either on a grill or on a revolving spit and usually over an open fire. While the meat or poultry slowly cooks it is basted with a seasoned vinegar sauce. Cooking thin slices of meat or fish in a highly seasoned vinegar sauce is also called barbecuing.

Today we barbecue outdoors, over an open fire, or on a grill or motorized spit; and indoors, in an oven or a portable rotisserie.

HOW TO OVEN-BARBECUE

Preheat broiler (see page 17)

Brush chicken quarters or halves with butter or cooking oil.

Sprinkle with salt and pepper.

Place skin side down in a shallow pan, without a rack, so that top of chicken is 6 to 8 inches from heating unit.

Broil until chicken browns, about 10 minutes.

Turn skin side up, baste with melted butter or cooking oil and broil until skin browns, about 5 minutes.

Pour "Tangy Barbecue Sauce," "Apple Curry Sauce" (pages 63 and 65) or your favorite barbecue sauce over chicken.

Bake in a moderately slow oven (325° F) until chicken is tender, quarter chickens about 30 minutes and half chickens about 40 minutes.

Total cooking time: quarter chicken, about 45 minutes; half chicken, about 55 minutes.

HOW TO GRILL-BARBECUE

Grease the grill with butter or cooking oil.

Brush chicken quarters or halves with butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Place skin side down on grill, about 3 inches from fire, and brown for about 3 minutes; turn and brown underside for about 3 minutes.

Raise grill to 4 to 6 inches from fire and continue barbecuing until chicken is tender, 20 to 45 minutes.

Turn often to avoid scorching. Leave skin side down for just 3 minutes each time and skin side up for 5 minutes; the skin burns more readily than the underside.

Baste after each turning so that butter or oil will be absorbed. This lessens the risk of flame-up and consequent scorching.

When using barbecue sauce, to avoid scorching, do not brush it on until 7 or 8 minutes before chicken is done. Brush underside of chicken, and barbecue for 5 minutes without turning. Turn, brush skin side and barbecue for 2 or 3 minutes.

Total cooking time: quarter chicken, 30 to 35 minutes; half chicken, 50 to 55 minutes.

ROTISSERIE COOKING AND SPIT BARBECUING

Rotisserie cooking and spit barbecuing are variations of barbecuing, used to cook whole poultry on a rotating spit.

Cooking indoors in a portable or oven rotisserie is called “rotisserie cooking”; cooking outdoors over an open fire is called “spit barbecuing.”

HOW TO COOK WHOLE CHICKEN ON A ROTISSERIE

Insert spit rod through center of body cavity of stuffed or unstuffed poultry. Center chicken or chickens on the spit.

Push spit forks firmly into poultry at both ends.

Check balance and, if necessary, adjust the spit rod. To check balance, rotate spit rod back and forth on palms of hands or rest the point of rod on table top and rotate. If properly balanced, spit rod turns evenly. If chicken tips or rolls unevenly it *must* be adjusted or the chicken will cook and brown unevenly; it also wears out the motor.

Fasten thumbscrews tight.

Tie the chicken firmly on the spit — do not spare the string.

Rub chicken with butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Set heat regulator or oven control according to manufacturer's directions.

Turn motor on, and cook until chicken is tender, or until meat thermometer registers 185° F (see page 16).

As chicken begins to brown, baste with the drippings about every half hour. If you use barbecue sauce, do not brush it on until chicken is almost cooked. If you use a marinade (page 64), drain well, omit seasonings and fat and baste with drippings.

Marinade or barbecue sauce may be diluted and served hot as a sauce with the chicken.

HOW TO SPIT-BARBECUE WHOLE CHICKEN

After building the appropriate fire make a “drip pan” (page 70) and place it under the spit, preferably in front of, not on, the coals. Place one or more chickens on the spit as for rotisserie cooking. Plug in motor. Follow directions given for rotisserie cooking.



cooking fowl

Fowl are mature birds that need to be cooked by moist heat to make them tender. Braising, stewing, pressure cooking and oven-browning are the recommended methods.

BRAISING

Cut up fowl and coat with seasoned flour as for panfried chicken (page 17). Brown well in hot fat, about 15 minutes.

Add 1½ to 2 cups of water; cover and simmer slowly over low heat on stove or in moderately slow oven (325° F) until fowl is tender, 2 to 3 hours.

STEWING

For each pound of fowl allow about 1 cup water, ¼ teaspoon salt, a dash of pepper and a few pieces of celery, onion and carrot. Place whole or cut-up fowl in a heavy saucepan or kettle with a close-fitting lid. Add water, vegetables and seasonings.

Cover and simmer slowly over low heat on stove or in a moderately slow oven (325° F) until tender, about 2½ hours.

So that the fowl has a chance to reabsorb some of the juice, let it cool in the cooking liquid. Then remove it and separate the meat from the bones, discarding skin. Strain the stock and skim off the fat, saving both. The fat adds good chicken flavor when used in the sauce for chicken à la king, chicken pie and casseroles.

PRESSURE COOKING

Brown fowl well on all sides in butter or cooking oil, if desired.

Add 1 cup of water and the same seasonings as for stewing.

Cover and cook at 15 pounds pressure for about 35 minutes.

Allow pressure cooker to cool slowly to avoid juices being drawn out. If you wish to add vegetables, cook fowl for just 30 minutes; let pressure cooker cool slowly; add vegetables and cook for 5 minutes longer at 15 pounds pressure. Cool slowly.

OVEN BROWNING

Stuff and truss the fowl as for roasting chicken (see page 15). Cook by moist heat until tender, using one of the following methods:

- (1) Steam on a rack, using $\frac{1}{4}$ cup water, in a closely covered roaster in a slow oven (325° F); or
- (2) Steam on a rack, using $\frac{1}{2}$ cup water in a closely covered saucepan on top of stove; add more water as needed to keep steam forming; or
- (3) Cook in a pressure cooker at 15 pounds pressure.

After tenderizing the fowl, brown it in an uncovered roaster in a slow oven (325° F). The times for tenderizing and browning the fowl vary with the method of cooking.

The times given below for tenderizing and browning are for eviscerated fowl weighing 4 to 4½ pounds.

HOW TO MAKE GRAVY

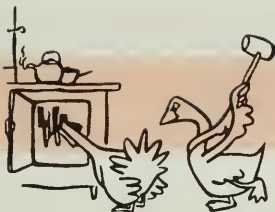
See page 15.



TIMETABLE FOR COOKING FOWL

METHOD OF TENDERIZING	TIME TO TENDERIZE	TIME TO BROWN AT 325° F
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	hours	minutes
In a covered roaster	3¼ to 3½	40 to 50
On top of stove	2½ to 2¾	50 to 60
In pressure cooker	½	50 to 60



cooking turkey

ROASTING

Turkeys are usually roasted whole but halves and quarters roast equally well. After the turkey has been prepared (page 11), it is ready for roasting. It may be roasted stuffed or unstuffed. Turkey should be stuffed *just before* roasting. Do not store it after stuffing.

HOW TO STUFF

Allow $\frac{1}{2}$ to $\frac{3}{4}$ cup stuffing (page 68) for each pound of eviscerated turkey. Sprinkle inside of bird with salt.

Fill neck cavity with stuffing but do not pack tight as stuffing swells.

Fold neck skin over opening and fasten to back with a metal skewer.

Fold wing tips over back to anchor the neck skin.

Fill body cavity with stuffing.

Close opening with thread or metal skewers.

HOW TO TRUSS

Use a piece of white string about 5 feet long.

With bird on its back, tie drumsticks to tail.

Bring strings up firmly between drumsticks and body, then over wing tips to center back and tie securely to skewer.

HOW TO ROAST A WHOLE TURKEY

Place stuffed and trussed turkey breast up on a rack in a shallow roasting pan.

Brush with butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Do not add water.

Cover loosely with aluminum foil (dull side out), tucking edges into pan at ends but leaving open at sides; or cover with cheesecloth dipped in melted butter or cooking oil.

Roast stuffed turkey in a moderately slow oven (325° F) according to timetable. (For unstuffed turkey use the same timetable.)

To finish browning bird remove foil near end of roasting time and baste with drippings.

Test for doneness (page 16).

HOW TO MAKE GRAVY

See page 15.



TIMETABLE FOR ROASTING TURKEY

325° F oven

	EVICERATED WEIGHT	ROASTING TIME
	pounds	hours
Whole turkeys	8	3¾ to 4½
	12	4¾ to 5½
	16	5¼ to 6
	20	5¾ to 6½
	24	6¼ to 7
Turkey halves	4	2½ to 3
	8	4 to 4½
	12	4½ to 5
Turkey quarters	4	3 to 3½
	6	3½ to 4

If using a meat thermometer roast stuffed turkey to 165° F in the center of the stuffing and unstuffed turkey to 185° F in the thigh.

HOW TO ROAST A TURKEY HALF

Sprinkle cavity with salt.

Skewer skin to meat on bone along cut edges.

Tie drumstick to tail.

Skewer wing firmly to breast meat.

Place turkey half skin side down and fill body and neck cavities with stuffing.

Skewer neck skin to hold stuffing in place.

Place aluminum foil over the stuffing and trim to exact shape of turkey half.

Press a greased roasting rack firmly against the foil, then turn over so that skin side is up.

