Poultry

Poultry is one of the major sources for meat dishes. It is enjoyed by people of every walk of life and cherished by convalescents. The flesh of poultry is delicate and savory, if fresh. But to be successful in poultry cookery you must know the trade terms and specify accordingly in purchasing. There's a piece of poultry for every occasion regardless of purser or purpose. The following list of trade classifications will enable you to specify which kind and type of poultry you wish to purchase.

**Chicken:** Fowl (old hens and old stags—good for boiling), Old Roosters, Old Cockerels, Capons, Roasting Chickens, Fliers, Broilers, and Squab Broilers (young chickens—1/4 to 1 1/2 pounds).

**Pigeons:** Squabs (young pigeons), and pigeons.

**Guinea Chickens:** Guinea Hens.

**Ducks and Muscovy Ducks:** Young and old.

**Turkeys:** Broilers, Young Hens, Young Toms, Old Hens, and Old Toms.

**Geese:** Young and old.

If you are going to broil chicken you must buy a broiler—young and tender, well-fed and finished, weighing from 1 to 2 1/2 pounds. I recommend the 2 pound, milk-fed, stocky legs, and full breast for the best broiler. That size is meaty and when cooked is nice and juicy. In my estimation broiled chicken is your best poultry dish. BUT it can not be perfected by just buying a chicken. You must specify Broiler.

Poultry is best when fresh and does not improve with age—before or after cooking—unless frozen, and that is not improving—it is holding or keeping. Poultry requires individual attention. It must be thoroughly cleaned. Either dry picking or a semi-scald is acceptable for removal of the feathers. All hair, feathers and pin-feathers should be removed with care—without sheerinig, if possible. The bird is then drawn (entrails removed) with care so that the gall bladder (the greenish sac attached to the liver) does not burst while it is being removed. The oil bag on the tail of each bird should be removed before cooking. (The feet and heads of all poultry may be cleaned and cooked to make stock for the preparation of gravy.)

All poultry should be cleaned by rubbing the carcass inside and out with baking soda and washing in clean water—preferably running water so that there is no danger of contamination from particles adhering to a pan or present in water which has been used for cleaning other birds.

When boiling poultry (and we use the term “boiling” here in the common sense of simmering, for whenever the boiling temperature is reached the heat should be turned down so that the water simmers rather than boils) a clean vessel or kettle is imperative. Any impurity or food particles present in the cooking vessel may taint the whole bird while cooking.

Poultry should alway be cooked in as small an amount of water as possible, and even then—when done—the stock should be reduced by boiling to at least 2/3 of its original volume.

In cooking poultry of any kind, whenever possible, it should be served the same day it is cooked. No chicken, duck, goose, or turkey should ever be cooked the day before or stuffed the day before and cooked the next day. In the first place a perfect concoction cannot be made by such a method, but even more important from a health standpoint—it is a dangerous risk.

**BROILED YOUNG CHICKEN**

Select one young broiler, two pounds in weight. Remove pin feathers and wash clean. Wipe dry and cut in half, remove back and rib bones and flat hip bone. Season with salt and pepper and dust with flour. Brush the full surface with butter. Place in hinged-type wire broiler under a gas flame about 4 1/2 inches from the heat, or over charcoal. Broil to a golden brown and continue the heat until five minutes after you see the bubbles appear. Broiling time is about 30-40 minutes. Serve immediately. Some people prefer to steam the chicken in the oven a while before serving.

**BARBECUED CHICKEN**

Cook as for broiled chicken and add the barbecue sauce recipe found under Sauces. Heat for a few minutes in an oven, or cook in a pit or charcoal furnace using long, slow, heat. Add barbecue sauce.
CHICKEN PAPRIKA
(Serves 4)

1 heavy frying chicken (3½ pounds net)
1 tablespoon paprika
4 teaspoons salt
½ cup flour for dredging
¼ teaspoon cumin
¼ teaspoon thyme
1 cup stock
1/2 cup milk
1/2 cup sherry wine
3 tablespoons celery, chopped fine
2 tablespoons onions, chopped fine

Make Roux
4 tablespoons flour
4 tablespoons fat from frying chicken

Make the stock by simmering the neck, bones, giblets, and well-cleaned feet in 2 cups water until liquid is reduced to half its original volume, or 1 cup. Season stock with 1/2 teaspoon salt and 1/8 teaspoon white pepper.

