



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 11

TERM 2 WEEK 3

POULTRY NOTES

This document consists of 14 pages.

Poultry = domesticated birds bred for eating

Nutritional Value:

- Complete protein
- Flesh = muscle (water, protein and fat)
- Vitamin A
- Vitamin B complex
- Calcium, iron, phosphorus and potassium
- Carbohydrates

TYPES OF POULTRY

(1) CHICKEN

- Most popular type of poultry
- Light (white) and dark meat
- Contains little fat
- Older birds are tougher so use moist cooking methods
- Classified according to its age:
 - Poussin: baby chicken, 4-6 weeks
 - Cornish hen: specially bred with a plumper breast
 - Free-range: allowed to exercise and search for food (flesh is tougher due to muscular activity)
 - Organic: Free from chemical growth enhancers and steroids.



Poussin



Chicken



Free Range



Organic Chicken



Cornish Hen



Cornish Hen

FORMS OF CHICKEN

(a) **Whole:** cleaned, plucked, head and feet removed



(b) **Portions:** Jointed in breasts, drumsticks, wings and thighs

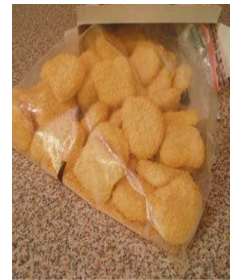


(c) **Fillets:** deboned (bones removed) and skinned breasts (skin is sometimes left on)



(d) **Processed:** mechanically treated
Examples:

- viennas
- nuggets
- ready-made dishes
- patties
- sausages
- marinated
- crumbed or battered



(2) TURKEY

- Light and dark meat
- Little fat



Turkey



Roast Turkey

(3) DUCK

- Only dark meat
- Contains lots of fat
- Best roasted, (over a drip tray) does not need basting as it is very fatty
- Eaten at 6 weeks or 3 months
- Breast meat is normally served to the doneness of medium rare (always cook skin side down to render and crisp the fat)



Duck



Duck breast cooked medium rare

(4) GOOSE

- Only dark meat
- Very fatty skin
- Roast at high temperatures to render the fat (over a drip tray)
- Does not need to be basted during roasting as it already has a high fat content
- Served with an acidic fruit sauce to offset the fattiness
- Fattened goose livers are used to make **Pâté de foie gras**



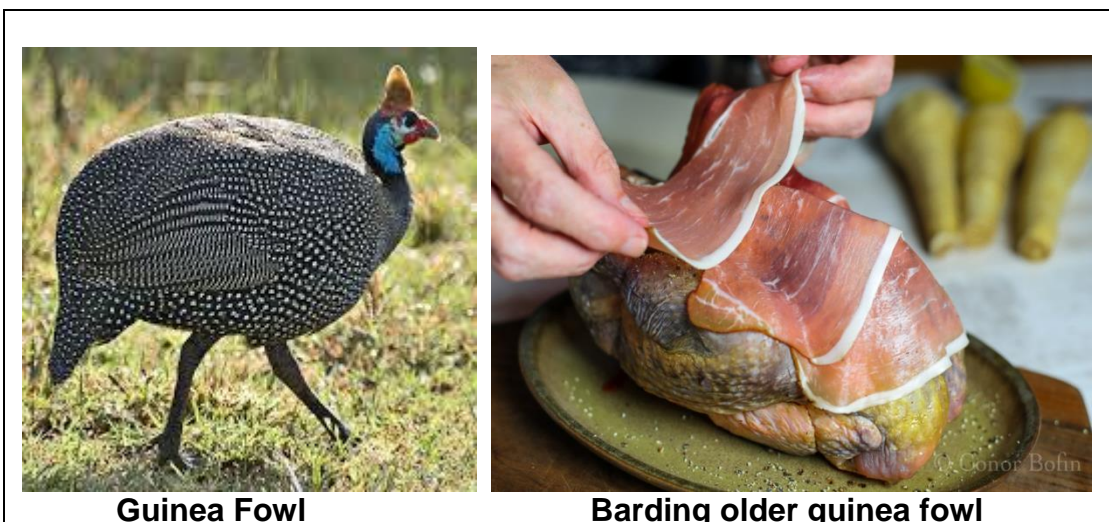
Goose

Goose Meat

Goose liver

(5) GUINEA FOWL

- Indigenous to South Africa
- Can be free-roaming or farmed
- Dark and light meat
- Younger birds are lightly sautéed as they are tender
- Older birds are barded as they have less fat and use combination cooking methods