Brush with ¼ cup butter or cooking oil.

Place in a shallow roasting pan.

Finish as for whole turkey.

HOW TO ROAST A TURKEY QUARTER

For either front or hind quarter, skewer skin to meat on bone along cut edges.

For front quarter, skewer wing firmly to breast meat, then hold in place by tying with string in crisscross fashion around quarter.

For hind quarter, tie drumstick to tail.

Place skin side up on rack in a shallow roasting pan.

Brush with $\frac{1}{4}$ cup butter or cooking oil.

Finish as for whole turkey.

If desired, prepare and bake stuffing in a covered casserole or in a piece of aluminum foil during last $\frac{1}{2}$ hour of roasting time.

BROIL-BAKING

Broiling is a dry heat method of cooking but with turkey quarters and halves the meat often becomes dry before it is cooked. Therefore, partial cooking by broiling and finishing by baking is recommended. Broil-bake only turkey broilers that weigh between 6 and 8 pounds.

HOW TO BROIL-BAKE

Preheat broiler (page 17).

Brush turkey with $\frac{1}{4}$ cup butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Place skin side down in greased shallow pan, without a rack, so that top of turkey is 6 to 8 inches from heating unit.

Broil until turkey browns, 10 to 15 minutes.

Turn skin side up, brush with melted butter or cooking oil and broil until skin browns, about 5 minutes.

Set oven control at 325° F and bake until meaty parts of turkey are tender, $1\frac{1}{4}$ to $1\frac{3}{4}$ hours, basting 2 or 3 times.

Total cooking time: quarter turkey, $1\frac{1}{2}$ to $1\frac{3}{4}$ hours; half turkey, $1\frac{3}{4}$ to 2 hours.

BARBECUING

HOW TO OVEN-BARBECUE

Preheat broiler (page 17).

Brush turkey quarters or halves with butter or cooking oil.

Sprinkle with salt and pepper.

Place skin side down in a greased shallow pan, without a rack, so that top of turkey is 6 to 8 inches from heating unit.

Broil until turkey browns, 10 to 15 minutes.

Turn skin side up, baste with melted butter or cooking oil, and broil until skin browns, about 5 minutes.

Pour favorite barbecue sauce over turkey and bake in a moderately slow oven (325° F) until turkey is tender, $1\frac{1}{4}$ to $1\frac{1}{2}$ hours for quarter turkey and $1\frac{1}{2}$ to $1\frac{3}{4}$ hours for half turkey.

Total cooking time: quarter turkey, $1\frac{1}{2}$ to $1\frac{3}{4}$ hours; half turkey, $1\frac{3}{4}$ to 2 hours.

HOW TO GRILL-BARBECUE

Grease the grill with butter or cooking oil.

Brush half turkey or turkey pieces, such as thigh or drumstick, with butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Place skin side down on grill, about 3 inches from fire, and brown for about 3 minutes; turn and brown underside for about 3 minutes.

Raise grill to 4 to 6 inches from fire and continue barbecuing until turkey is tender, about $\frac{1}{2}$ hour for turkey pieces to about $1\frac{1}{2}$ hours for turkey halves. Turn often to avoid scorching. Leave skin side down for 3 minutes each time and skin side up for 5 minutes; the skin burns more readily than the underside.

Baste after each turning so that butter or oil will be absorbed. This lessens the risk of flame-up and consequent scorching. When using barbecue sauce, to avoid scorching do not baste the turkey until 7 or 8 minutes before it is done. Brush underside of turkey, and barbecue for 5 minutes without turning. Turn, brush skin side and barbecue for 2 or 3 minutes.

Total cooking time: turkey pieces, 40 to 50 minutes; half turkey, $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.

ROASTING TURKEY ROLLS

Turkey rolls (page 5) are a pleasant change from the familiar whole turkey. They are delicious roasted and are ideal for slicing either hot or cold.



TIMETABLE FOR ROASTING TURKEY ROLLS

325° F oven

WEIGHT

ROASTING TIME

pounds

hours

3

$2\frac{1}{2}$ to 3

5

3 to $3\frac{1}{2}$

7

$3\frac{1}{2}$ to 4

HOW TO ROAST

Place turkey roll (thawed) on a rack in a shallow roasting pan.

Brush with melted butter or cooking oil.

Sprinkle with salt, pepper and paprika.

Do not add water.

Cover loosely with aluminum foil.

Roast at 325° F, according to timetable, until roll is tender, or until meat thermometer registers 180° F in center of roll.

Baste several times during cooking. If desired, baste with barbecue sauce during last hour.

To finish browning turkey roll, remove foil during the last 15 to 30 minutes of cooking period.

HOW TO MAKE GRAVY

See page 15.



cooking goose

ROASTING

Goose, like duck, is fatter than chicken and turkey. However, because it is a larger bird and takes longer to cook than a duck, goose should be roasted in a moderately slow oven (325° F).

After the goose has been prepared (page 11) it is ready for roasting. It may be roasted stuffed or unstuffed. Stuffings that contain very little fat are usually preferred (page 69). Goose should be stuffed *just before* roasting; do not store goose after stuffing.

HOW TO STUFF

Allow ½ to ¾ cup stuffing for each pound of eviscerated goose.

Sprinkle inside of bird with salt.

Fill neck cavity with stuffing but do not pack tight as stuffing swells.

Fold neck skin over opening and fasten to back with a metal skewer.

Fill body cavity with stuffing. Close opening with thread or metal skewers.

Tie a cord around drumstick ends, pulling them close to the body.

HOW TO ROAST

Prick the skin all over with a table fork.

Place goose breast down on a rack in a shallow roasting pan.

Sprinkle with salt.



TIMETABLE FOR ROASTING GOOSE 325° F oven

EVISCERATED
WEIGHT

ROASTING
TIME

pounds

hours

8 to 10

3 to 4

10 to 12

4 to 5

Do not add water or fat.

Roast for 1 hour.

Turn goose breast up and finish roasting according to timetable.

As bird begins to brown, cover loosely with aluminum foil.

During roasting, prick the skin once or twice but do not baste.

Remove excess fat as it accumulates in the pan.

Remove aluminum foil near end of cooking time so that skin will be crisp.

Test for doneness (page 16).

Because geese vary in shape, their cooking times may differ. Therefore, if the meal is planned for a set time, allow an extra half hour in case more cooking time is needed.

HOW TO MAKE GRAVY

See page 15.



cooking duck

Because it has more fat, duck should be roasted at a higher temperature than chicken or turkey. Cook it in a moderate oven (350° F) for the full time, or at 425° F for 20 minutes and then at 350° F for the rest of the time.

After the duck has been prepared (page 11) it is ready for roasting. It may be roasted stuffed or unstuffed. Stuffings that contain very little fat are usually preferred (page 69). Duck should be stuffed *just before* roasting; do not store it after stuffing.

HOW TO STUFF

Allow $\frac{1}{2}$ to $\frac{3}{4}$ cup stuffing for each pound of eviscerated duck.

Sprinkle inside of bird with salt.

Fill neck cavity with stuffing but do not pack tight as stuffing swells.

Fold neck skin over opening and fasten to back with a metal skewer.

Fill body cavity with stuffing. Close opening with thread or metal skewers.

Tie a cord around drumstick ends, pulling them close to the body.

HOW TO ROAST AT 350° F

Prick the skin all over with a table fork.

Place duck breast down on a rack in a shallow roasting pan.

Sprinkle with salt.

Do not add water or fat and do not cover.

Roast for 45 minutes.

Turn duck breast up and roast until tender, about $1\frac{3}{4}$ hours.

During roasting, baste sparingly once and prick the skin once or twice.

Remove excess fat as it accumulates in pan.

Total roasting time: 4- to 5-pound duck, about $2\frac{1}{2}$ hours.

Test for doneness (page 16).

HOW TO ROAST AT 425° F AND FINISH AT 350° F

Place duck breast up on a rack in a shallow roasting pan.

Sprinkle with salt.

Do not add water or fat and do not cover.

Roast for 10 minutes.

Turn duck breast down and roast for 10 minutes longer.

Reduce oven temperature to 350° F and continue to roast duck breast down for 25 minutes.

Turn duck breast up for the remainder of the cooking time, about $1\frac{3}{4}$ hours.

During roasting, baste sparingly once and prick the skin once or twice.

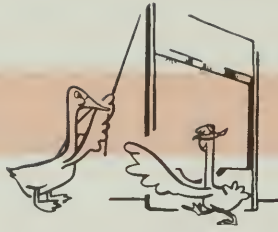
Remove excess fat as it accumulates in pan.

Total roasting time: 4- to 5-pound duck, about $2\frac{1}{2}$ hours.

Test for doneness (page 16).

HOW TO MAKE GRAVY

See page 15.



carving

ROAST CHICKEN OR TURKEY

In fairness to the carver, be sure the beautifully browned, perfectly cooked chicken or turkey is on a platter considerably larger than the bird. It should be breast up with the legs at the carver's right. Provide a sharp knife for carving — no one can do a good job with a poor tool — and a small serving platter for the cut meat.

1. Anchor bird by inserting carving fork halfway along the breast on far side of bird. Remove whole leg (thigh and drumstick) from near side of bird. Hold drumstick firmly with fingers, pulling it gently away from bird's body, and cut through skin between thigh and body.

