

Chapter 12



Understanding Poultry and Game Birds

The versatility, popularity, and relatively low cost of poultry items make them ideal for all kinds of food-service operations, from elegant restaurants to cafeterias and fast-food restaurants. Also, chicken and turkey are popular among diet-conscious people because they are lower in fat and cholesterol than other meats. Game birds, such as pheasant, are also increasing in popularity and availability because they are now raised domestically by many producers. Farm-raised game birds are similar, in many ways, to chicken, so learning techniques for cooking and handling chicken teaches you a great deal about handling these other birds as well.

Learning about poultry is, in some ways, easier than learning about meats like beef and lamb. Because chickens, turkeys, and other poultry are much smaller, they are not cut up in such detail.

However, poultry has its own cooking problems, so it is important to observe both the similarities and the differences between meat and poultry.

After reading this chapter, you should be able to

1. Explain the differences between light meat and dark meat, and describe how these differences affect cooking.
2. Describe four techniques that help keep chicken or turkey breast moist while roasting.
3. Define the following terms used to classify poultry: *kind*, *class*, and *style*.
4. Identify popular types of farm-raised game birds and the cooking methods appropriate to their preparation.
5. Store poultry items.
6. Determine doneness in cooked poultry, both large roasted birds and smaller birds.
7. Truss poultry for cooking.
8. Cut up chicken into parts.

Composition and Structure

The flesh of poultry and game birds is muscle tissue, as is the flesh of beef, lamb, veal, pork, and game. Its composition and structure are essentially the same as those of meat.

Review the section on meat composition and structure (Chapter 10, pp. 276–277). Remember that muscle tissue is composed of

Water (about 75 percent)

Protein (about 20 percent)

Fat (up to 5 percent)

Other elements, including carbohydrate, in small quantities

Remember that muscles consist of *muscle fibers* held together in bundles by *connective tissue*.

Maturity and Tenderness

We learned in Chapter 10 that the tenderness of a piece of meat—or poultry—is related to connective tissue and that connective tissue increases with

- Use or exercise of the muscle.
 - Maturity or age of the animal or bird.
1. Use or exercise is of less concern in poultry. Most poultry is so young that it is relatively tender throughout. However, there are differences, discussed in the next section, between *light meat* and *dark meat*.
 2. **Maturity** is a major consideration when selecting poultry. Young, tender birds are cooked by dry-heat methods, such as broiling, frying, and roasting, as well as by moist-heat methods. Older, tougher birds need slow, moist heat to be made palatable.
 - Maturity is the major factor in categorizing each kind of poultry (see p. 374).
 - Skin color is determined by diet and is not related to the flavor or tenderness of the poultry.

Free-Range Chickens

Most chickens on the market are produced by large operations that house their poultry indoors in carefully controlled environments and feed them scientifically monitored diets. This process enables the industry to raise healthy chickens quickly and in large numbers to meet the great demand. Many people feel these chickens lack flavor because they are not allowed to move around outdoors. Some farmers, in response, offer *free-range* chickens, which are allowed to move around freely and eat outdoors in a more natural environment.

It is important to note that there is no legal definition of *free-range*, and that free-range chickens are considerably more expensive than ordinary chickens. Many people, however, feel free-range chickens are more flavorful and worth the extra cost. Because quality varies from producer to producer, it is necessary to do careful taste-testing to determine whether you want to purchase free-range poultry for your operation.

A term related to free-range is *organic*, which has recently been defined by the USDA as food produced without using most conventional pesticides, fertilizers made with synthetic ingredients or sewage sludge, bioengineering, or ionizing radiation. See page 531 for additional information on organic foods.

FREE-RANGE VERSUS CAGE-FREE

Some poultry products, especially eggs, are marketed as “cage-free.” How does this differ from free-range?

Cage-free simply means the birds aren’t kept in cages, but they *are* kept indoors. To be called free-range, they must be allowed outdoors.

Light Meat and Dark Meat

Poultry is not divided into as many small cuts as are meats. Chicken and turkey, however, are usually thought of as consisting of two kinds of parts, depending on the color of the meat. These color differences reflect other differences:

“Light meat”—breast and wings

Less fat

Less connective tissue

Cooks faster

“Dark meat”—legs (drumsticks and thighs)

More fat

More connective tissue

Takes longer to cook

Duck, goose, and squab have all dark meat, but the same differences in connective tissue hold true.

The dark color of dark meat is due to a protein called *myoglobin*. This protein stores oxygen for muscles to use during periods of great activity. The breast muscles of birds are used for flying, and because chickens and turkeys rarely, if ever, fly, these muscles don’t need a great deal of myoglobin. In flying birds, such as ducks, the breast muscles have more myoglobin and thus are darker. Active muscles, in addition to being darker, also have more connective tissue.

The cook must observe these differences when preparing poultry.

1. Cooking whole birds.

Everyone has tasted chicken or turkey breast so dry it was difficult to swallow. In fact, light meat is overcooked more often than not because it cooks faster than the legs and is done first. In addition, the breast has less fat than the legs, so it tastes much drier when cooked (or overcooked).

A major problem in roasting poultry is cooking the legs to doneness without overcooking the breast. Chefs have devised many techniques to help solve this problem. Here are some of them.

- Roasting breast-down for part of the roasting period. Gravity draws moisture and fat to the breast rather than away from it.
- Basting with fat only, not with water or stock. Fat protects against drying, but moisture washes away protective fat.
- Barding, or covering the breast with a thin layer of pork fat. This is usually done with lean game birds.
- Separating breast from leg sections and roasting each for a different time. This is often done with large turkeys.

2. Cooking poultry parts.

Many recipes have been devised especially for certain poultry parts, such as wings, drumsticks, and boneless chicken breasts. These recipes take into account the different cooking characteristics of each part. For example, flattened boneless chicken breasts can be quickly sautéed and remain juicy and tender. Turkey wings, when braised, release enough gelatin to make a rich sauce.

Many of these items have especially high customer appeal, especially boneless chicken breast, and are served in the most elegant restaurants.

Several of the chicken and turkey recipes in Chapter 13 are for specific parts. Those that use cut-up whole chickens can easily be adapted for specific parts. For example, you may want to buy whole chickens, braise the leg sections, and reserve the breasts for other preparations.

Inspection and Grading

Like meat, poultry is subject to federal *inspection* and *grading*. (Note: Unlike those for meats, poultry inspection and grading stamps are not stamped on the birds but instead are printed on tags and packing cases.)



Figures 12.1 USDA inspection stamp for poultry



Figures 12.2 USDA grade stamp for poultry

Inspection

1. A guarantee of wholesomeness (fit for human consumption).
2. Indicated by a round stamp (Figure 12.1).
3. Required by U.S. law.

Grading

1. Based on quality.
2. Indicated by a shield stamp and letter grade (Figure 12.2).
3. Not required by U.S. law.

U.S. grades are A, B, and C, A being the best. Grades are based on

Shape of carcass (lack of defects)	Pinfeathers (present or absent)
Amount of flesh	Skin tears, cuts, broken bones
Amount of fat	Blemishes and bruises

Most poultry used in food service is Grade A. Lower grades are used by canners and processors.

Classification and Market Forms

The following terms are used to classify poultry:

Kind—the species, such as chicken, turkey, or duck.

Class—the subdivision of kind, depending on age and sex.

Style—the amount of cleaning and processing.

Live: almost never purchased in food service.

Dressed: killed, bled, and plucked. Also rarely seen in food service.

Ready to cook: dressed and eviscerated, with head and feet removed.

- Whole.
- Cut up, or parts.

State of refrigeration—chilled or frozen.

Table 12.1 describes the kinds and classes of domestic poultry. **Chicken** is the most common kind of poultry in the kitchen. As indicated in the table, age or maturity determines the differences among the classes of chicken. **Rock Cornish game hens** (usually called Cornish hens), **broilers**, and **fryers** are young, tender chickens suitable for sautéing, broiling, or frying, while **roasters** and **capons** are larger chickens that are usually roasted. Older **hens** and (rarely marketed) **roosters** must be simmered or braised to make them tender.

In addition to the common classes of chicken listed in the table, you may also find **poussin** (poo-san) on the market in certain localities. Similar to Rock Cornish game hen but often smaller, a poussin is a young chicken weighing 1 pound (450 g) or less. It commands a fairly high price because of the special techniques required for raising it.