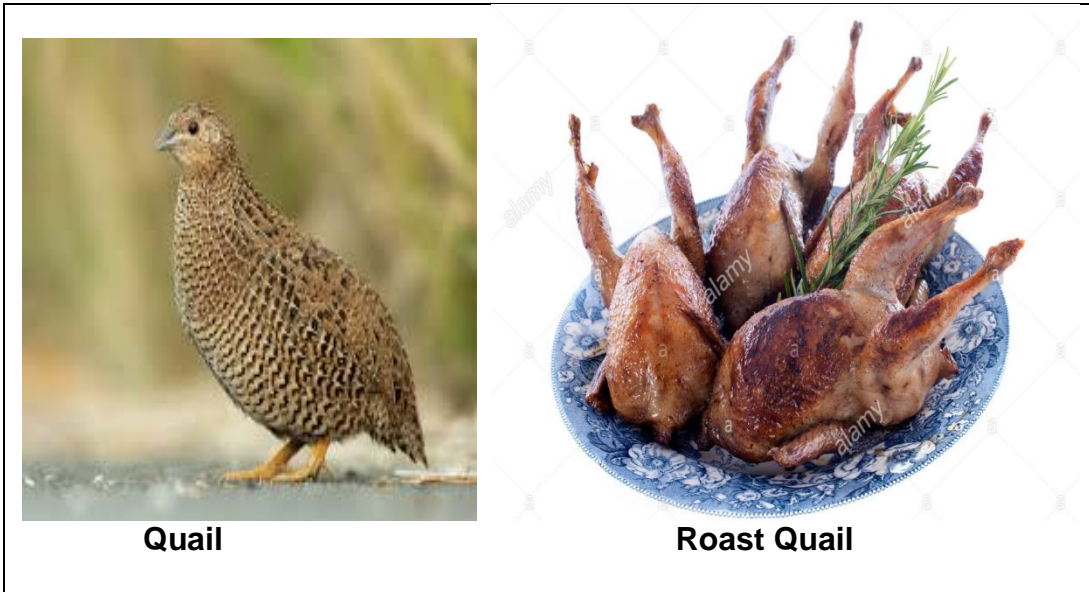


Guinea Fowl

Barding older guinea fowl

(6) QUAILS

- Bred for restaurant use
- White flesh
- Slight gamey taste
- Tender
- Cooks quickly (grilling, roasting, frying or simmering is advised)
- Barded when using dry cooking methods



(7) SQUAB (PIGEON)

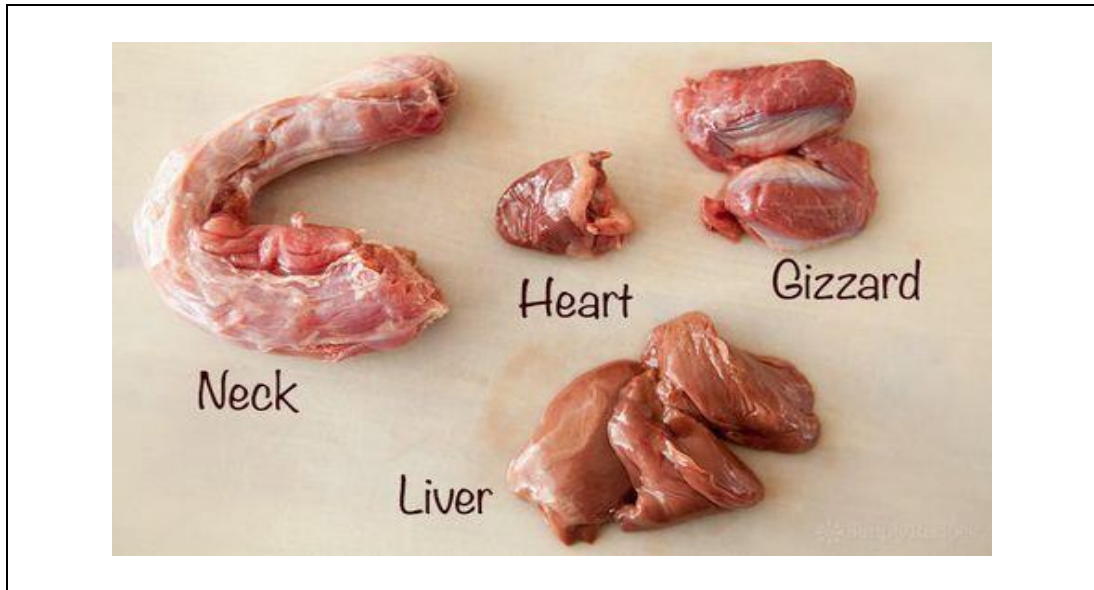
- Baby pigeons are bred specially for eating
- Cooks quickly (grilling, roasting, frying or simmering is advised)