2. Press leg away from body with flat side of knife. Then cut through joint joining leg to backbone and cut through the skin on the back. Put leg on small platter. Hold drumstick with left hand at a convenient angle and separate drumstick and thigh by cutting down through joint to the plate.

3. When carving turkey, slice meat off drumstick. Hold drumstick upright at a convenient angle and cut down, turning drumstick to get thick, uniform slices.

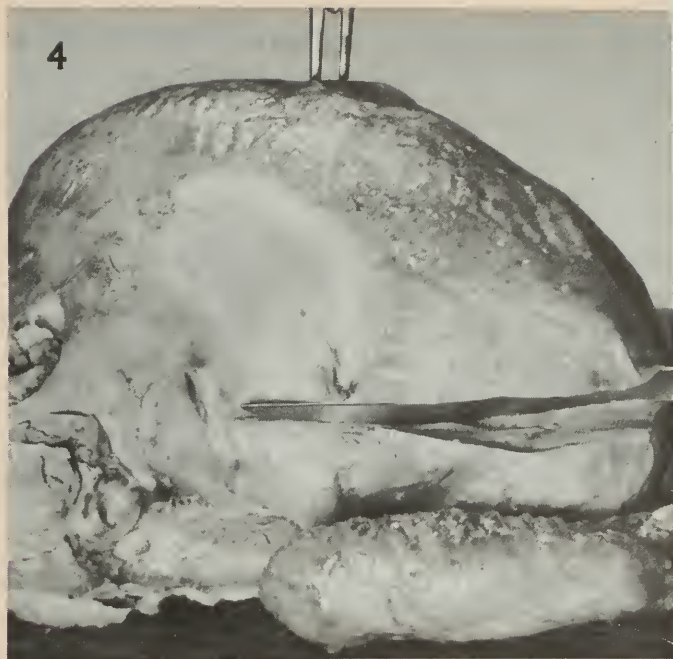
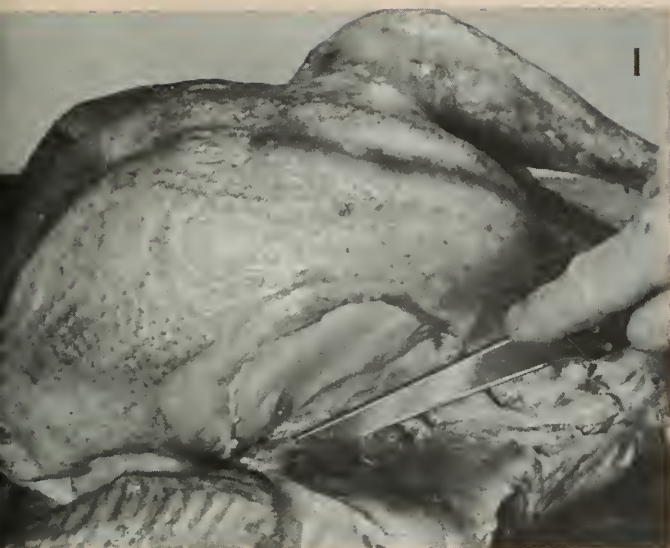
4. To slice thigh meat, use a fork to hold thigh firmly on plate. Cut slices of meat parallel to the bone.

5. (a) Make a cut about an inch above the wing where it joins body. Cut at an angle through the joint and remove wing, leaving as much meat as possible on the breast. From top down carve thin slices of meat the full length of breast.

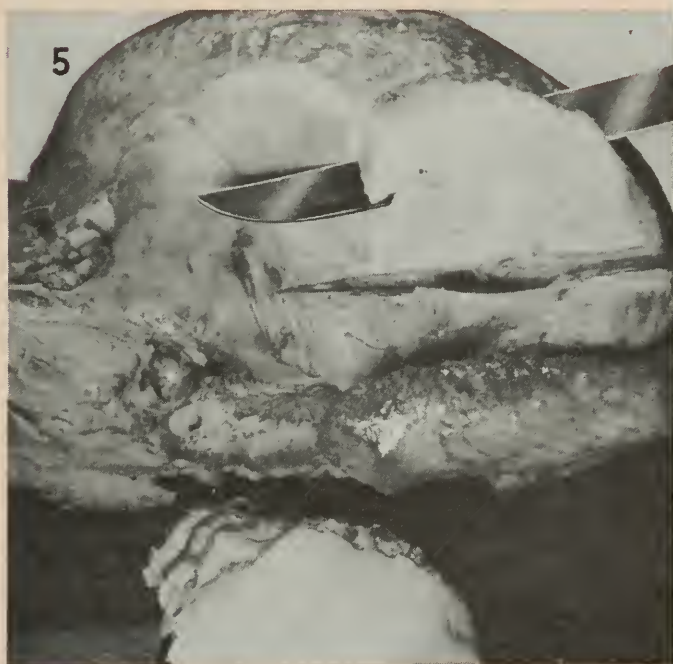
OR

(b) When carving a turkey or a large chicken, before removing wing, make a deep cut parallel to the wing and as close as possible to it. Starting at the front, and half way up the breast, cut thin slices of white meat down to the cut made parallel to the wing. The slices will fall from the turkey as they are cut to this line. Continue carving until enough meat has been carved for first servings. Carve additional turkey as needed.

Enlarge the opening back of the breastbone and spoon out stuffing as each serving is prepared; or remove stuffing from an opening cut into side of bird where leg has been removed. Remove stuffing from the front of bird by cutting through skin just ahead of breastbone.



1. Cutting through the leg joint.
2. Cutting through the wing joint.
3. Slicing white meat after removing wing.
4. Making deep cut into breast parallel to wing.
5. Slicing white meat before removing wing.



ROAST GOOSE

A goose requires a carving technique different from other birds because the hip joint is located practically on the backbone. This can be a tricky operation and, if desired, may be done in the privacy of your kitchen. However, the following cuts make it relatively easy to remove the drumstick and thigh.

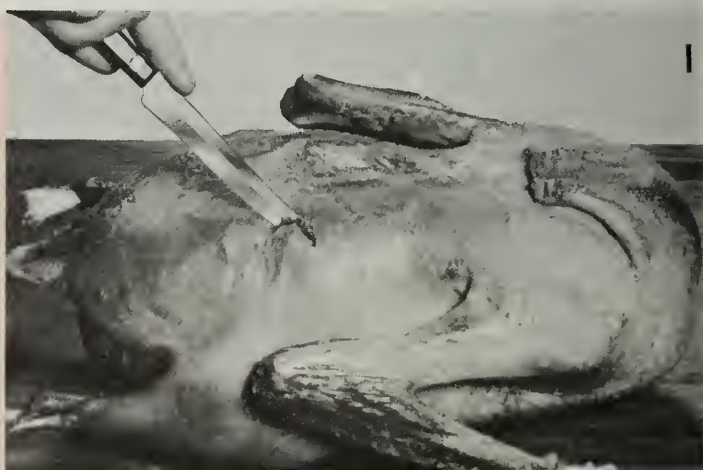
Place the goose breast down and move the leg slightly to locate the hip joint. Make a semicircular cut around the hip joint, and also run the knife along the backbone to loosen the "oyster" (fleshy, oyster-shaped piece of meat in the spoon-shaped hollow of backbone). Cut through the skin but leave the oyster attached to the thigh until later when leg is removed. Repeat for other leg.

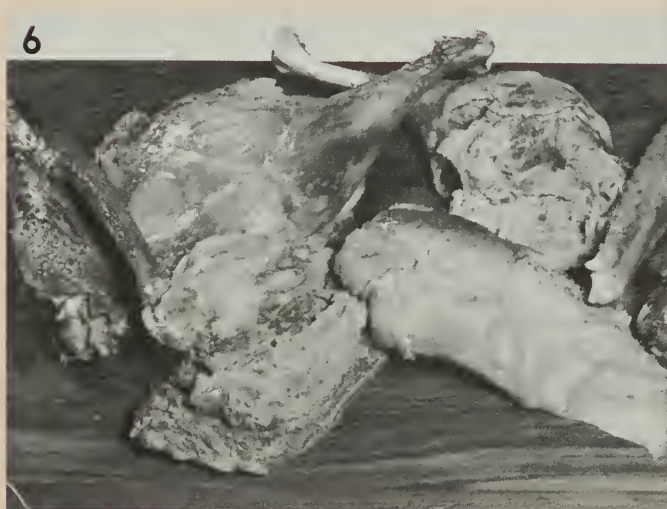
1. Turn the goose breast up on the platter with legs at the carver's right to remove the wings. Because it is best to leave as much meat on the breast as possible, make a semicircular cut around the shoulder joint as close to the bone as possible. Pull the wing, with your fork or fingers, up and away from the body so that the circular cut can be completed. After the joint is bared and tendons are cut, the wing separates very easily. Repeat for other wing.

2. Grasp the end of the drumstick with your fork or fingers, pulling it away from the body, cut through skin between leg and body. Notice the natural separation of meat after the skin is cut. Pull the leg out, down and back from the body to completely separate the hip joint. Cut the meat as close to the body as possible, and remove the oyster, which was loosened previously. Repeat for other leg.