Table 12.1 Domestic Poultry Classes and Characteristics

KIND / CLASS	DESCRIPTION	AGE	WEIGHT RANGE
Chicken			
Rock Cornish game hen	Special breed of young chicken, very tender and delicate.	5 weeks or less	$\frac{3}{4}$ –2 lb (0.34–0.9 kg)
Broiler or fryer	Young chicken of either sex. Tender flesh and flexible cartilage. Smooth skin.	6–12 weeks	Broiler: 1½–2½ lb (0.7–1.1 kg) Fryer: 2½–3½ lb (1.1–1.6 kg)
Roaster	Young chicken of either sex. Tender flesh and smooth skin, but less flexible cartilage.	3–5 months	3½–5 lb (1.6–2.3 kg)
Capon	Castrated male chicken. Flesh very tender and well flavored. Large breast. Expensive.	Under 8 months	5–8 lb (2.3–3.6 kg)
Hen or fowl	Mature female. Tough flesh and coarse skin. Hardened breastbone cartilage.	Over 10 months	3½–6 lb (1.6–2.7 kg)
Cock or rooster	Mature male. Coarse skin. Tough, dark meat.	Over 10 months	4–6 lb (1.8–2.7 kg)
Turkey			
Fryer-roaster	Young bird of either sex. Tender flesh, smooth skin, and flexible cartilage.	Under 16 weeks	4–9 lb (1.8–4 kg)
Young turkey (hen or tom)	Young turkeys with tender flesh but firmer cartilage.	5–7 months	8–22 lb (3.6–10 kg)
Yearling turkey	Fully matured turkey that is still reasonably tender.	Under 15 months	10–30 lb (4.5–14 kg)
Mature turkey or old turkey (hen or tom)	Old turkey with tough flesh and coarse skin.	Over 15 months	10–30 lb (4.5–14 kg)
Duck			
Broiler or fryer duckling	Young tender duck with soft bill and windpipe.	Under 8 weeks	2–4 lb (0.9–1.8 kg)
Roaster duckling	Young tender duck with bill and windpipe just starting to harden.	Under 16 weeks	4–6 lb (1.8–2.7 kg)
Mature duck	Old duck with tough flesh and hard bill and windpipe.	Over 6 months	4–6 lb (1.8–2.7 kg)
Goose			
Young goose	Young bird with tender flesh.	Under 6 months	6–10 lb (2.7–4.5 kg)
Mature goose	Tough old bird.	Over 6 months	10–16 lb (4.5–7.3 kg)
Guinea			
Young guinea	Domestic relative of the pheasant. Tender.	3–6 months	$\frac{3}{4}$ –1½ lb (0.34–0.7 kg)
Mature guinea	Tough.	Up to 12 months	1–2 lb (0.45–0.9 kg)
Pigeon			
Squab	Very young pigeon with light, tender meat.	3–4 weeks	Under 1 lb (0.45 kg)
Pigeon	Older pigeon with tough, dark meat.	Over 4 weeks	1–2 lb (0.45–0.9 kg)



Clockwise from left: duckling, free-range chicken, poussin, guinea fowl, squab, quail

Turkeys are larger birds that are usually roasted, although the cooking of turkey parts is increasingly common. For example, legs may be stewed or braised for special dishes (see, for example, *Mole Poblano*, p. 426), while breasts are cut into cutlets or scaloppine and sautéed like veal cutlets.

Ducks and **geese** also are usually roasted, although duck parts are sometimes cooked separately. Boneless breast of duck is sautéed or broiled and served rare, sliced into small medallions, and the legs may be braised. Ducks and geese have a thick layer of fat under the skin. Compared with chicken and turkey, they have a low yield. For example, a 4-pound duck yields about 1 pound raw lean meat, and a 4-pound chicken yields about 2 pounds raw lean meat.

Most ducks marketed in North America are a breed called **White Pekin**; this includes the well-known Long Island duck. A specialty item available in some markets is *magret* (mah-gray). This is the boneless breast of a breed of duck called **moulard**. It is thicker and meatier than the breast of a regular Pekin.

Guineas are a domestically raised descendant of the pheasant. They taste like a flavorful chicken and are usually cooked and handled like young chickens.

Squabs are young, domestically raised pigeons, usually weighing less than 1 pound (450 g). Their rich, dark meat, which is usually cooked slightly rare to avoid dryness, has a slightly gamey flavor that combines well with flavorful brown sauces.

Game Birds and Specialty Products

In recent years, the availability of such birds as quail and squab has increased dramatically, and they are seen regularly on restaurant menus. The poultry items discussed in this section are classified as game birds, but they are all, in fact, raised domestically. While farm-raised pheasants and partridge lack the full gamey flavor of their wild cousins, they do have a richer,

more gamelike taste compared to chicken. With bland, factory-raised chickens dominating the market, cooks and eaters are turning more and more to exotic poultry and are willing to pay the higher price.

Traditionally, true wild game is hung and allowed to age, usually before plucking and dressing. The purpose is essentially the same as for aging beef, namely to allow the natural enzymes in the meat to tenderize it and to develop flavor. Often, game is hung until it becomes high, to the point where spoiled meat is mistaken for aged meat. With today's farm-raised game birds, this procedure is not appropriate. Anyway, most customers prefer a fresh taste to a strong, gamy one.

Quail are small, weighing 4 to 5 ounces (110 to 140 g) each. A normal main-course portion is two birds. They have meaty breasts for their size, but not much meat on the legs. Quail are richly flavored without being gamy. The French name is *caille*.

Partridges are about the size of Rock Cornish game hens, weighing about 1 pound (450 g) each. It is important to look for young, tender birds because mature partridge is likely to be tough. They have excellent flavor, but they are not as delicate as squab or pheasant. The French names are *perdreau* (young partridge) and *perdrix* (mature partridge).

Pheasant is a popular game bird, and farm-raised pheasant is widely available. Most pheasant sold weighs from 2 to 2½ pounds (900 to 1200 g), but young pheasant weighing 1 pound (450 g) or less is also available. This bird has delicate, light-colored meat with subtle flavor similar to that of chicken. Most recipes for chicken are also suitable for pheasant, but the simplest preparations are usually the best, because the flavor stands well on its own and is easily covered by too many spices. Pheasant can be dry if overcooked. The French name is *faisan*.

Many varieties of **wild duck** are eaten, but mallard is the most common. Farm-raised mallards weigh from 1½ to 3 pounds (700 to 1400 g). Unlike domestic duck, wild duck is very lean. It has dark, flavorful flesh.

Handling game birds is easy if you remember that their structure is basically the same as the structure of chickens. All the cutting and trussing techniques you learn for chicken can be applied to these other birds.

Because farm-raised game birds are usually young and tender, they can be roasted, sautéed, grilled, and barbecued. The most important thing to remember about them is they are usually very lean. Therefore, they are best served slightly rare. If cooked to well done, they become dry. This is especially true of wild duck, which is almost inedible if overcooked. Wild duck is usually left rarer than the other birds discussed here. Its meat is then red and juicy.

Pheasant is also very dry if well done. Its light-colored meat is best if still slightly pink at the bone. Quail doesn't become as dry, but it too has the best flavor if still slightly pink at the bone.

Another category of farm-raised birds is the category technically known as **ratites**. **Ostrich** and **emu** are the most familiar members of this category. Although these meats have lost some popularity in recent years, both are generally available. The meat of both birds is lean and red and resembles venison or very lean beef in appearance, although it is slightly lighter in color than venison.

Because ostrich and emu are so lean, they are best cooked to the medium rare or, at most, medium stage to avoid dryness. Recommended safe internal temperature is 155° to 160°F (68° to 71°C). Grilling, sautéing, and pan-frying are the best cooking methods for small, tender cuts, while larger tender cuts can be roasted. Moist-heat methods, especially braising, are sometimes recommended for less tender cuts, but this often results in excessively dry meat because it is so lean. Take care to avoid overcooking if you braise ostrich or emu. Another option is to grind the less tender cuts. Mixed with seasonings and added moisture, ground emu and ostrich can make excellent burgers, meatballs, and meatloaf.