OFFAL

Types:

- Giblets: livers, gizzards and hearts
- Gizzards: second stomach. Trim and deep-fry
- Livers: sautéed with onions or peri-peri. Made into pâté.
- Necks: flavourful. Adds richness and flavour to stocks



FACTORS TO CONSIDER WHEN PURCHASING POULTRY

- Packaging must be neat, clean and unbroken with no liquid in the packet
- Sell-by date must be checked
- Poultry must have a fresh smell
- Flesh must be firm
- Breastbone must be flexible in young birds
- Skin must be white, and unbroken with a bluish colour
- Must have no traces of feathers



STORAGE CONDITIONS

REFRIGERATOR

- Store fresh poultry in the refrigerator at the correct temperature (4°C)
- Keep raw poultry away from cooked foods
- Store below other foods to avoid cross-contamination in the refrigerator
- Store in the refrigerator for up to 4 days

FREEZER

- Store in the freezer at -18°C
- Freeze portions for 6 months, and whole birds for up to 1 year
- Thaw in the fridge for 12-48 hours, depending on the size of the bird
- Never refreeze thawed chicken
- Never cook frozen chicken (high risk of salmonella when the chicken defrosts slowly in the oven before it cooks through)

PREPARATION METHODS & TECHNIQUES

(1) Jointing

Cutting the bird into 8 portions

(2 breasts, 2 wings, 2 drumsticks and 2 thighs)

For serving portions, the thigh and drumstick are often left attached, therefore giving 4 portions from a whole bird, excluding the wings.

(2 breasts and 2 leg with thigh portions)



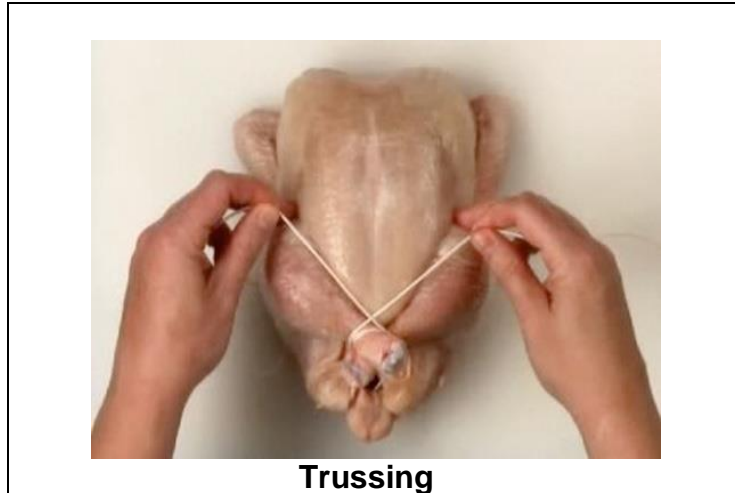
Chicken cut into 8 joints

(2) Trussing

Tying the legs and wings to the body of the chicken with string.

Makes it more compact so that it cooks evenly and improves the appearance

Remove the string before carving



(3) Stuffing

Filling the cavity of the bird and sometimes under the skin.

Poultry stuffed with lemon, onion and fresh herbs

Make a stuffing with seasoned fresh breadcrumbs and egg.

(Sausage meat can be used as well)

Most common herbs to use for stuffing: sage, thyme, tarragon and parsley



(4) Filleting

Removing the bone from the breast.



(5) Washing

Rinsing the bird inside and out under running water, and then patting the skin dry with paper towels.

(6) Plucking

Removing all the feathers by pulling in the direction that they grow.

Remove pin feathers with tweezers.

Burn fine feathers over an open flame.