Disjoint chicken after it has been thoroughly cleaned. Season with salt and white pepper. Dredge in flour and 1/2 tablespoon paprika. Let set for a few minutes. Fry to a golden brown; remove from fat. Sauté onions and celery in that fat. Remove these and use 4 tablespoons of the fat to make the roux. Add hot stock gradually to the roux, then the hot milk and unheated wine. Add the sautéed vegetables and remainder of seasonings; whip until thick and smooth. Place the fried chicken in a baking dish, pour the sauce over it, and bake at 300°F for 1 hour—or until tender. This is mild chicken paprika; two to three times as much paprika may be used, if desired.

BATTER FRIED CHICKEN
(Serves 2)

2 1/2 pound frying chicken
2 teaspoons salt
1/2 teaspoon white pepper
1 cup sifted flour
1/4 teaspoon salt
2 eggs, beaten
1 cup milk
fat for deep frying

Wash and disjoint chicken. Put in sauce pan with just enough water to cover, add the 2 teaspoons of salt and the pepper and simmer for about 20 minutes. Drain well. Make a batter by mixing flour and the quarter teaspoon of salt together. Combine milk and eggs and beat them into the flour with a wire whisk until well blended. Dip pieces of chicken into this batter, turning until all sides are well coated, lay each piece in a shallow pan for a few minutes so it may drain, then fry in deep fat at 375°F. until brown.

CHICKEN DELISH
(Serves 8)

Cut up a 5 pound stewing hen, cover with water, add 2 teaspoons of salt and simmer (do not boil) until tender. Let the chicken stand in its own liquid over night. Skim off fat, remove skin and put it through a fine food chopper. Remove meat from bones and cut into bite-sized pieces. Make a gravy using one half cup of chicken fat, 3/4 cup flour, and 1 1/2 quarts chicken stock. Make the following dressing, put it in a large greased baking pan, arrange the chicken meat over it, add the gravy, cover with buttered crumbs and bake one hour in a 325°F. oven.

DRESSING
1/2 cup chicken fat
ground-up skin
2 cups diced onions
2 cups diced celery
8 cups dry bread, broken or cubed
1 tablespoon ground sage
2 teaspoons salt
1/4 teaspoon pepper

BROWN FRICASSEE
OF CHICKEN
(Serves 4)

1 four pound frying chicken
3 teaspoons salt
1/2 teaspoon white pepper
1/2 teaspoon MSG
6 tablespoons fat
6 tablespoons flour
3 cups hot stock

Clean chicken thoroughly. Disjoint, season with mixture of salt, pepper, and MSG. Dredge in flour, let stand on absorbent paper for a few minutes. Fry in a heavy skillet with enough fat to half cover the chicken, turning only once. Make a gravy by using the 6 tablespoons of the fat used for frying the chicken. Add the flour, cook slightly, then add the stock, cooking and stirring until mixture becomes thick and smooth. Put chicken in a casserole, pour gravy over it and bake in a 300°F oven about one hour, or until tender. Serve with mashed potatoes or steamed rice.
DEVILED CHICKEN BALLS
1 can boned chicken (6 oz.)
2 tablespoons finely chopped onion
2 tablespoons finely chopped chives
2 tablespoons finely chopped celery
1 tablespoon chopped parsley
2 tablespoons bread crumbs
1 teaspoon curry powder
½ teaspoon salt
1 teaspoon paprika
2 tablespoons prepared mustard
Sauté onions, celery, chives and parsley in butter. Cut chicken fine and mix all ingredients together until well blended. Make into balls early and chill. Just before serving, Bake and fry in deep fat until golden brown at 375°F.