Ostrich and emu are best cooked like other lean red meats and game. Recipes for venison, in particular, are often excellent when applied to these meats, as are recipes for grilled or sautéed beef. Ostrich producers often recommend cooking their product like veal. This may be slightly misleading because veal is often cooked medium well or well done. Nevertheless, grilled, sautéed, and roast veal recipes can often be used for ostrich and emu as well, as long as the meat is not overcooked. Two recipes developed specifically for ostrich or emu are included in Chapter 13 as a sample. For other cooking ideas, look for appropriate recipes in Chapter 11 based on the guidelines just described.

KEY POINTS TO REVIEW

- How do the differences between light meat and dark meat affect how you cook different poultry parts?
- What are four ways to keep breast meat from becoming too dry when cooking whole poultry?
- What is the significance of *inspection* and *grading* of poultry products?
- What do the terms *kind*, *class*, and *style* mean with respect to poultry? What are the major kinds and classes of domestic poultry used in food service?
- What are the most important kinds of farm-raised game birds used in food service? Describe each kind.

Handling and Storage

Fresh Poultry

1. Fresh poultry is extremely perishable. It should arrive packed in ice and be kept in ice until used.
2. Ideally, use poultry within 24 hours of receiving. Never hold it for more than 4 days.
3. Poultry often carries salmonella bacteria. Wash all equipment and cutting surfaces after handling poultry to avoid contamination of other foods.

Frozen Poultry

1. Store frozen poultry at 0°F (−18°C) or lower until ready to thaw.
2. Thaw in original wrapper in refrigerator, allowing 1 to 2 days for chickens, 2 to 4 days for larger birds. If pressed for time, thaw in cold, running water in original wrapper.
3. Do not refreeze thawed poultry.

Doneness

Domestic poultry is almost always cooked well done (except squab and sautéed or grilled duck breast). Many cooks, however, cannot tell the difference between well done and overcooked. Chicken and turkey are low in fat, so they quickly become dry and unpalatable when overcooked. Even duck and goose, which are very fatty, taste dry and stringy if cooked too long.

Skilled chefs with years of experience can often tell the doneness of a roast chicken or turkey just by looking at it. Until you gain that much experience, you should rely on other methods.

For Large Roasted Birds

Internal temperature, as tested with a thermometer, is the most accurate guide to doneness. The thermometer should be inserted into the thickest muscle of the inner part of the thigh, away from the bone. The thigh is tested rather than the breast because the thigh is the last part of the bird to become fully cooked.

The recommended safe internal temperature (see p. 30) for roast whole poultry is 165°F (74°C). However, the more usual practice is to aim for a final temperature of 180°F (82°C). This higher temperature provides a margin of safety to allow for the difficulty of measuring poultry temperatures accurately. (Most customers do not like to see red or pink at the bone joints of chicken and turkey.) Depending on the size of the bird, removing it from the oven when the thermometer reads between 165° and 175°F (74° and 79°C) should result in a final temperature of 180°F (82°C) after carryover cooking.

For Smaller Birds, Cooked by Any Method

Doneness of smaller birds is determined in the following ways.

1. Looseness of joints. The leg moves freely in its socket.
2. Clear juices. Juices inside the cavity of a roasted bird are clear yellow rather than cloudy and red or pink.
3. Flesh separating from bone. Muscles begin to pull away from bones, especially breast-bone and leg bones. Excessively shrunken flesh means it's overcooked and dry.
4. Firmness to touch. Test with finger pressure as you would a steak (see p. 298). This method is especially useful for sautéed boneless chicken breasts.

Not recommended: Do not test by piercing deeply with a fork and twisting the flesh. Too many valuable juices will be lost.

Trussing Methods

Trussing means tying the legs and wings against the body to make a compact, solid unit. It has two main purposes:

1. Even cooking. Extended legs and wings cook too quickly.
2. More attractive appearance, especially when presented or served whole or carved in the dining room.

One of many trussing methods is illustrated in Figure 12.3. Your instructor may wish to show you other methods.

Figure 12.3 Trussing chicken.



(a) Place the chicken breast up, with the neck end toward you. Tuck the first joint of the wings behind the back.



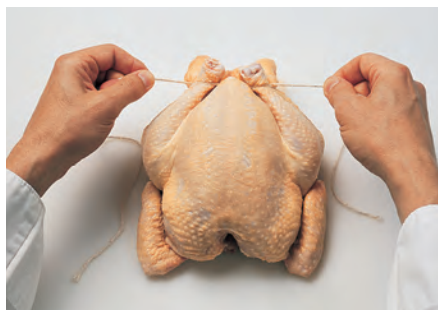
(b) Press the legs forward and down against the body.



(c) Pass the center of a length of twine under the hip bone just ahead of the tail.



(d) Bring the twine up and across the ends of the legs.



(e) Pass the twine under the ends of the legs as shown and pull tight.



(f) Bring the ends of the twine toward the neck end of the bird. Pull firmly on the twine while pressing on the breast portion with the thumbs as shown.



(g) Tie the twine tightly.



(h) The stub of the neck holds the twine in place, preventing it from slipping behind the back.



(i) The trussed chicken.

Cutting Up Chicken

There are many ways to cut up chickens. Every chef has his or her preferred methods. Some of these methods are illustrated, step by step, in Figures 12.4, 12.5, and 12.6. These show how to split a chicken for broiling and how to cut whole chickens into quarters and eighths, for both bone-in parts and semi-boneless pieces. Cutting chicken apart at the joints is also known as *disjointing*.

As for meats, it is important to know the bone structure of chicken in order to cut it up. The best way to learn this is to practice cutting chickens.

Figure 12.4 Splitting chicken for broiling.



(a) Hold the chicken up by the tail. Cut through the bones to one side of the backbone, all the way to the neck.



(b) Split the chicken open.



(c) Cut off the backbone as shown.



(d) Pull out the breastbone or keel bone. This helps the chicken lie flat and cook evenly.



(e) For a portion size of one-half chicken, cut the chicken in half down the center of the breast. Make a split in the skin below the leg and slip the end of the leg through it as shown to hold the chicken in shape.



(f) Portion-size Cornish game hens are left whole.

Figure 12.5 Cutting chicken into quarters and eighths, bone in.



(a) Place the chicken on the cutting board breast up. Split the chicken down the center of the breast with a heavy knife as shown.



(b) Spread the chicken open and cut through the bones on one side of the backbone.



(c) Cut off the backbone completely. Save for stocks.



(d) Cut through the skin between the leg and the breast.



(e) Pull the leg back and cut off the entire leg section. Repeat with the other half. The chicken is now in quarters.



(f) To cut into eighths, cut the drumstick and thigh apart at the joint.



(g) Cut the breast and wing quarter into two equal pieces. (Another method is simply to cut off the wing.)



(h) The chicken cut into eighths. Note that the first joint of each wing has been cut off.

Figure 12.6 Cutting up chickens, semi-boneless.



(a) Cut off the wings at the second joint. Save for stocks.



(b) Cut through the skin between the leg and the body.



(c) Turn the chicken on its side and pull the leg back. Carefully start to cut the flesh from the bone, being sure to get the "oyster," the little nugget of tender meat in the hollow of the hip bone. Cut through the ligaments at the hip joint.



(d) Holding the chicken steady with the knife, pull off the leg. Repeat with the other leg.



(e) Turn the breast portion upright. Cut down along one side of the ridge of the breastbone to separate the breast meat from the bone.



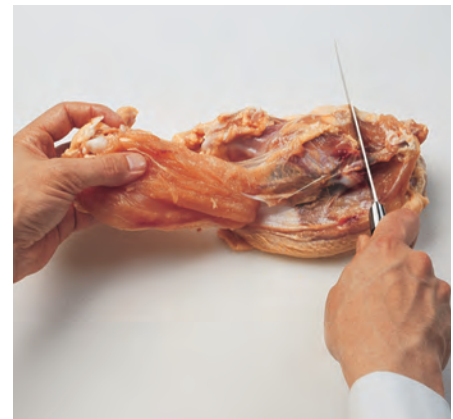
(f) Continue the cut along the wishbone to the wing joint.



(g) Holding the chicken by the wing, cut through the wing joint.



(h) Holding the carcass steady with the knife, pull back on the wing and breast meat.