3. Anchor the fork in rib section of the goose and cut the skin and meat down to the keel bone. Cut along the keel bone, separating the meat from the bone. It is very easy to remove the breast meat but, to obtain all the meat, cut around and under the wishbone. The breast meat can now be cut crosswise into equal portions so that each serving has some skin and fat, if desired. Repeat on other side of keel bone.

Enlarge the opening back of the keel bone and spoon out stuffing as each serving is prepared; or remove stuffing from an opening cut into side of bird where leg has been removed.





1. *Cutting around hip joint.*
2. *Cutting around hip joint to remove oyster.*
3. *Cutting through wing joint.*
4. *Cutting through hip joint.*
5. *Removing breast meat.*
6. *Carved goose: breasts, legs, wings.*

ROAST DUCK

Place duck breast up on the platter with legs pointing toward the carver. This makes it easier for him to reach the thigh and wing joints.

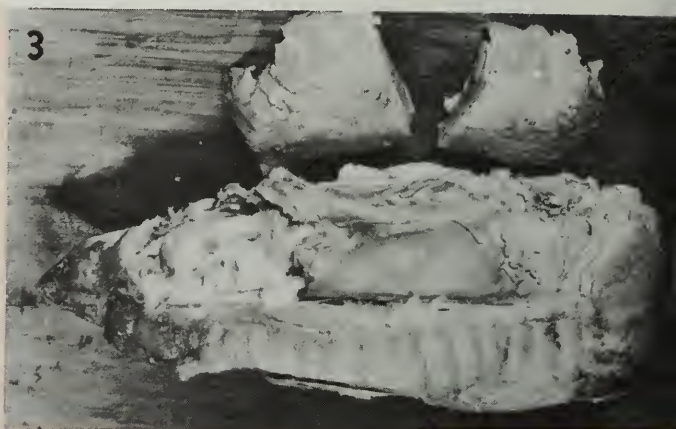
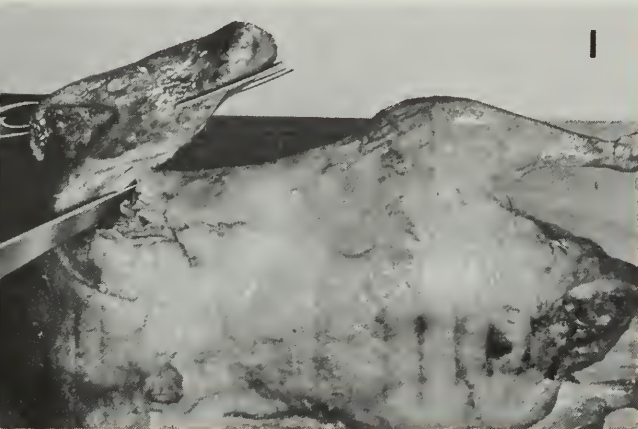
1. About an inch above the point where the wing joins the body, cut downward at an angle toward the backbone leaving as much meat as possible on the breast. Grasp the outer end of the wing joint with the fingers, pull away from the body and complete cutting to dislocate the joint.

2. Grasp the tip of the drumstick in the left hand or between the tines of the fork, pull downward and away from the bird. Cut the skin and flesh between the thigh and the body and the skin around the thigh. The socket at the upper end of the thigh is partly underneath the bird; use the point of a knife to dislocate the joint while you are pulling the leg away with the left hand. In a well-cooked bird the joint is very easily separated.

When removing leg, include meat attached to upper part of thigh at the back. Lift leg to small platter and separate the thigh and the drumstick.

3. Cut through skin and meat of breast close to keel bone. Slide knife downward underneath breast meat and, with a slight pushing and lifting toward the side, remove the breast meat in one piece. Place it on small platter and divide in two equal pieces by cutting across center. Carve other side in same manner.

Enlarge the opening back of the breastbone and spoon out stuffing as each serving is prepared; or remove stuffing from an opening cut into side of bird where leg has been removed.



1. *Cutting through wing joint.*
2. *Cutting flesh between thigh and body.*
3. *Breast meat removed in one piece, and cut in half.*

KNIVES

How to Choose Carving Knife — As it is impossible for the average person to tell the quality of a knife by appearance, it is wise to buy one with a well known brand name. A good carving knife should look sharp and be ready for use when purchased. The blade should taper very gradually toward the smooth cutting edge. In Canada the blade is 8 - 9 inches long but in Europe where they carve thicker slices a 7-inch blade is used.

How to Tell if Knife Needs Sharpening — Look down cutting edge of knife under light. If any shiny spots or sections show, knife needs sharpening on a good quality whet steel. These shiny sections are caused by the blade touching hard surfaces such as turkey bones, fork tines, skewers or the meat platter, as often happens during carving. A wooden platter is less apt to damage the knife edge than a silver or china platter. When the blade touches any of these hard surfaces, the edge turns over and reflects the light.

How to Sharpen Carving Knife — Knife should be sharpened frequently on a whet steel to correct the slightest damage. If neglected, it may need to be reground professionally. Hold knife at slight angle to the steel, slice it against steel over and under from heel to tip of knife. Only a few strokes are required to reset the cutting edge to its original keenness.

How to Care for Knives — Knives should be stored in such a way that no blade touches another knife. A carving knife should be wiped carefully with a wet cloth — not immersed in dishwasher. If allowed to soak, the water may lodge between tang and wooden handle and spoil the handle. Or if knife has a stag or bone handle, water may destroy the resin or cement binding and the blade will become loose.



freezing

PREPARATION OF UNCOOKED POULTRY

Wash and dry eviscerated poultry. If bird is freshly killed, leave it in the refrigerator below 40° F for at least 12 hours to tenderize before freezing; otherwise, it may be tough.

Wrap neck and giblets and freeze them separately or, if bird is to be used within three months, you may freeze the wrapped giblets in the

cavity of the bird. If there is a large amount of body fat, remove most of it because it may become rancid and affect the flavor of the bird. *Do not stuff poultry before freezing*; commercially stuffed frozen poultry is prepared by experts under strict sanitary conditions that cannot be duplicated in the home.

Unless birds are to be roasted whole, cut them in serving-size pieces before freezing. Cut-up poultry is easier to wrap and takes up less space in the freezer.

PREPARATION OF COOKED POULTRY

Poultry, fresh or thawed, may be cooked and frozen especially for future use, or leftover cooked poultry may be frozen. It is wise to freeze only small quantities of favorite dishes at first, until you know how well they freeze and how long they will keep.

If the bird is being roasted specifically for freezing, do not stuff it. If you are freezing leftover stuffed poultry, remove the stuffing immediately after the meal is over.

Cool the roast bird or prepared poultry dish quickly in the refrigerator. Remove meat from cooked whole birds and package tight to eliminate air. You can store cooked meat longer if you cover it with broth or sauce as this keeps air away from it.

PACKAGING

Package raw or cooked whole birds in freezer bags or wrappings, such as locker paper, moisture-vapor-resistant cellophane, laminated paper, plastic film or metal foil. Cut-up poultry may be packed in cardboard containers and then suitably wrapped. Place a double layer of waxed paper between pieces of chicken so that they can be easily separated before cooking. Freeze cooked poultry in meal-size amounts using freezer bags, wrappings or containers.

To avoid freezer burn, leave as little air space as possible in the package. Make sure that all joins in the wrap are sealed; dry air in the freezer removes moisture from unprotected frozen foods and may cause rancidity.

For recommended storage periods for frozen raw and cooked poultry, see page 10.

RECIPES





FAMILY
FARE

POULTRY PIE WITH SEASONED BISCUIT TOPPING

- 8 small cooking onions, left whole
- 6 small carrots, cut into chunks
- 3 medium potatoes, cut into eighths
- 2 tablespoons chicken fat
- 1/2 pound mushrooms, sliced, OR 1 can (10-ounce) sliced mushrooms, drained
- 1/4 cup flour
- 1 teaspoon paprika
- 1 teaspoon salt
- 1 cup milk
- 3 cups chicken broth
- 2 packages (12-ounce) frozen peas
- 4 cups diced cooked fowl, chicken or turkey

TOPPING

- 2 cups flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1/2 teaspoon paprika (optional)
- 1/2 teaspoon savory (optional)
- 1/4 cup shortening
- 1/4 cup finely minced parsley
- 1/4 cup finely shredded carrots
- 1 cup milk

Cook vegetables in boiling salted water until barely tender, about 10 minutes. Meanwhile sauté mushrooms in fat. Mix flour, paprika and salt. Blend to a smooth paste with a little of the milk. In large saucepan combine flour mixture with remaining milk and broth. Bring to a boil, stirring constantly until thickened. Add frozen peas and bring to a boil. Add cooked vegetables and chicken. Heat until mixture bubbles, stirring occasionally. Turn into greased 12-cup casserole.

To make topping, mix and sift dry ingredients. Cut in shortening until mixture resembles fine crumbs. Stir in parsley and carrots. Make a well, pour in all milk at one time; stir only enough to combine ingredients. Drop by spoonfuls on top of casserole. Bake in a very hot oven (425° F) until lightly browned, about 25 minutes. Serves 8.