CHICKEN A LA KING
(Serves 4)
6 tablespoons butter
8 tablespoons flour
2 cups milk
2 cups hot chicken stock
6 onion rings, sauteed
6 green pepper rings, sauteed
pimiento rings
2 cups diced, cooked chicken
3 tablespoons sherry
mushrooms
salt and pepper to taste
Make a roux of the butter and flour, add milk, stock and seasonings and cook, stirring constantly until mixture becomes thick and smooth. Add onion, green pepper, pimiento, chicken, and mushrooms. When they are heated through, add the sherry and serve on baking powder biscuits.

COLD BONED CHICKEN
(Serves 10)
5 pound stewing hen
5 teaspoons of salt
1 teaspoon white pepper
2 quarts water
Clean chicken thoroughly by rubbing it with baking soda inside and out, and washing well. Remove the neck. Now, cut the skin down the back, and remove from the meat, being careful to keep it as whole as possible. With a sharp knife remove the meat from the bones. Lay the skin out on a carving board, and place the meat on it, alternating layers of dark and white meat, and sprinkling the salt and pepper (which have been mixed together) over each layer. Fold the skin around the meat and wrap in a clean, white cloth, tying the ends to keep it in the shape of a meat loaf. Place in a pan with a tight fitting cover, add the chicken bones and the 2 quarts of water and simmer gently for three and one half hours. Remove wrapped chicken and continue cooking the stock down until you have about 3 cups left. Put the loaf of meat into a bowl, pour the stock over it, and put another bowl (partly filled with water... or whatever method you prefer for weighting it) on top of the loaf, so that it is under pressure as it stands in the refrigerator over night. About 6 hours before you're ready to serve the chicken, remove it from the bowl and allow it to stand in the refrigerator on a plate. Immediately before serving, remove the cloth wrapping and slice the meat in very thin slices.

CREAMED DUCKLING
(Serves 4)
6 tablespoons fat
6 tablespoons flour
2 cups duck stock
1 cup milk
½ teaspoon white pepper
¼ teaspoon MSG
3 cups cooked, diced duck
4 tablespoons cooking sherry
Melt butter, add flour, and cook together to make a roux. Heat the stock in one sauce pan and the milk in another one. Add 2 tablespoons of the roux to the hot milk and cook until it's smooth and well blended. Now, add the balance of the roux to the hot stock and cook until it thickens. Combine these two sauces, add seasonings, duck, and the sherry and serve. (NOTE: the above recipe may be converted to DUCK A LA KING by the simple expedient of adding to the sauce 1/4 cup of: green pepper, pimiento, and mushrooms which have been sauteed in butter.)

POULTRY STUFFING
Poultry should be stuffed the day it is to be cooked with freshly prepared stuffing. Have the stuffing as hot as you can handle it. If you stuff poultry the day before it is cooked, you are taking chances of changing the flavor of the turkey or even getting food poisoning.

Stuff the entire cavity including the crop cavity, but don't pack it tightly as the dressing will expand during cooking. Allow about one cup of dressing for each pound of turkey.

See page 48 for poultry stuffing or dressings.
PREPARING AND ROASTING TURKEY

Dredge bird inside and out with baking soda, wash under clean fresh running water and drain.

Use a sharp knife to slice and finely cut (do not grind) vegetables for stuffing. Use bread at least 3 days old, cut into small cubes. Never soak in water.

After preparing dressing according to recipe, dry inside of bird thoroughly, season with salt and pepper, brush with melted butter and stuff cavity and crop cavity.

Truss bird by securely tying legs to tail, secure crop flap to back and neck skin to back with skewers. Brush entire bird with turkey fat or butter and dust lightly with flour. Place in hot, shallow pan and shake if skin sticks during searing process. Roast 18 to 20 minutes per pound at 300°F.