(i) Pull the breast meat completely off the bone. Be sure to hold on to the small "tenderloin" muscle inside the breast so it doesn't separate from the rest of the meat. Repeat with the other side.



(j) If desired, remove the thigh bone. Cut down along both sides of the bone to separate it from the meat.



(k) Lift out the bone and cut it off at the joint.



(l) For a neater appearance, chop off the end of the wing bone with the heel of the knife.



(m) A semi-boneless breast with the wing bone left in is known as a *suprême* or an *airline breast*. The wing bone may be left as is or frenched (meat scraped off), as in the illustration.



(n) The cut-up chicken. From left: breast portions without and with wing bone; leg portions without and with thigh bone; wing sections and carcass for stockpot. The drumstick and thigh (bone-in) may be cut apart at the joint, as in Figure 12.5.

KEY POINTS TO REVIEW

- How is fresh poultry properly stored? How is frozen poultry stored and handled?
- How is doneness of poultry determined?
- Why is whole poultry often trussed before cooking?
- What methods are used for cutting up poultry? Describe as thoroughly as possible how to cut chicken into bone-in and semi-boneless parts.

TERMS FOR REVIEW				
light meat	free-range	inspection	magret	trussing
dark meat	organic	grading	ratite	suprême
maturity				

QUESTIONS FOR DISCUSSION

1. Why are hens or fowl not roasted in commercial kitchens?
2. Why is the breast section so often dry when whole chickens and turkeys are roasted? Can you suggest ways to remedy this problem?
3. Give a brief description of each of the following classes of poultry. Be sure to mention relative tenderness and approximate size.

Capon	Roaster	Yearling turkey
Roaster duckling	Young tom turkey	Hen or fowl
Broiler/fryer	Rock Cornish hen	
4. How should fresh and frozen poultry be stored?
5. Describe five methods for determining doneness in poultry items.
6. What is the purpose of trussing poultry?
7. Why are most game birds better if not cooked until well done?

Chapter 13



Cooking Poultry and Game Birds

The muscle tissue of domestic poultry and game birds, as we have said, has basically the same structure as the muscle tissue of meat animals. In particular, the breast meat of chicken and turkey is so similar to veal that they are interchangeable in many recipes.

Imaginative cooks realize that even when two meats are quite different—chicken and beef, for example—interesting new dishes can be made with substitutions that might seem unusual. For example, it is possible to make a delicious chili from chicken or turkey meat, a preparation that has the added advantage of having a lower food cost than beef chili.

Because the basic cooking methods for poultry are the same as for meat, they are not repeated here. But you may want to review them before proceeding with any of the recipes in this chapter. Also, please review the discussion of light and dark meat (pp. 372–373) in the previous chapter, as well as the methods for testing doneness (p. 378).

After reading this chapter, you should be able to

1. Cook poultry by roasting and baking.
2. Cook poultry by broiling and grilling.
3. Cook poultry by sautéing, pan-frying, and deep-frying.
4. Cook poultry by simmering and poaching.
5. Cook poultry by braising.
6. Identify the safety, quality, and practicality concerns associated with preparing dressings and stuffings.
7. List basic ingredients for dressings and stuffings.
8. Prepare dressings and stuffings.

Roasting and Baking

The general procedures for roasting and baking meats also apply to poultry, as illustrated by the following recipes. However, there are some differences in the ways poultry items are handled. The guidelines below should be observed.

Remember that poultry items are almost always cooked well done (except for squab and game birds).

Seasoning and Basting

1. Seasonings and, if desired, a little mirepoix or a bouquet garni should be placed inside the cavity. When roasting whole birds, you need to season the skin only if it is to be served and eaten, as the seasonings will not penetrate the skin.
2. Oil the skin before roasting to help in browning and to protect against drying. The skin may be basted with fat during roasting, but this is unnecessary if the bird is roasted breast down (and turned breast up just at the end of the roasting period to brown).

Basting is beneficial for large turkeys, which must be subjected to dry heat for several hours. If you baste large poultry during roasting, do it every 20 to 30 minutes. More frequent basting results in the loss of a great deal of heat from the oven because the door is opened so frequently.

3. Basting is unnecessary for duck and goose, which have a great deal of fat under the skin. These birds are usually roasted breast up for that reason.

Temperature

Selection of roasting temperature depends on the product being roasted.

1. *Low-temperature roasting* is best for large items such as turkeys and capons. It results in a tender, juicy product. Review pages 293–294 and 310–311 for a discussion of low-temperature roasting.

Large turkeys may be roasted at 250° to 325°F (120° to 165°C). For most operations, however, cooking times at the lower end of this range are too long. In addition, if a turkey is stuffed (see pp. 438–439), it is not advisable to roast it at a very low temperature because the interior temperature will take too long to rise, providing a good breeding ground for bacteria.

Some recipes call for starting large turkeys at a high temperature for 15 to 30 minutes in order to brown them. This is usually not necessary because they will likely brown anyway during the long cooking time.

Smaller items, such as roasting chickens, are usually roasted at 325° to 375°F (165° to 190°C). Small items roasted at low temperatures may not brown well by the time they are done. In such cases, the heat can be turned up for a few minutes when they are almost done in order to brown them.

2. The *searing* method may be used for chickens under 4 to 5 pounds (2 kg) and for baked chicken parts. Start roasting in the oven at 450°F (230°C) for 15 minutes, then reduce the oven temperature to 250° to 325°F (120° to 160°C). These small items cook so quickly that continuous roasting at a low temperature produces very little browning.

Ducks and geese also may be started at a high temperature in order to melt off some of the heavy fat layer under the skin and to make the skin brown and crisp.

3. *High-temperature roasting* is used for small items such as squab and game birds, which are often served rare. Cornish hens and other small poultry under 3 pounds (1.35 kg) may also be flash-roasted. Great care is necessary when roasting at high temperatures, however, because the poultry will quickly become overcooked if left in the oven only a few minutes too long. For example, a 2½-pound (1.2-kg) chicken or guinea hen roasted at 450°F (230°C) may be perfectly cooked and nicely browned after 45 minutes but overcooked and dry if left another 10 minutes.

Ducks may also be roasted at a continuously high temperature (400° to 425°F/200° to 220°C) because their fat content protects them from drying. Great care should be used to prevent overcooking, however, because this can happen very quickly at these temperatures. (Goose should not be roasted at a continuously high temperature because of its larger size and the length of time it takes to cook.)

Baked Poultry

Roasting and baking are the same process. Cutting up the chicken doesn't change the cooking method. Baked chicken or turkey parts are treated like roasted poultry.

Chicken parts are sometimes coated with seasoned crumbs or flour and rolled in fat before baking. Such products are sometimes misleadingly called *oven-fried* because of their resemblance to breaded fried chicken.

Poêlés

A *poêlé* (pwah lay) is a classical preparation for white meats and poultry in which the item is cooked with a matignon (see sidebar on page 398) in a covered container and basted with butter before and during cooking. Because the container is covered, the procedure is not a dry-heat method and, therefore, is not a genuine roasting procedure. Nevertheless, *poêlé* is usually translated as “butter-roasting” and is traditionally discussed along with other roasting procedures. (Escoffier also refers to a *poêlé* as a roast.) In this book, we follow this tradition and include the method here rather than with moist-heat procedures.

The recipe on page 398 illustrates the classical procedure for a *poêlé*, following Escoffier's method. Several alternatives to this procedure are indicated in the recipe notes and in the sidebar on page 398.

THE POËLE

The term *poêlé* is derived from the word for a type of cooking utensil, the *poêle* (pwahl). At one time, this term was used for the kind of covered casserole used to cook meats and poultry by the method described in the text. In French kitchens today, however, the *poêle* is a type of sauté pan or frying pan. Consequently, in modern French, the verb *poêler* usually means “to sauté or pan-fry.”

In this text, as in most English-speaking kitchens, we use the word *poêlé* to refer to the classical procedure described in the text. To avoid confusion, however, it is helpful to be aware of how the word is used in modern French. In fact, many familiar cooking terms have slightly different meanings in French. For example, *casserole*, a term used in the preceding paragraph, refers in French to what we would call a saucepan.