EASY SMOTHERED CHICKEN

1 cut-up broiler (3 to 4 pounds)
Seasoned flour (see below)
1/4 cup butter or cooking oil
1 cup sliced onions
1 can (10-ounce) cream of mushroom soup
1/2 cup milk
1/2 teaspoon thyme
1 teaspoon salt
Dash paprika

SEASONED FLOUR (for each pound of chicken)

1/4 cup flour
1/2 teaspoon salt
1/2 teaspoon paprika
Dash pepper

Coat chicken pieces with seasoned flour. Sauté onions in hot fat until transparent but not brown, about 5 minutes. Remove onions and brown the chicken slowly, about 15 minutes. Remove chicken pieces and drain on a paper towel. Combine the soup, milk, thyme and salt and pour half of it into the frying pan, add chicken and onions and pour the rest of the soup mixture over it. Cover and simmer, basting occasionally until chicken is tender, about 40 minutes. Sprinkle with paprika. Serves 4.

CHICKEN AND HAM CASSEROLE

- 1 cup cooked ham, cut in this strips
- 1 cup sliced mushrooms
- 1 tablespoon butter
- 2 Tablespoons butter
- 3 tablespoons flour
- 2½ cups chicken stock
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup cream or milk
- ½ pound medium noodles
- 3 cups diced, cooked chicken
- ½ cup grated cheese

Sauté the ham and mushrooms in the 1 tablespoon of butter for about 5 minutes; remove from pan. In the same frying pan combine the 2 tablespoons of butter and 3 tablespoons of flour. Cook over low heat, gradually adding the chicken stock, seasonings and cream. Continue cooking until sauce thickens, 5 to 10 minutes.

Cook noodles until barely tender. Mix ham and mushrooms with noodles. Turn into a greased casserole, arrange chicken on top and pour sauce over all. Bake in a moderate oven (350° F) for 30 minutes. Sprinkle the top with grated cheese and brown under the broiler for about 2 minutes. Serves 6.

Turkey or fowl may be used instead of chicken.

EASY TURKEY PIE

Mix 2 cups undiluted cream of chicken soup, 2 cups diced cooked turkey and 1 to 1½ cups cooked frozen or canned peas. Season with pepper but do not add any salt. Turn into a shallow 8-cup casserole.

Cover with pastry or biscuit dough. For *pastry* topping use 1 cup flour to make dough; roll out; cut slits in pastry and ar-

range over filling. For *biscuit* topping use 2 cups flour to make dough; roll into an 8-inch round; cut into 6 pie-shaped pieces and arrange over filling. Bake in a very hot oven (425° F) until golden brown, 25 to 30 minutes. Serves 6.

RAGOUT OF DUCK

- 2 tablespoons butter or duck fat
- 1/2 cup thinly sliced onions
- 1/2 cup diced celery
- 1 clove crushed garlic
- 1/2 pound mushrooms, sliced
- 2 tablespoons butter or fat
- 4 tablespoons flour
- 2 cups stock or bouillon
- 3/4 teaspoon salt
- Dash pepper
- 1/4 teaspoon basil
- 1 bay leaf
- 3/4 cup thinly sliced raw carrots
- 1 cup diced raw potatoes
- 2 cups diced cooked duck

Melt the 2 tablespoons of the butter or duck fat in a large frying pan, and sauté onions, celery, garlic and mushrooms for 5 to 6 minutes. Remove the vegetables; add remaining 2 tablespoons of fat and blend in flour. Gradually stir in the stock, bring to a boil, and cook until sauce has thickened, stirring constantly. Season with salt, pepper and basil. Mix sauce with sautéed vegetables, carrots, potatoes and duck. Turn into a greased 6-cup casserole, add bay leaf, cover and bake in a moderately slow oven (325° F) for about 1 hour, or until carrots and potatoes are tender. Remove bay leaf before serving. Serves 6.

BRAISED CHICKEN LIVERS

- 1/2 cup flour
- 1 teaspoon salt
- Dash pepper
- 1 pound chicken livers
- 3 tablespoons butter
- 1/4 cup sliced onion
- 1 clove garlic, crushed
- 1 to 1 1/2 cups water
- 1/2 teaspoon Worcestershire sauce

Mix the flour, salt and pepper in a paper bag. Add chicken livers and shake to coat evenly with the flour mixture. Melt butter in frying pan; add onion and garlic and fry until lightly browned, about 2 minutes. Add chicken livers and cook over medium high heat until browned, about 5 minutes. Pour in 1 cup of water and the Worcestershire sauce; simmer gently until livers are fork tender, about 3 minutes. If gravy is too thick add more water. Serve on toast, noodles or rice. Serves 4.

DEVILLED CHICKEN WINGS

- 18 chicken wings (about 3 pounds)
- 1/4 cup cooking fat or oil
- 1/2 cup seasoned flour
- 3/4 cup chili sauce
- 1/2 cup tomato juice
- 1 tablespoon grated horseradish
- 3/4 teaspoon salt
- Dash cayenne
- 1 tablespoon prepared mustard
- 1 1/2 teaspoons Worcestershire sauce

Remove wing tips. Coat wings with seasoned flour and sauté a few at a time, until nicely browned, about 10 minutes. Cover and cook slowly for 10 minutes. Mix remaining ingredients and pour over wings. Cover and cook until tender, 15 to 20 minutes. 6 servings.



PARTY
FARE

BAKED HAM AND CHICKEN ROLLS

- 4½ pounds chicken breasts and legs
- 12 thin slices, uncooked ham
- Whole cloves
- 2 tablespoon flour
- ½ cup brown sugar
- 2 tablespoons water

Bone the chicken and cut it in pieces about 3 inches long. Divide it into 12 portions and wrap each in a thin slice of uncooked ham. Tie well, or fasten with toothpicks or skewers, and stick 3 or 4 cloves in each roll.

Blend flour, brown sugar and water together; place rolls in a greased baking dish and brush with this paste. Bake in a moderate oven (350° F) for 1 hour, basting often during the last 40 minutes. Serves 6.

FIESTA CHICKEN

- ½ cup flour
- 2 teaspoons salt
- 1 teaspoon ground ginger
- 2 quartered broilers (about 3 pounds each)
- ½ cup melted butter
- 2 cups Apple Curry Sauce (page 63)

Mix flour, salt and ginger in a paper bag; add chicken pieces a few at a time and shake to coat with flour mixture. Arrange chicken skin side up in a single layer in a large shallow baking pan and brush with melted butter.

Bake, uncovered, for 30 minutes in a moderate oven (350° F); then turn skin side down, baste and bake for 15 minutes longer. Turn chicken skin side up, brush with half of the Apple Curry Sauce and bake for 30 minutes. Add the remaining sauce and bake until chicken is fork tender, about 20 minutes longer. Serves 8.

GLAZED DUCK WITH FRUIT STUFFING

- 1 duck (4 to 5 pounds)
- Fruit Stuffing (page 69)

ORANGE GLAZE:

- 1 orange
- 1/2 cup water
- 2 tablespoons jelly
- 2 tablespoons lemon juice
- 1/2 cup stock made from giblets or bouillon

Fill the duck with fruit stuffing, prick the skin all over and place breast down on a rack, in a shallow uncovered roasting pan. Roast at 350° F for 45 minutes. Turn the duck breast up; prick the skin and pour off the fat as it accumulates. Continue roasting for about 1¼ hours longer.

Meanwhile prepare the glaze. Shred the orange rind and cook it in the 1/2 cup of water for 10 minutes; pour off water. Remove white pith from orange, cut up pulp and combine it with jelly, lemon juice and stock or bouillon and add the cooked rind.

When the duck is almost cooked, remove from pan and keep warm. Drain off all fat from pan; add glaze to drippings left in pan and cook on top of stove, stirring constantly, until well blended, about 5 minutes. Return duck to pan and baste with glaze. Continue roasting, and baste several times, until the duck is tender, about 30 minutes. Serves 4.

CHICKEN AND NOODLE CASSEROLE

- 1 fowl (4½ to 5 pounds), cooked
- 1/2 pound mushrooms, sliced
- 1/2 cup diced green pepper
- ¾ cup fat (rendered from fowl)
- 4 cups milk

- 2 cups stock from fowl
- $\frac{3}{4}$ cup flour
- 2 teaspoons salt
- $\frac{1}{4}$ teaspoon white pepper
- $\frac{1}{8}$ teaspoon cayenne pepper
- $\frac{1}{2}$ cup diced pimiento
- $\frac{1}{2}$ pound broad noodles
- $\frac{1}{2}$ cup buttered bread crumbs
- 1 cup chopped almonds or peanuts

Cut cooked fowl in large pieces (about 4 cups). Melt fat in a heavy saucepan and sauté mushrooms and green pepper over high heat about 10 minutes. Heat milk and stock in top of double boiler.

Remove mushrooms and green pepper from heat and blend in flour, salt, white pepper and cayenne pepper. Add hot liquid gradually and cook until thickened, stirring constantly. Add pimiento.

Cook noodles until barely tender. Arrange the noodles, fowl and sauce in six layers in a greased 3-quart casserole in this order: noodles, fowl, sauce, fowl, noodles and sauce. Mix crumbs and nuts and sprinkle lightly over the top. Bake in a moderate oven (350° F) for 1 hour. Serves 10 to 12.