If turkey reaches desired degree of brownness before it is done, cover loosely with aluminum foil to protect skin from excessive dryness. Never add water.
First step in proper carving—remove leg and thigh.

Second step in carving—remove wing.

Third step in carving—remove whole side of breast from breast bone out.
Fourth step in carving—slice breast across grain.

Fifth step in carving—remove bone and tendons from legs and thighs.

Sixth step in carving—slice leg and thigh across grain.
HOT TURKEY SANDWICHES WITH CHEESE
(Serves 6)
4 cups medium cream sauce
2 cups diced, cooked turkey
2 teaspoons salt
1 cup grated aged Cheddar cheese
6 or 8 slices of toast
Fold the diced turkey into the hot, seasoned cream sauce. Pour sauce over toast slices, top with grated cheese, dot with butter and put under broiler until the cheese melts.

COLD BONED TURKEY
(14 Slices Per Pound)
1 10 pound turkey
8 teaspoons salt
2 teaspoons white pepper
2 teaspoons celery salt
½ cup plain gelatin
Clean the turkey thoroughly by rubbing it with baking soda inside and out and wash it under running water. Remove all the skin by working down the back. Separate the breast into two sections by cutting the meat from the bone, starting from the back working to the breast bone. Remove the legs and bone them. Cut the turkey skin in half, roll one side of the breast and leg together in half of the skin, seasoning it before you roll it in the skin. Tie it up in a cloth in the shape of a meat loaf. Do likewise with the other breast and leg. Break the bones and put in a kettle large enough to cook the turkey and bones at a simmering temperature until turkey is done. Remove the turkey from the stock and continue boiling the bones until one-half of the stock is left. Strain and add gelatin after it has been soaked 10 minutes in just enough water to make it moist. Stir until gelatin is melted. Pour this over the turkey and put it under a press weight for 24 hours. Remove it from the cloth and you can serve it as any other cold meat.

Fold all ingredients together except the cheese, which is sprinkled over the top. Bake in a 350°F oven for about 30 minutes.

TURKEY CHOP SUEY
(Serves 6)
4 cups sliced celery
3 cups sliced onions
5 cups cooked turkey
1 teaspoon seasoning salt
1 teaspoon salt
¼ cup brown sauce
3 tablespoons chop suey sauce
1 tablespoon Worcestershire sauce
1 number 2 can chop suey vegetables
2 tablespoons cornstarch dissolved in:
¼ cup cold water
1 cup sliced green pepper
Sauté the onions in butter until soft and translucent. Add celery, brown sauce, and juice from the chop suey vegetables. Cook until tender but not mushy. Add seasonings and turkey (which has been cut in ½ inch thick strips). Bring to a boil, add moistened cornstarch and cook, stirring constantly until mixture thickens. Fold in the green pepper and the vegetables, cover and cook over low flame for 5 minutes. Serve hot with rice or noodles.

PHEASANT
Pheasant is one of our prize birds. How to cook it depends on the age of the pheasant. Only young birds should be broiled. Unfortunately, when pheasant or any wild bird is on the menu the cook cannot specify “young birds only”—the hunter takes them as they come. But there is a way to tell whether the birds bagged are young or old. Long spurs on a cock indicate an old bird; short, soft, pliable spurs are the mark of a young bird.

Young or old, pheasant should not be overcooked. The shorter the cooking time, the better the flavor. Anyone lucky enough to bag a young pheasant, or buy one for that matter, should use the very best method of cooking young or old birds.

RICE AND TURKEY CASSEROLE
(Serves 4)
2 cups cooked rice
½ cup chopped celery, sauteed
½ cup chopped onion, sauteed
1 cup cream sauce
1 cup cooked, diced turkey
½ cup grated, aged Cheddar cheese

ROAST PHEASANT WITH WILD RICE STUFFING
Clean the bird thoroughly by removing all feathers and hair pulled into the muscle by the shot which should be removed. Wash out blood clots. Rub the bird with baking soda and rinse thor-
oughly under running water. Before stuffing, wipe the bird dry inside and out. Season cavity with salt, seasoning salt, and a little kitchen thyme. Stuff with wild rice stuffing, and truss by tying so that the stuffing cannot escape. Oil well with butter. Bake at 300°F. until meat is tender. No one can tell you how long it will take, but, do not overcook!