Baked Chicken

PORTIONS: 24 PORTION SIZE: ¼ CHICKEN

U. S.	METRIC	INGREDIENTS
8 oz	250 g	Flour
5 tsp	25 mL	Salt
½ tsp	2 mL	White pepper
2 tsp	10 mL	Paprika
½ tsp	2 mL	Dried thyme
15 lb	7 kg	Fryer chicken parts or quarters (see Note)
1 lb	500 g	Melted butter, oil, or a mixture of butter and oil

Per serving: Calories, 450; Protein, 38 g; Fat, 30 g (61% cal.); Cholesterol, 150 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 590 mg.

Note: If you are starting with whole chickens, cut them into quarters or eighths, as shown in **Figure 12.5**. Any chicken parts may be used for this recipe. For example, you might bake just the legs and use the breasts and wings for other preparations.

PROCEDURE

1. Combine the flour and seasonings in a pan.
2. Dry the chicken pieces with paper towels if they are wet. Dredge in the seasoned flour.
3. Dip the chicken in the fat so that all sides are coated. Let excess drip off.
4. Arrange the chicken pieces on a sheet pan or in baking pans, skin side up. If using both dark and light meat parts, place them on separate pans.
5. Bake the chicken at 350°F (175°C) until done, about 1 hour.

VARIATIONS

Baked Herbed Chicken

Add 1 tbsp (15 mL) dried tarragon, 1 tsp (5 mL) dried marjoram, 2 tbsp (30 mL) fresh chives, and 2 tbsp (30 mL) dried parsley to the flour mixture. Omit paprika.

Baked Rosemary Chicken

Prepare as in basic recipe. After placing chicken parts in baking pans, sprinkle with dried rosemary, about 4 tsp (20 mL) for 24 portions. Fifteen minutes before chicken is done, sprinkle with 3–4 fl oz (90–125 mL) lemon juice.

Baked Chicken Parmesan

Instead of flour for dredging, use 1 cup (100 g) parmesan cheese mixed with 1½ cups (150 g) fine dry bread crumbs. Season as in basic recipe.

Roast Chicken with Natural Gravy

PORTIONS: 24 PORTION SIZE: ¼ CHICKEN PLUS 2 FL OZ (60 ML) JUS

U.S.	METRIC	INGREDIENTS
6 to taste to taste as needed	6 to taste to taste as needed	Chickens, 3–3½ lb (1.4–1.6 kg) each Salt Pepper Oil or butter
6 oz	175 g	Mirepoix: Onion, medium dice
3 oz	90 g	Carrots, medium dice
3 oz	90 g	Celery, medium dice

3 qt	3 L	Strong chicken stock
2 oz	60 g	Cornstarch or arrowroot
2 fl oz	60 mL	Water or stock, cold
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 350; Protein, 45 g; Fat, 17 g (45% cal.); Cholesterol, 105 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 140 mg.

VARIATIONS

Roast Herbed Chicken

Place 3–4 parsley stems and a pinch each of tarragon and marjoram in the cavity of each bird.

After turning the chicken breast-up in the roasting pan, rub the skin with chopped parsley, tarragon, and marjoram.

Roast Chicken with Gravy

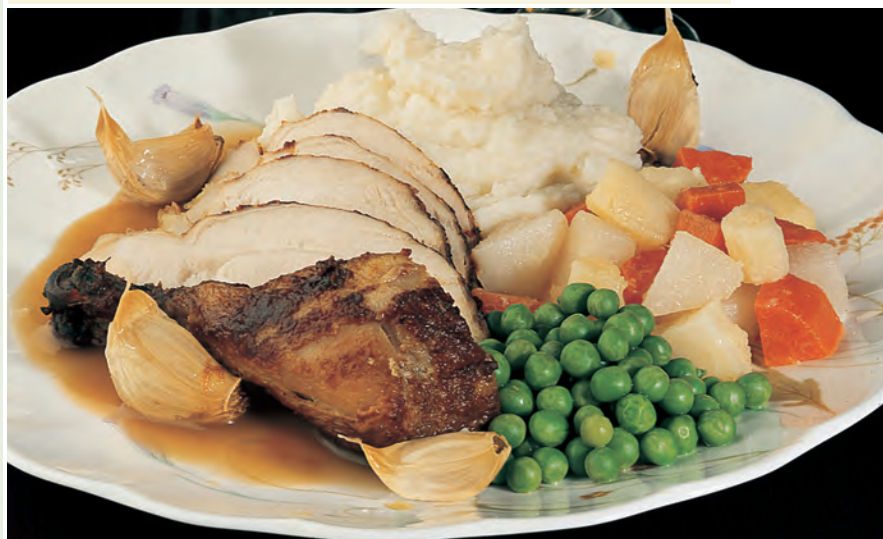
Save 4 oz (125 g) of the fat skimmed from the juices and make a blond roux with the fat and 4 oz (125 g) bread flour. Beat the roux into the juices and simmer until thickened.

Roast Chicken with Cream Gravy

Prepare as in basic recipe, but use only 1½ qt (1.5 L) chicken stock. Boil until reduced to 1 qt (1 L) and strain (step 9). Add 1 qt (1 L) hot milk and thicken with 8 oz (250 g) blond roux. Finish with 4 fl oz (125 mL) heavy cream.

PROCEDURE

1. Remove giblets from chickens. Check inside cavities to make sure they are well cleaned. Reserve giblets for other use.
2. Season the insides of the chickens with salt and pepper.
3. Truss the chickens (see **Figure 12.3**).
4. Rub the outside of the chickens with oil or butter (butter promotes faster browning). Season the skin with salt and pepper, as it will be served with the meat.
5. Place the mirepoix in a roasting pan. Place a rack over the mirepoix, and place the chickens breast down on the rack.
6. Place the chickens in an oven preheated to 450°F (230°C). After 15 minutes (not longer), turn the heat down to 325°F (165°C).
7. When the chickens have been in the oven 45–60 minutes, turn them breast side up. Baste with the fat in the roasting pan and finish roasting. Total cooking time is about 1½ hours.
8. Remove the chickens from the roasting pan and hold them in a warm place for service.
9. Set the roasting pan on the range over high heat and brown the mirepoix well, but do not let it burn. Pour off the fat.
10. Add the strong stock to deglaze the pan. Boil until the gravy is reduced by about one-third. Degrease carefully. See **Figure 13.1**.
11. Stir the starch with the cold water or stock. Stir it into the gravy. Bring to a boil and simmer until thickened.
12. Strain into a bain-marie, using a china cap lined with cheesecloth. Season carefully with salt and pepper.
13. Quarter the chickens, or carve them as shown in **Figure 13.2**. Serve a quarter-chicken with 2 oz (60 mL) gravy.



Roast Chicken with Natural Gravy, Whipped Potatoes, Glazed Root Vegetables, Roasted Garlic, Peas

Figure 13.1 Preparing pan gravy.



(a) Remove the rack of cooked poultry from the roasting pan.



(b) If the mirepoix is not already browned, set it over a burner to brown it. Degrease the pan.



(c) Deglaze the pan with stock.



(d) Bring to a simmer and cook until reduced by about one-third. Stir in a starch slurry or a roux to thicken. Simmer until the desired texture is reached.



(e) Strain the gravy.

Figure 13.2 Carving roast chicken.



(a) Place the chicken on a clean, sanitary cutting board. Cut through the skin between the leg and the breast sections.



(b) Pull the leg away from the body of the chicken with the fork. Using the knife, cut between the thigh bone and the hip to separate the leg completely.



(c) Hold the chicken steady by bracing the backbone with the fork. Cut through the breast between the two halves, just to one side of the keel bone.



(d) Pull the breast section away from the bone. With the knife, cut through the joint where the wing bone is attached to the body. Separate the breast and wing section completely from the carcass. Repeat steps (a) through (d) on the other side of the chicken.



(e) Cut the wings from the breast portions and cut the drumsticks apart from the thighs.