SESAME BAKED CHICKEN

- $\frac{1}{2}$ cup flour
- 1 teaspoon salt
- 1 teaspoon paprika
- Dash pepper
- $\frac{1}{4}$ cup sesame seeds
- 1 egg
- $\frac{1}{2}$ cup milk
- 1 chicken, quartered (3 to 4 pounds)
- $\frac{1}{2}$ cup melted butter

Continued . . .

Mix dry ingredients. Beat the egg and stir in milk. Dip chicken in egg mixture and then coat thickly with seasoned flour. Arrange chicken skin side up in a single layer in a greased baking pan and pour melted butter over it. Bake uncovered, for 30 minutes in a moderate oven (350° F); then turn skin side down; baste and bake 30 minutes; turn, baste and bake 15 minutes longer. Serves 4.

CORNMEAL CRISPED CHICKEN

- 1 cup cornmeal
- 1 teaspoon salt
- 2 teaspoons curry powder
- 1/4 teaspoon ginger
- 1 chicken, quartered (3 to 4 pounds)
- 1/2 cup evaporated milk
- 1/4 cup melted butter

Mix dry ingredients. Dip chicken in evaporated milk and then in seasoned cornmeal. Arrange chicken skin side up in a single layer in a greased pan and pour melted butter over it. Bake uncovered, for 30 minutes in a moderate oven (350° F), then turn skin side down, baste and bake 30 minutes; turn, baste and bake 15 minutes longer. Serves 4.

HERB CRISPED CHICKEN

- 1 cup commercial sour cream
- 1/2 teaspoon tarragon
- 1/2 teaspoon thyme
- 1 teaspoon salt
- 1/2 teaspoon paprika
- Dash garlic powder
- 1 chicken, quartered (3 to 4 pounds)
- 1 cup ready-to-eat cereal crumbs (wheat or corn flakes, etc.)
- 2 tablespoons melted butter

Mix sour cream with herbs and seasoning. Dip chicken into seasoned sour cream and then into cereal crumbs. Arrange chicken skin side up in a single layer in a greased pan. Bake uncovered, for 30 minutes in a moderate oven (350° F), baste and bake 30 minutes; baste again and bake until tender, 10 to 15 minutes longer. Serves 4.

DUCK À L'ORANGE



FOREIGN FARE

COQ AU VIN

- 1 chicken (4 pounds)
- Salt
- White pepper
- 2 tablespoons butter
- 1/2 cup diced bacon
- 1/2 pound mushrooms
- 12 small onions
- 1/4 cup finely chopped green onion
- 2 tablespoons flour
- 1 clove garlic, crushed
- 1/2 cup water
- 2 cups red wine
- Chopped parsley

BOUQUET GARNI (tie in cheesecloth):

- 2 stalks celery
- 2 sprigs parsley
- 1/2 bay leaf
- 3 peppercorns
- 1 clove
- 1/4 teaspoon thyme

Cut chicken into serving-size pieces and season with salt and pepper. Melt butter in a heavy saucepan and fry bacon until golden brown. Remove bacon and drain on paper towels. Add chicken pieces, brown well on all sides, then remove and drain.

Pour off any excess fat, leaving about 3 tablespoons in pan. Add whole onions and mushrooms, cover pan and cook until onions begin to brown slightly, about 5 minutes. Remove cover, add chopped green onions and garlic. Cook 1 minute, then add flour and stir until flour is browned. Gradually add water and wine together and cook, stirring constantly, until sauce is smooth. Return chicken to pan, add bouquet garni, sprinkle with cooked bacon, cover and bring to a boil. Reduce heat and simmer for 45 to 60 minutes or until chicken is tender.

Arrange chicken and vegetables in serving dish. Skim any excess fat from sauce, remove bouquet garni and, if sauce is too thin, reduce it by boiling over high heat for 3 to 4 minutes. Pour sauce over chicken and sprinkle with chopped parsley. Serves 4.

CHICKEN MARENGO

- 1 fowl (4 to 5 pounds)
- 1/4 cup cooking fat or oil
- 1 cup apple juice
- 1 can (20-ounce) tomatoes
- 1 clove garlic, finely chopped
- 1 1/2 teaspoons salt
- 1/8 teaspoon
- 1 sprig tarragon
- 1/2 pound mushrooms, sliced
- 3 tablespoons flour
- 1/4 cup water
- 2 tablespoons chopped parsley

Cut fowl in serving-size pieces and fry in hot fat until well browned. Remove from pan and place in a kettle. Add apple juice, tomatoes, garlic, salt, pepper and tarragon. Cover and simmer until fowl is tender, 2 to 3 hours, moving top pieces to bottom of kettle once during cooking.

Drain fat from frying pan and measure back 2 tablespoons of the fat. When fowl is almost tender, fry mushrooms until lightly browned.

Drain broth from fowl and remove sprig of tarragon. Skim fat from broth. Blend flour with the 1/4 cup water. Stir in some of the broth, blend well, then add to remaining broth.

Pour into kettle containing cooked fowl, add mushrooms and stir constantly until sauce has thickened. Cover, and simmer 10 minutes longer, stirring occasionally. Turn into serving dish and sprinkle with chopped parsley. Serves 4.

Variation: Reduce apple juice to ½ cup. During last 10 minutes of cooking add ½ cup medium dry white wine.

CHICKEN — ITALIAN STYLE

- 2 whole chicken breasts, quartered
- Seasoned flour (see below)
- ½ cup butter
- 1 cup chopped onions
- ½ cup diced green pepper
- 1 clove garlic, minced
- 1 cup sliced mushrooms
- 1 can (6-ounce) tomato paste
- 2 cups water
- 1 tablespoon chopped parsley
- 1 teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon chili powder
- 1 tablespoon brown sugar
- ½ pound spaghetti
- 1 cup grated cheddar cheese

SEASONED FLOUR (for each pound of chicken):

- ¼ cup flour
- ½ teaspoon salt
- ½ teaspoon paprika
- Dash pepper

Coat chicken breast with seasoned flour. Sauté in butter until nicely browned, about 15 minutes. Remove chicken from frying pan. In the same pan, sauté the onions, green pepper, garlic and mushrooms for about 10 minutes. Add the tomato paste, water, parsley, seasonings and chicken; mix well. Stir occasionally while the mixture is simmering. Cook until the chicken is tender, about 40 minutes.

Meanwhile, cook spaghetti, drain well and turn into a greased casserole. Arrange chicken pieces on top, pour sauce over all and sprinkle with cheese. Place under broiler until nicely browned, about 2 minutes. Serves 4.

DUCK À L'ORANGE

- 1 duck (4 to 5 pounds)
- Salt
- 2 tablespoons fat rendered from duck
- 1 to 2 tablespoons flour
- 1 cup stock (made from giblets)
- 1/2 cup apple juice or dry white wine

CARAMEL:

- 4 tablespoons sugar
- 2 tablespoons water

ORANGE SAUCE:

- Juice of 1/2 lemon (about 4 teaspoons)
- Rind of 2 oranges
- 1/3 cup water
- Juice of 2 oranges

GARNISH:

- 2 oranges peeled and sliced

Season the duck with salt, prick well all over so that the fat will drain out. Roast at 450° F for 20 minutes, turning it every 5 minutes. Reduce the oven temperature to 350° F and roast for 45 minutes; remove the duck from the pan. Pour off all but 2 tablespoons of fat; stir in the flour and cook over direct heat until it is browned. Gradually add the stock and apple juice or wine; stir constantly until sauce is slightly thickened, about 5 minutes. Then put the duck back in the pan and continue roasting at 350° F for 45 minutes longer.

Meanwhile shred the rind from 2 oranges and squeeze the juice. Cook rind in $\frac{1}{3}$ cup water for 3 minutes, then drain. Combine cooked rind, orange juice and lemon juice and set aside until needed.

Transfer the duck to a warm platter. Drain the sauce from the roasting pan and skim off any excess fat.

Caramel — This may be prepared in advance and stored until needed. Heat the 4 tablespoons sugar in a heavy frying pan and stir until melted and amber colored. Immediately add 2 tablespoons of water, remove pan from heat and stir until sugar is dissolved.

Orange Sauce — Strain the sauce from the duck into the caramel and cook until the caramel has dissolved. Add the lemon juice, orange juice and rind mixture. Pour the sauce over the duck and garnish with orange slices.

CHICKEN LIVERS — CHINESE STYLE

- 2 eggs
- $\frac{1}{2}$ tablespoon butter
- $\frac{1}{4}$ cup butter or cooking oil
- $\frac{1}{2}$ pound (2 cups) sliced mushrooms
- 1 cup onions, cut in strips
- $\frac{1}{2}$ cup celery, sliced diagonally
- $\frac{1}{2}$ cup green pepper, cut in strips
- 1 clove garlic, crushed
- 1 pound chicken livers, cut in quarters
- 1 tablespoon soy sauce

Prepare garnish first. Beat eggs slightly with a fork. Melt butter in small frying pan. Add eggs and cook until firm. Turn out on a board to cool. When eggs are cool cut in thin strips.

Meanwhile, sauté the vegetables in a large frying pan until they are limp, about 7 minutes. Remove vegetables and in the same pan, brown the quartered chicken livers quickly, about 5 minutes. Remove the livers and scrape the pan.