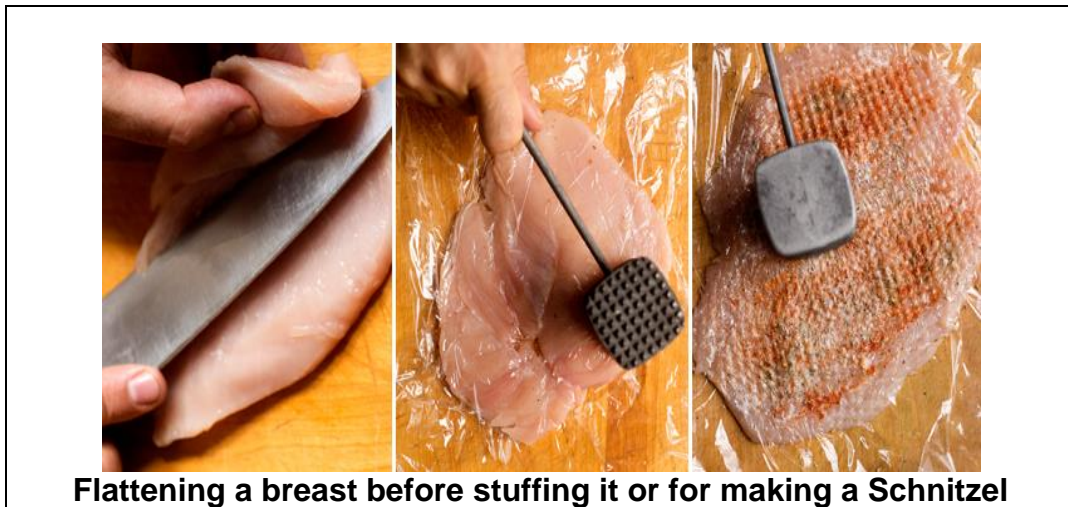
(7) Deboning

Removing the bones from the legs, thighs, breasts or whole bird using a boning knife.



(8) Flattening

Pounding deboned breast or thigh meat with a meat mallet.



COOKING METHODS

(1) Roasting and Baking

- Season the bird on the skin and in the cavity
- Either place stuffing inside the cavity or a mirepoix and bouquet garni
- Oil or butter the skin to prevent drying out and to give it a golden appearance when cooked
- Baste often
- Roast larger birds at a lower temperature if they are not stuffed
- If the bird is stuffed, increase the temperature so that the stuffing can cook through.
- Roast smaller birds at a higher temperature.
- When baking, coat the bird with seasoned crumbs or flour first.

(2) Grilling and Broiling

- Use a lower temperature as skin burns easily
- Use tender young birds

(3) Frying

- Fillets can be sautéed
- Coat or crumb before frying (prevent too much oil absorption, crisps the surface, gives a better appearance and prevents the meat from drying out)
- Brown the presentation side first when frying
- Try and turn only once

(4) Simmering

- Used for tougher birds
- Use seasoned water with mire poix and bouquet garni
- Use the leftover liquid (broth) for soups, sauces and casseroles

(5) Poaching

- Done on the stove or in the oven
- Poultry place in seasoned water
- Strain well after cooking

(6) Boiling

- Add mire poix and bouquet garni to the water and bring to the boil
- Place the chicken in the boiling water so that the surface protein can coagulate
- Lower to simmering (constant boiling will make the bird tough)

(7) Braising

- Bird in simmered in seasoned liquid in a covered casserole or pot
- Used for tough birds
- The liquid is usually served with the meat as a sauce.



Deep-fried



Roasted



Poaching



Simmering

PORTION SIZES

- ± 150g off fillet (poultry without bones)
- 225g on the bone
- Add extra weight for raw duck, as the fat renders down, decreasing the cooked weight
- Whole chicken can serve 4: 2 breasts and 2 leg and thigh
- Whole chicken can also serve 6 : 2 breasts , 2 thighs and 2 drumsticks and wings (suitable for a family with smaller children)

ACCOMPANIMENTS

- Grilled poultry : herb butters and sauces / vegetables and chips
- Roast : stuffing and gravy / roast vegetable and roast potatoes
- Sautéed : cream or velouté sauce made in the same pan / starch dish
- Fried: lemon wedges / vegetables or salad (e.g. coleslaw) / chips / usually a mayonnaise based sauce or a Béchamel
- Poached: mayonnaise or sauce supreme / vegetable coulis
- Braised/stewed : served with its cooking liquid and vegetables or boiled vegetables / starch dish like rice