Roast Turkey with Giblet Gravy

YIELD: ABOUT 7 LB (3.5 KG) SLICEABLE MEAT PORTIONS: 22 PORTION SIZE: 5 OZ (150 G)
 28 4 OZ (125 G)
 36 3 OZ (100 G)

U.S.	METRIC	INGREDIENTS
1	1	Turkey, dressed, 20 lb (10 kg)
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Oil
<hr/>		
8 oz	250 g	Mirepoix: Onions, chopped medium
4 oz	125 g	Carrots, chopped medium
4 oz	125 g	Celery, chopped medium
<hr/>		
3 qt	3 L	Chicken stock, hot
6 oz	175 g	Bread flour
to taste	to taste	Salt
to taste	to taste	Pepper

Per 5 ounces (141.75 g): Calories, 460; Protein, 68 g; Fat, 16 g (33% cal.); Cholesterol, 135 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 170 mg.

Note: Because of the difficulty of handling large turkeys, many chefs do not use a rack. Also, large turkeys are easier to turn if they are placed first on one side, then on the other, rather than breast-down.

For more even cooking, separate leg and thigh sections from breast section. Roast dark and light meat on separate pans, if many turkeys are being prepared. Remove each part from oven when done.

VARIATIONS

Roast Capons and Large Chickens

Prepare like roast turkey. Reduce roasting time, depending on size of bird. A 6-lb (2.7-kg) bird requires about 3 hours at 325°F (165°C).

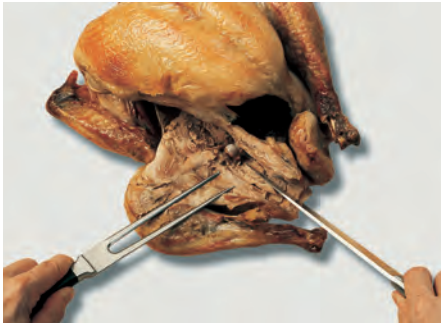
Roast Turkey, Chicken, or Capon with Cream Gravy

Prepare as in basic recipe, but use half stock and half milk for the gravy instead of all stock. When gravy is finished, add 8 oz (250 mL) heavy cream.

PROCEDURE

- Remove the giblets from the cavity of the turkey. Check inside the turkey to make sure it is well cleaned. Lock the wings in place by twisting the wing tips behind the back of the turkey.
- Season the inside of the turkey with salt and pepper. Rub the skin thoroughly with oil.
- Place the turkey on one side in a roasting pan, on a rack if possible (see Note).
- Place in an oven preheated to 325°F (165°C). (Lower temperatures are preferable if production schedule permits. See p. 386 for explanation.)
- Roast 1½ hours. Turn the turkey on the other side. Roast another 1½ hours. Baste turkey with drippings (fat only) every 30 minutes.
- While turkey is roasting, place turkey heart, gizzard, and neck in a saucepan. (Reserve the liver for another use, or add it to bread dressing.) Cover the giblets with water and simmer until very tender, 2–3 hours. Reserve the broth and the giblets for gravy.
- Turn the turkey breast-up. Place the mirepoix in the pan.
- Return the turkey to the oven and continue to roast. Baste occasionally by spooning the fat in the pan over the turkey.
- The turkey is done when a thermometer inserted into the thickest part of the inside of the thigh reads 180°F (82°C). Total roasting time is about 5 hours. (See Chapter 12 for a discussion of how to determine doneness.)
- Remove the turkey from the roasting pan and let stand in a warm place at least 15 minutes before carving.
- Drain off and save the fat from the roasting pan.
- Set the roasting pan with the mirepoix and drippings on the range to reduce the moisture and brown the mirepoix. Brown lightly if a light gravy is desired. Brown heavily if a dark gravy is desired.
- Deglaze the pan with about 1 qt (1 L) of the chicken stock. Pour into a saucepan with the rest of the stock and the giblet broth (from step 6). Bring to a simmer. Degrease well.
- Make a blond roux with the flour and 6 oz (175 g) of the fat from the roasting pan. Beat the roux into the gravy to thicken it.
- Simmer at least 15 minutes, or until the gravy is smooth and no raw flour taste remains. Strain and season.
- Chop or dice the giblets very fine and add to the gravy.
- Slice the turkey and serve desired portion with 2 fl oz (60 mL) gravy. See **Figure 13.3** for slicing techniques. For quantity service, see procedures demonstrated in **Figure 13.4**.

Figure 13.3 Carving roast turkey.



(a) Place the turkey on a clean, sanitary cutting board. Cut through the skin between the leg and the body. Pull the leg outward with a fork. The leg should pull off easily, but use the knife as necessary to separate the thigh from the hip.

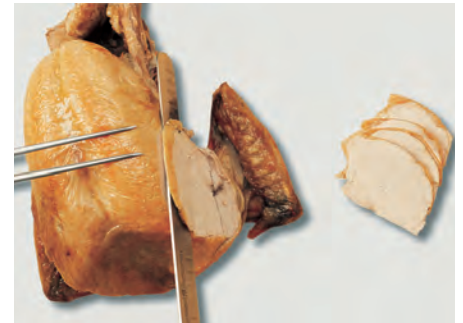


(b) Cut the drumstick and thigh apart at the joint. Repeat with the other leg.



(c) Cut the meat from the drumstick and thigh in thin slices.

(d) Make a horizontal cut just above the wing, cutting all the way through to the bones of the body cavity. This cut helps the breast slices separate evenly.



(e) With long, smooth strokes, cut the breast into thin slices.

(f) When the slices become too large, change the angle of the knife slightly as shown. Continue until both sides of the breast are completely sliced.



(g) An alternative method is to cut off an entire half-breast in one piece. This piece can then be sliced as shown. Cut across the grain, holding the knife at an angle to get broader slices.

Figure 13.4 Quantity service of roast turkey and dressing.



(a) Using a scoop, place measured portions of baked dressing in hotel pans, as shown, or on sheet pans.



(b) Place measured portions of dark meat slices on top of the mounds of dressing.



(c) Place light meat slices on last, using the best-looking slices for the tops. Cover the pans. Refrigerate if they are to be held for later service. To serve, ladle a small amount of stock over the portions to keep them moist, and reheat, covered, in a moderate oven. Ladle 2 fl oz (60 mL) gravy over the portions when served.

Roast Squab with Mushrooms

PORTIONS: 4 PORTION SIZE: 1 SQUAB

U.S.	METRIC	INGREDIENTS	PROCEDURE
		Stuffing:	
2 oz	60 g	Bacon	1. Chop the stuffing ingredients fine and sauté them together lightly in the butter. Cool and reserve.
4	4	Squab livers	
2 oz	60 g	Carrots	
4 oz	120 g	Onion	
2	2	Garlic cloves	
1 tsp	5 mL	Dried rosemary	
1 oz	30 g	Butter	
4 oz	120 g	Mushrooms	2. Cut the mushrooms and shallots into small dice.
1 oz	30 g	Shallots	3. Sauté the mushrooms and shallots in butter until nearly dry. Reserve.
1 oz	30 g	Butter	
4	4	Squabs	4. Season the squabs inside and out with salt and pepper.
to taste	to taste	Salt	5. Stuff them with the stuffing mixture and truss them for roasting.
to taste	to taste	Pepper	<i>Caution:</i> If you are not stuffing the birds immediately before roasting, the stuffing must be chilled before being placed in the birds to avoid spoilage or bacterial growth.
as needed	as needed	Clarified butter for browning the squabs	6. In a sauté pan, brown the squabs on all sides in clarified butter.
			7. In a roasting pan or in the same sauté pan, put the squabs on their sides and brush with some fresh butter. Put into a very hot oven (500°F/260°C) and roast them 5 minutes on one side. Turn them to the other side and roast another 5 minutes. Finally, turn them breast-up for another 5–6 minutes. Baste with butter during the roasting period.
			8. Remove them from the oven. They should be slightly rare. Cut off the legs, and if they are too rare, return them to the oven for another minute. Cut off each side of the breast in one piece, keeping the skin intact. Cover and keep warm.
1 pt	500 mL	White stock	9. Chop the carcass and put the carcass and stuffing into a pan with the stock. Boil 5 minutes, pressing down on the solids to help extract flavors.
1 oz	30 g	Butter	10. Strain through a fine sieve, pressing down on the solids to squeeze out as much liquid as possible. Degrease the liquid and reduce by one-half. <i>Monter au beurre</i> with the last quantity of butter and adjust the seasonings.
to taste	to taste	Salt	11. Reheat the mushroom mixture from step 3.
to taste	to taste	Pepper	12. For each portion, spoon a little of the mushrooms onto the center of the plate.
4 small bunches	4 small bunches	Microgreens or watercress	13. Arrange the breast pieces and legs of the squab on top of the mushrooms.
			14. Spoon the sauce around the squab.
			15. Garnish with a small bunch of microgreens or watercress.