Just before serving, mix vegetables, chicken livers and soy sauce in large frying pan, garnish with thin egg strips and heat for 2 minutes. Serves 4.

ALMOND CHICKEN CHOW MEIN

- 1½ cups coarsely chopped onion
- 3 tablespoons cooking fat or oil
- 2 tablespoons cornstarch
- 1 teaspoon salt
- 1 tablespoon sugar
- 2 cups chicken broth OR 2 chicken bouillon cubes dissolved in 2 cups boiling water
- 2 tablespoons soy sauce
- 3 cups diced cooked chicken
- 2 cups diagonally sliced celery
- 1 medium green pepper, cut in ¼ inch strips
- ½ pound mushrooms, sliced OR 1 can (10-ounce) sliced mushrooms, drained
- 1 can (28-ounce) bean sprouts, drained
- ½ cup toasted almonds

Use large frying pan. Sauté onion in hot fat 3 to 5 minutes. Mix cornstarch, salt and sugar. Blend to a smooth paste with some of the broth or bouillon. Add remaining broth and soy sauce to pan. Stir in cornstarch mixture, cook until thickened and clear, stirring constantly. Add chicken, celery, green pepper and mushrooms.

Cover and cook gently, 5 to 8 minutes, stirring occasionally. Add bean sprouts and heat thoroughly. Top with toasted almonds. Serves 6.

CHINESE OMELETS

- 3 tablespoon butter
- 1 cup sliced onions
- 1/2 cup diced celery
- 1/2 pound mushrooms, sliced
- 1 cup thin strips of cooked chicken or turkey
- 1 cup bean sprouts, well drained
- 6 eggs
- 1 teaspoon salt
- Dash pepper
- 2 to 3 tablespoons butter

Melt the 3 tablespoons of butter in a large frying pan and sauté onions and celery for about 4 minutes. Add mushrooms and sauté 4 more minutes; do not cook any longer as the vegetables should be crisp. Remove from frying pan, cool and add chicken and bean sprouts.

Beat eggs slightly, season with salt and pepper and stir in vegetable mixture. Melt 2 tablespoons of butter in a frying pan. Drop in large spoonfuls of egg mixture (about 2 tablespoons for each omelet). Cook over medium heat for about 1 minute, then turn and cook 1 minute longer. Add more butter if it is needed to complete frying the omelets. Makes 18 omelets — 3 per person for lunch or 2 each as an entrée to a Chinese dinner.



BARBECUE FARE

SHISH KEBABS

FOR EACH SKEWER (1 serving):

2 chicken livers

Marinade (page 64)

4 slices bacon

1 firm tomato, quartered

4 mushroom caps

4 pieces green pepper (1½-inch squares)

4 small onions

Salt and pepper to taste

3 or 4 tablespoons melted butter or cooking oil.

Marinate the chicken livers for about an hour. Dip the vegetables in melted butter or oil; drain and season. Remove the chicken livers from marinade; drain well and cut in half. Wrap each half in bacon.

Thread the livers, tomato wedges, mushroom caps, green pepper chunks and small whole onions on the skewer and repeat until skewer is filled (except for 4 inches left at each end of skewer for holding or propping it). Grill the shish kebabs for about 15 or 20 minutes, turning often.

MEAL IN A PACKET

Individual servings are cooked in foil packets, which also serve as a plate after cooking. For each packet, tear off a piece of heavy duty aluminum foil about 18 x 12 inches.

FOR EACH SERVING:

1 piece of cut-up chicken (quarter, breast or leg)

Salt

Pepper

Paprika

Dry mustard

1 sliced tomato

Continued . . .

- 1 sliced peeled potato
- 1 sliced onion
- 2 whole mushrooms
- 2 green pepper rings
- 1 to 2 tablespoons tomato juice

Place chicken piece, skin side down, in center of foil. Sprinkle with salt, pepper, paprika and mustard. Arrange vegetables on top of chicken. Fold the foil over the chicken and vegetables and fold the open ends over and over toward the food. Place packets on the grill, 3 to 4 inches from the fire. Cook until food is tender, 1 to 1¼ hours. Turn packets every 15 minutes and, if barbecue has a hood, rotate the grill once or twice during cooking.

NOTE: Packets may be baked indoors in a hot oven (400° F) for about 1 hour. Open packet and place under broiler until chicken is nicely browned, about 5 minutes.

TO SERVE WITH BARBECUED CHICKEN OR TURKEY

MUSHROOMS

Place washed whole mushrooms on a large rectangle of foil, dot with butter and sprinkle with salt and pepper. Wrap securely in a packet, sealing edges with tight double folds. Place on hot coals of a low fire and cook 15 to 20 minutes; or on a grill 3 inches from source of heat and cook 20 to 25 minutes.

CORN

Corn on the cob is a natural for barbecue cookery. It can be cooked in aluminum foil right on the coals.

Husk each cob, place it on a large rectangle of foil and spread with butter, salt and pepper. Wrap the corn tightly in the foil, twisting the ends to seal. Roast over hot coals 15 to 20 minutes, turning several times. When the corn is tender, cut open the foil and use as a plate or holder.



SALADS

SAUCES

SOUPS

STUFFINGS

CRUSTY CHICKEN SALAD

- 3 cups diced cooked chicken
- $\frac{3}{4}$ cup chopped celery
- $\frac{3}{4}$ cup sliced green onion
- $\frac{3}{4}$ cup chopped green pepper
- 1 teaspoon salt
- Dash pepper
- $\frac{1}{3}$ cup French dressing
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{2}$ cup commercial sour cream
- $\frac{1}{3}$ cup toasted slivered almonds
- 2 cups finely crushed potato chips
- 1 cup shredded cheddar cheese

Sprinkle chicken and vegetables with salt and pepper and marinate in French dressing for one hour. Combine mayonnaise and sour cream; add to the chicken mixture and chill thoroughly, about one hour. Fifteen minutes before serving, add almonds and transfer salad to a heat resistant 2-quart serving dish. Combine crushed chips and cheese and cover top of salad with mixture. Place under broiler until cheese melts, 2 to 4 minutes — salad stays cold. Serves 6.

CHICKEN OR TURKEY SALAD

- 3 cups diced cooked chicken or turkey
- 1 cup diced celery
- 1 cup diced unpeeled red apple OR diced pineapple
- $\frac{1}{4}$ cup diced green pepper or pimiento
- $\frac{1}{4}$ cup slivered, toasted almonds
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ cup mayonnaise or salad dressing

Mix all ingredients except salt and salad dressing, then toss lightly. Chill. Just before serving sprinkle with salt, add salad

dressing or mayonnaise and toss to coat pieces. Serve in lettuce cups. Serves 6.

Variations:

- Omit apple or pineapple, green pepper or pimiento and add one cup chopped cucumber, $\frac{1}{4}$ cup chopped green onion and $\frac{1}{4}$ cup chopped green or ripe olives.
- Marinate chicken or turkey for 1 hour in $\frac{1}{4}$ cup French dressing. Chill vegetables and fruit. Just before serving mix all ingredients, toss lightly to coat pieces.

APPLE CURRY SAUCE

6 slices finely diced bacon (about $\frac{1}{4}$ pound)
 $\frac{1}{2}$ cup chopped onion
1 tablespoon curry powder
1 tablespoon brown sugar
2 tablespoons flour
1 can (10-ounce) condensed beef broth
 $\frac{1}{4}$ cup apple sauce
2 tablespoons flaked coconut
2 tablespoons lemon juice
2 tablespoons tomato catsup
 $\frac{1}{2}$ teaspoon salt

To render a little fat, fry bacon in a saucepan about 2 minutes. Add onion and sauté until transparent but not brown, about 3 minutes. Add curry powder and cook for about a minute. Stir in brown sugar and flour; gradually add beef broth. When sauce is smooth add the rest of the ingredients and bring to a boil, stirring constantly. Simmer for 10 minutes longer, stirring occasionally. Makes about 2 cups of sauce, which is enough to glaze 2 chickens.

NOTE: If you wish to serve sauce with the chicken, double the recipe.

APPLE CHUTNEY FOR FRIED CHICKEN

- 3 cups finely chopped apple
- 1/4 cup molasses
- 1/4 cup vinegar
- 1/4 cup raisins
- 1 teaspoon curry powder
- 1/2 teaspoon ginger

Mix all ingredients in a saucepan, bring to a boil and simmer for 5 to 10 minutes or until apples are tender. Chill before serving. Makes about 2 cups.

CRANBERRY APPLE RELISH

- 1 can (15-ounce) or 2 cups cranberry sauce
- 1/2 cup seedless raisins
- 1 cup finely chopped, unpared apples
- 1/2 cup finely chopped celery
- 1/2 teaspoon ground ginger

Mix all ingredients thoroughly. Cover and allow to stand overnight in refrigerator. Makes about 3 cups.

MARINADE FOR POULTRY

- 1/4 cup cooking oil
- 1/4 cup lemon juice or vinegar
- 1/4 cup water
- 1/4 cup chopped onion
- 1 clove garlic, crushed
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon paprika
- 1/4 teaspoon thyme
- 1/4 teaspoon sage
- 1/4 teaspoon savory

Mix all ingredients in a sealer and shake well. Pour over poultry. Let stand at room temperature for 2 to 3 hours, turning the poultry once or twice.