ROAST BREAST OF PHEASANT

Remove legs and thighs, leaving as much skin on the breast as possible. Cut the bird down the back and spread open. Remove the keel bone by carefully cutting the flesh from the bone, but be careful not to cut through the skin. Remove the rib bone. Brush the cavity with butter. Fill the breast cavity with stuffing and fold the breast back to hold the dressing and rub with melted butter. Place in shallow baking dish and bake until breast is tender. In the meantime, sauté ½ cup onions, ½ cup celery and mix 1 cup cooked wild rice, seasoning it with ½ teaspoon sage, ¼ teaspoon white pepper, ¼ teaspoon salt. Bake this mixture in oven for about 20 minutes in 350°F. oven. Spoon rice mixture on a hot platter on each side and place roast breast of pheasant in center.

FRICASSEE PHEASANT

Use the legs and thighs from the breast of pheasant. Season with salt and pepper and dredge in flour. Fry in fat 375°F. until brown. Place in baking dish. Pour fat from frying pan, leaving about 4 tablespoons. To this add 4 tablespoons flour and cook until light brown. Add 2 cups of good stock and cook until thick. Add ½ cup cream to thicken stock mixture. Season with salt and pepper. Pour over pheasant in baking dish and bake in 350°F. oven until tender.

CHESTNUT DRESSING

(16 pound turkey)

4 quarts dry bread cubes
4 cups celery, cut fine
4 cups chestnuts, ground
4 teaspoons salt
1 teaspoon white pepper
2 cups butter (or any good fat other than bacon)
4 cups stock (or cream or milk)

NOTE: The chestnuts for this dressing should be hulled and blanched in boiling water to remove the inner skins. They should not be roasted nuts, as full flavor is needed.

Sauté celery in fat until it becomes translucent. Add seasonings and ground nuts. Cook for a few minutes. Add liquid, fold into bread cubes and mix well.

CELEST STUFFING

(Serves 16)

4 quarts dry bread broken or cut into ¼ inch squares
4 cups celery, sliced fine
4 cups onions, sliced fine
1 tablespoon sage leaf, crushed fine
4 teaspoons salt
1 teaspoon white pepper
2 cups butter or chicken fat, pork fat (do not use bacon)
4 cups good stock—if no stock is on hand use 4 chicken bouillon cubes dissolved in 4 cups boiling water

Sauté the onions, celery and seasonings in the fat until translucent. Add the stock and fold into the bread. Dry the bird’s cavity with a towel. Season the inside with salt and pepper. Stuff.

WILD RICE STUFFING

(Serves 4)

1 cup wild rice (makes 3 cups cooked wild rice)
1 cup celery, cut fine
½ cup onion, cut fine
½ teaspoon leaf sage
1 cup stock
¼ cup butter
1 cup dry bread crumbs
¼ cup chopped parsley

Sauté onions and celery in butter until translucent. Add parsley and spices and 1 cup good stock—(hot) pork, veal or chicken, or two bouillon cubes dissolved in one cup boiling water may substitute for the stock. Bring ingredients to a boil and fold into the crumbs and wild rice.

OYSTER DRESSING

(Serves 16)

2 cups oysters
1 cup butter
¼ cup chopped parsley
4 tablespoons onion
½ teaspoon leaf sage
¼ teaspoon celery seed
2 teaspoons salt
3 quarts dry bread cubes

Heat oysters gently for a few minutes, and then drain off liquid. Melt the butter (or other good fat) and sauté parsley and onions in it. Add to bread cubes (or crumbs if you prefer). Add oysters and seasonings and blend well.