Per serving: Calories, 1090; Protein, 49 g; Fat, 94 g (77% cal.); Cholesterol, 375 mg; Carbohydrates, 13 g; Fiber, 2 g; Sodium, 520 mg.

Roast Duckling à l'Orange

PORTIONS: 8 PORTION SIZE: ¼ DUCKLING

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 to taste to taste	2 to taste to taste	Ducklings, about 5 lb (2.3 kg) each Salt Pepper	<ol style="list-style-type: none"> 1. Make sure the ducklings are well cleaned. Use the neck, gizzard, and heart in preparing the sauce (step 5); save the liver for another use. 2. Season the cavities with salt and pepper. 3. Place the ducks breast-up on a rack in a roasting pan. (<i>Caution:</i> Do not use baking sheets or shallow pans. The pans must be deep enough to hold the large quantity of fat from the ducks.) 4. Place the pan in an oven heated to 450°F (230°C). After 15 minutes, reduce heat to 375°F (190°C) and continue roasting until the ducks are done, about 1½ hours in all. (See discussion of roasting temperatures on pp. 386–387.)
1½ pt 3 1½ fl oz 3 oz 2 fl oz 2 fl oz	720 mL 3 45 mL 90 g 60 mL 60 mL	Demi-glace Oranges Lemon juice Sugar Wine vinegar, red or white Orange liqueur, such as Curaçao (optional)	<ol style="list-style-type: none"> 5. While the duck is roasting, prepare the sauce. Add the duck neck and giblets (except liver) to the demi-glace and simmer slowly about 1 hour, or until reduced to 1 pt (500 mL). Strain. Keep the sauce hot. 6. Peel the zest from the oranges in long strips. Cut them into julienne (or use a zester). Blanch the zests in boiling water 5 minutes. Drain and cool in ice water. Drain again and reserve the zest. 7. Squeeze enough juice from the oranges to measure 4 fl oz (120 mL). Add to the lemon juice and set aside. 8. Make a gastrique (p. 187): Heat the sugar in a small saucepan over low heat until it melts. As soon as it turns a golden caramel color, remove from the heat, cool briefly, and add the vinegar and fruit juices. Simmer until the caramel is dissolved and the liquid is reduced by half. 9. Add the demi-glace and bring to a simmer. 10. If the sauce is too thin, adjust the consistency by adding a little more demi-glace and reducing. The sauce should be just thick enough to coat lightly. It should not be heavy. 11. If desired, add the liqueur and simmer a few minutes.
4 fl oz	120 mL	Chicken stock or white wine	<ol style="list-style-type: none"> 12. When the ducklings are done, remove them from the pan. (Check to be sure they are done by pouring the juices in the cavity into a pan. There should be no trace of pink in the juices.) 13. Drain off all the fat from the roasting pan. 14. Deglaze the pan with the stock or wine, stirring to dissolve all the brown drippings. 15. Reduce the liquid by half. Degrease and strain into the sauce. 16. Cut the ducklings into 8 pieces each.
as desired	as desired	Garnish: peeled orange sections (optional)	<ol style="list-style-type: none"> 17. To serve, place 1 breast piece and 1 leg piece on each plate, garnish the top with some of the blanched orange peels, and ladle on 2 fl oz (60 mL) sauce. Garnish the plate with orange sections, if desired.
<p>Per serving: Calories, 900; Protein, 46 g; Fat, 71 g (71% cal.); Cholesterol, 215 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 200 mg.</p>			

VARIATIONS

Ducklings may be roasted following steps 1–4 of the basic recipe and served without a sauce, with a pre-prepared Bigarade Sauce (p. 189), or simply with applesauce (p. 213). Special seasonings create different products, such as the following recipe:

Roast Duckling, Bohemian Style

Season the cavity of each duckling with salt, pepper, and about ½ tsp (2 mL) caraway seeds. Place on rack in roasting pan and season the breast with salt, pepper, and another ½ tsp (2 mL) caraway. Roast as in the basic recipe. Serve without sauce, but with Sauerkraut (p. 584) or Braised Red Cabbage (p. 583) and Potato Dumplings (p. 676) or Spaetzle (p. 677).

Roast Goose

Roast goose at a continuous low temperature of 350°F (175°C). Because goose is much larger than duckling, the roasting time is long enough for the skin to crisp and brown at a low roasting temperature. Plan 20–25 minutes per pound for roasting time, but determine doneness by minimum internal cooking temperature of 165°F (74°C).

Pan-Smoked Spiced Chicken Breasts with Fruit Salsa

PORTIONS: 12 PORTION SIZE: 1 CHICKEN BREAST, 3 OZ (90 G) VEGETABLE GARNISH, 2 OZ (60 G) SALSA

U.S.	METRIC	INGREDIENTS	PROCEDURE
2 tbsp	30 mL	Paprika	1. Combine the paprika, cumin, thyme, coriander, salt, and pepper.
1½ tsp	7 mL	Ground cumin	2. Coat the chicken breasts with the spice mixture.
¾ tsp	4 mL	Dried thyme	3. Brush lightly with oil. Allow to marinate, refrigerated, 3–4 hours.
1½ tsp	7 mL	Ground coriander	4. Set up a smoke-roasting system as shown in Figure 4.1 . Heat the pan of wood chips or sawdust on top of the stove until smoke appears. Lay the chicken breasts on the rack, cover, and turn the heat to medium-low. Smoke-roast 10 minutes.
1½ tsp	7 mL	Salt	5. Transfer the pan to an oven preheated to 400°F (200°C) and roast another 10 minutes.
¾ tsp	4 mL	Pepper	
12	12	Chicken breasts, boneless and skinless, about 5 oz (150 g) each	
as needed	as needed	Vegetable oil	
2 lb 4 oz	1.1 kg	Wheatberries with Pecans and Poblanos (p. 652)	6. For each portion, place a 3-oz (90-g) portion of wheatberries on the center of a plate. Slice a chicken breast on the diagonal and arrange the slices, overlapping, on top of the wheatberries. Spoon 2 oz (60 g) salsa next to the chicken and wheatberries. Garnish with cilantro.
24 oz	725 g	Fruit Salsa (p. 215)	
as needed	as needed	Cilantro sprigs for garnish (optional)	

Per serving: Calories, 200; Protein, 29 g; Fat, 6 g (27% cal.); Cholesterol, 80 mg; Carbohydrates, 7 g; Fiber, 1 g; Sodium, 360 mg.



Pan-Smoked Spiced Chicken Breasts with Fruit Salsa

Quail Baked with Prosciutto and Herbs

PORTIONS: 8 PORTION SIZE: 2 QUAIL

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Butter
4 tsp	20 mL	Sage, crumbled
1 tsp	5 mL	Dried rosemary, crumbled
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	Pepper
16	16	Quail, whole
16	16	Prosciutto slices, paper-thin
<hr/>		
2 fl oz	60 mL	Balsamic vinegar or red wine vinegar
4 fl oz	125 mL	Chicken stock

Per serving: Calories, 500; Protein, 47 g; Fat, 34 g (61% cal.); Cholesterol, 185 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 900 mg.

VARIATIONS

Chicken, squab, and guinea hens can be cooked using this recipe. Cut them into pieces, brush each piece with the herb butter, and wrap with a slice of prosciutto. If desired, the skin can be removed before the pieces are brushed with the herb butter.

PROCEDURE

1. Melt the butter. Add the herbs and seasonings.
2. Brush the quail heavily with the herb butter. Wrap a slice of prosciutto around the breast of each quail.
3. Place the quail in a casserole just large enough to hold them. Cover and bake at 400°F (200°C) until done, about 30 minutes.
4. When they are done, remove the quail from the casserole and keep them warm. Without degreasing it, deglaze the pan with the vinegar and reduce au sec. Add the chicken stock and bring to a boil.
5. Place 1 tbsp (15 mL) sauce on each plate and place 2 quail on top. Garnish with your choice of vegetable accompaniment.