PLUM SAUCE FOR FRIED CHICKEN

1/2 cup applesauce
1/4 cup raisins
1/8 teaspoon nutmeg
1/8 teaspoon ginger
1 cup red plum jam
1 tablespoon vinegar
Few grains salt

Mix applesauce, raisins and spices in a saucepan, bring to boil, and simmer for 5 minutes. Add plum jam, vinegar and salt and mix thoroughly. Chill before serving. Makes about 1½ cups sauce.

TANGY BARBECUE SAUCE

1/2 cup butter
1/2 cup finely chopped onion
1/2 cup cider vinegar or lemon juice
1 cup tomato juice
1 cup tomato catsup
1 tablespoon Worcestershire sauce
1/4 cup brown sugar
1 teaspoon dry mustard
1 teaspoon salt
1 teaspoon paprika

Melt butter and sauté the onion until transparent, about 5 minutes. Add remaining ingredients, bring to a boil and simmer for 15 to 20 minutes. Makes about 3 cups.

TURKEY VEGETABLE SOUP

- 1 turkey carcass (from a 20- to 24-pound turkey)
- 9 cups water
- 1 can (20-ounce) canned tomatoes (2½ cups)
- 1 cup sliced celery
- 1 cup chopped onion
- 1½ tablespoons salt
- ½ teaspoon poultry seasoning
- ¼ teaspoon pepper
- ½ cup uncooked rice OR noodles
- 1 package (11-ounce) frozen mixed vegetables

Break turkey carcass into pieces and place in a large kettle. Add water, canned tomatoes, celery, onion, salt, poultry seasoning and pepper. Cover, bring to a boil, then reduce heat and simmer for 1½ hours. Remove bones and strip off meat. Add meat, rice or noodles and mixed vegetables. Cover and continue to simmer until rice or noodles are tender, about 20 minutes. Makes about 10 cups.

CHICKEN SOUP

- 2 tablespoons chicken fat
- ⅓ cup finely chopped onion
- 2 tablespoons flour
- 4 cups chicken stock
- 1 to 1½ cups diced cooked chicken or fowl
- 1 cup tomato juice or canned tomatoes
- ⅓ cup diced carrots
- 1½ teaspoons salt
- Dash pepper
- Dash paprika
- ½ cup canned corn

Melt the chicken fat in a large kettle and sauté the onion until transparent but not brown, about 5 minutes. Blend in flour;

add the stock and remaining ingredients except the corn. Bring the soup to boiling point; reduce heat and simmer for at least 45 minutes. Add the corn, heat and serve. Makes 8 cups.

SOUP STOCK FROM DUCKS

2 duck carcasses
1 onion
3 cloves
2 bay leaves
1 tablespoon salt
5 to 6 cups water

Place carcasses in a large kettle. Add onion, stuck with cloves, and bay leaves, salt and water to cover carcasses. Cover, bring to a boil, reduce heat and simmer 2 to 3 hours. (The longer the stock simmers, the better the flavor is.) Strain stock and cool quickly. Refrigerate overnight or until needed. Before reheating stock, lift off any fat on the top. Remove meat from the carcasses and save it to add to soup. Makes about 6 cups.

DUCK SOUP

5 cups stock (stock, left over drippings or gravy)
1 cup diced onion
1 cup diced celery
1 cup diced potatoes
1 cup sliced carrots
1/2 cup barley or rice
1 teaspoon salt
1/2 teaspoon basil or tarragon
1 to 1 1/2 cups duck meat (from carcasses)

Mix all ingredients except duck meat in a large kettle. Cover, bring to boil, reduce heat and simmer for 1 hour or longer. Just before serving, add duck meat and bring back to the boil. Makes 6 cups.

BREAD STUFFING

- 14 cups soft, stale bread crumbs (one and a half 24-ounce loaves)
- 2 teaspoons salt
- $\frac{3}{4}$ teaspoon pepper
- 2 teaspoons savory
- 2 teaspoons thyme
- 1 cup chopped onion
- 1 cup chopped celery
- $\frac{3}{4}$ to 1 cup melted butter

Mix bread crumbs, salt, pepper, savory and thyme thoroughly. Sauté chopped onion and celery in melted butter until onion is transparent. Add to crumbs and mix lightly but thoroughly. Makes about 12 cups stuffing — sufficient for a 16- to 20-pound turkey.

Variations:

- Omit butter and celery and reduce onions to half a cup; add 2 cups sausage meat (raw or cooked).
- Omit onion and substitute 1 cup chopped apple. Add 2 beaten eggs, if desired.

MUSHROOM AND NUT STUFFING

- 10 cups soft stale bread crumbs (one 24-ounce loaf)
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon pepper
- 1 teaspoon sage
- 1 teaspoon savory
- $\frac{1}{2}$ cup chopped parsley
- $\frac{1}{2}$ cup chopped cashew nuts
- 1 cup butter, melted
- $\frac{2}{3}$ cup chopped onion
- $\frac{1}{2}$ pound mushrooms, chopped, OR 1 can (10-ounce) mushrooms, drained and chopped

Mix breadcrumbs, seasonings, parsley and nuts. Sauté the onions and mushrooms in butter and add to the crumbs. Toss lightly but thoroughly. Makes 10 cups stuffing — enough for a 12- to 20- pound turkey.

FRUIT STUFFING FOR DUCK OR GOOSE

- 2 tablespoons butter
- 1/2 cup chopped celery
- 4 cups soft stale bread crumbs (half a 24-ounce loaf)
- 1/2 cup raisins
- 3/4 cup chopped dried apricots
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground ginger
- 2 tablespoons lemon juice
- 1 beaten egg

Melt butter and sauté celery. Mix bread crumbs, raisins, apricots, seasonings and lemon juice. Add celery and beaten egg; mix well. Makes 5 cups — enough for a 6-pound duck.

SAGE AND ONION STUFFING FOR DUCK OR GOOSE

- 1/4 cup butter
- 1 1/2 cups chopped onion
- 1 finely chopped duck or goose liver (optional)
- 4 cups soft, stale bread crumbs (half a 24-ounce loaf)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 teaspoons crushed fresh sage or powdered sage
- 1 beaten egg

Melt butter and sauté onions until transparent but not brown, about 4 minutes. Add the chopped liver and cook about a minute longer.

In the meantime, mix bread crumbs, salt, pepper and sage. Mix sautéed liver and onions with the crumbs. Add the beaten egg; toss lightly, but thoroughly. Make 5 cups stuffing — enough for a 6-pound duck.

OUTDOOR BARBECUING

HOW TO MAKE THE FIRE

If you are using a portable barbecue, line the firebox with aluminum foil to protect the metal and facilitate cleaning up later. Next, cover the bowl of the firebox with a layer of gravel, $\frac{3}{4}$ to 1 inch deep. This protects the firebox, provides ventilation for the fire and reflects and retains heat, which of course saves fuel. Then make a pyramid of charcoal briquets about 12 inches in diameter and 5 or 6 inches high in the center of the firebox or fireplace. Use one of the commercial fire starters as directed by the manufacturer.

As the charcoal ignites, small grey spots (ash) appear on the briquets. Let the fire alone for 30 to 40 minutes, or until the grey spots have enlarged. When the briquets are covered with this grey ash they are ready to arrange for barbecuing.

For grill-barbecuing, gently tap the charcoal briquets with fire tongs

or poker and arrange them $\frac{1}{2}$ inch to $\frac{3}{4}$ inch apart over the gravel. This reduces the flame-up when fat drips from the food during cooking.

For spit-barbecuing, knock the ash from the briquets and bank them to the rear of the firebox. Place a foil drip pan under the spit, preferably in front of, not on, the coals. The pan catches the drippings and prevents smoking. Set extra briquets around the edge of the fire to warm up slightly before adding them to the fire.

HOW TO MAKE A DRIP PAN FOR SPIT-BARBECUING

Use heavy aluminum foil 18 inches wide. Tear off a piece about 5 inches longer than the poultry; fold in half, lengthwise.

Turn up all four edges $1\frac{1}{2}$ inches. Miter corners and folds tips to inside for reinforcement.

Drip pan may be washed and used again.



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KITCHEN METRICS

MEASURES

Use metric measures for metric recipes. Measures are marked in millilitres (mL) and are available in the following sizes:

1000 mL = 1L

500 mL

250 mL



250 mL

125 mL

50 mL



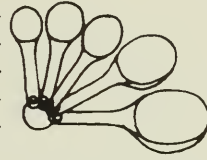
25 mL

15 mL

5 mL

2 mL

1 mL



TEMPERATURES

Most commonly used oven temperatures

°C replaces °F

100 200

150 300

160 325

180 350

°C replaces °F

190 375

200 400

220 425

230 450

Refrigerator temperature: 4°C replaces 40°F

Freezer temperature: -18°C replaces 0°F

MASS

1 kg (1000 g) is slightly more than 2 pounds

30 g is about 1 ounce

LENGTH

1 cm (10 mm) is slightly less than 1/2 inch

5 cm is about 2 inches

PRESSURE

Pressure for pressure cookers and canners is measured in kilopascals (kPa) instead of pounds per square inch (PSI).

kPa replaces PSI

35 5

70 10

100 15

POULTRY

HOW TO BUY/HOW TO COOK