Stuffed Chicken Legs with Pecan Butter

PORTIONS: 6 PORTION SIZE: 1 CHICKEN LEG

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 oz 1 small clove ¼ oz	30 g 1 small clove 7 g	Shallots, chopped fine Garlic, chopped fine Butter	1. Sweat the shallots and garlic in the butter. Do not let them brown. Cool thoroughly.
2 oz 2 oz 1 tbs ½ oz	60 g 60 g 15 ml 15 g	Pecans, chopped fine Butter, soft Parsley, chopped Dry bread crumbs, preferably panko (see Note)	2. Combine the cooled shallot mixture, pecans, soft butter, bread crumbs, salt, and pepper in a bowl. Mix together.
to taste to taste	to taste to taste	Salt Pepper	
6 to taste to taste	6 to taste to taste	Large chicken legs (drumstick and thigh in one piece) Salt Pepper	3. Partially bone the chicken legs as shown in Figure 13.5 , removing the thigh bone but leaving in the drumstick bone. 4. Stuff the legs with the pecan mixture as shown in the illustration. 5. Arrange the legs, skin side up, in a pan (such as a baking pan or sauté pan) just large enough to hold them. It is not necessary to tie them if baked this way; they should retain their shape and hold the stuffing. 6. Bake at 400°F (200°C) until their internal temperature reaches 165°F (74°C). 7. If the chicken needs more color, brown under a salamander or broiler. 8. Remove the chicken from the pan and keep warm while you prepare the pan juices.
8 fl oz 8 fl oz to taste to taste	240 mL 240 mL to taste to taste	Chicken stock Demi-glacé Salt Pepper	9. Degrease the pan in which the chicken was cooked. Deglaze with the stock. Reduce by half. 10. Add the demi-glacé. Reduce by one-third. Strain and season to taste. 11. Plate the chicken legs. If desired, cut them in half and arrange to display the stuffing. 12. Moisten each portion with about 1 fl oz (30 mL) of the pan juices.

Per serving: Calories, 570; Protein, 47 g; Fat, 40 g (64% cal.); Cholesterol, 185 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 230 mg.

Note: Coarse, panko-style bread crumbs should be used to create a light texture for the stuffing. Each chicken leg will hold about 1 oz (30 g) stuffing made with panko. If finer crumbs are used, the amount of stuffing may need to be increased, as the stuffing will be denser.

VARIATIONS

Chicken breasts can be used instead of legs. Flatten the breasts with a meat mallet, stuff, and roll up starting from a long side.

Many mixtures can be used for stuffing in place of the pecan butter. The following are a few suggestions:

Mushroom duxelles

Mixture of dried fruits, such as prunes and apricots, soaked and simmered until soft, mixed with browned almond slices and sautéed minced shallot

Lightly steamed mixed vegetables julienne or brunoise, seasoned with fresh herbs and mixed with grated parmesan cheese.



Stuffed Chicken Legs with Pecan Butter

Figure 13.5 Boning and stuffing a chicken leg.



(a) Make a shallow cut along the thigh bone.



(b) Continue to cut along the bone to free it from the meat.



(c) The thigh bone is completely freed from the meat.



(d) Grasp the end of the thigh bone with one hand and wrap the fingers of the other hand around the bone near the joint. Pulling on the bone as shown separates some of the drumstick meat from the bone, making more room for stuffing.



(e) Cut the thigh bone from the drumstick bone at the joint. The bones are shown here as separated.



(f) For some of the stuffing into the space in the drumstick created in step d.



(g) Wrap the thigh meat around the stuffing.



(h) Legs stuffed in this manner, if carefully handled, can be baked without tying and will retain their shape. Note that the end of the drumstick bone has also been cut off for a neater, more compact appearance.

Chicken Poêlé

PORTIONS: 4 PORTION SIZE: ¼ CHICKEN, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 to taste	1 to taste	Whole chicken, about 4 lb (2 kg)	<ol style="list-style-type: none"> Season the cavity of the chicken with salt and pepper. Stuff the herbs into the cavity. Truss the chicken. Season the skin with additional salt and pepper. Place the matignon in the bottom of a brazier or casserole just large enough to hold the chicken. Place the chicken, breast up, on the matignon and baste generously with butter. Cover the brazier or casserole and place in an oven preheated to 350°F (175°C). Let cook 1 hour. Two or three times during this period, uncover and brush the chicken with the butter and fat at the bottom of the pan. After 1 hour of cooking, uncover the pan so the chicken will brown slightly. Continue to cook until the chicken is done, about 30 minutes more. Remove the chicken to a platter or another pan, cover, and keep warm while preparing the sauce. Add the Madeira to the matignon and juices in the pan and simmer until the liquid is reduced slightly. Add the brown stock. Bring to a boil and reduce by half. Strain the liquid through a china cap lined with several layers of cheesecloth (see Note). Degrease the liquid (see Note). Season to taste with salt and pepper. Carve the chicken. Plate as desired. Serve the juices in a sauceboat on the side.
to taste	to taste	Salt	
3 large sprigs	3 large sprigs	Pepper	
1 sprig	1 sprig	Parsley	
2 sprigs	2 sprigs	Fresh thyme	
		Fresh tarragon	
		Raw matignon:	
4 oz	120 g	Onion, brunoise	
2 oz	60 g	Carrot, brunoise	
2 oz	60 g	Celery, brunoise	
1 oz	30 g	Lean ham, cut paysanne	
2 oz, or more as needed	60 g, or more as needed	Butter, melted	
1 fl oz	30 mL	Madeira	
1 pt	500 mL	Brown stock	
to taste	to taste	Salt	
to taste	to taste	Pepper	

Per serving: Calories, 750; Protein, 71 g; Fat, 46 g (56% cal.); Cholesterol, 250 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 540 mg.

Note: The liquid should not be degreased earlier than this step. The fat absorbs some of the flavors of the matignon and chicken during cooking, and some of these flavors are transferred back to the stock when it is reduced, resulting in a more flavorful sauce.

Escoffier directs that the sauce be strained before being degreased, so this recipe follows the classical procedure. Many chefs prefer to leave the vegetables in the sauce. If they were cut carefully, this is an attractive and flavorful variation.

If desired, the sauce may be thickened lightly with a slurry of arrowroot or cornstarch.

MATIGNON

A classical matignon is a mixture of aromatic ingredients used to add flavor to a meat or other product. It is similar to a mirepoix, but with several important differences. First, a pork product, usually ham, is added to the vegetables. Second, in most cases the mixture is sweat in butter and deglazed with Madeira or another wine.

Although a matignon is usually cooked in butter before use, Escoffier specifically directs that a raw matignon be used for the poêlé procedure, so we follow those instructions in the basic recipe included here. The matignon cooks fully during the poêlé process and contributes its flavor to the poultry and juices. Nevertheless, when preparing this dish, some chefs prefer to sweat the matignon in butter before adding it to the pan.



Chicken Poêlé

Broiling and Grilling

Tender, young poultry items may be cooked on the grill or broiler using the same procedure as for steaks and chops.

Use lower temperatures than for meats. The outside can be burned easily before the inside is cooked through. Poultry skin, in particular, browns and then burns very easily. For quantity production, broiled chicken is sometimes finished in the oven on sheet pans, preferably on racks.

Start poultry pieces skin side down. This helps keep flavorful juices from dripping out. Brush generously with melted butter or other fat before and during broiling.

Because the skin of broiled chicken is often eaten, it may be seasoned before cooking.

- Large or thick poultry items are not well suited to broiling and grilling because it takes so long for the heat to penetrate to the center and cook them through. For example, turkey thighs could be broiled if you kept the heat low enough, but, in practice, this is rarely done. On the other hand, if you boned them out and flattened them lightly with a cutlet mallet, you would make them more suitable for broiling and grilling.
- Grilled meat and poultry items are fairly simple, straightforward dishes, without the variety of ingredients and components you find in, for example, stews. However, there are several ways you can give variety to grilled poultry:

1. Marinate the poultry or rub it with seasonings before cooking.

Keep in mind that marinade ingredients such as sugar and tomato burn easily, so use these with care. Also, herbs on the surface of the poultry burn easily. Charred rosemary can give a pleasant aroma to the food, but herbs such as parsley, if used in large quantity and allowed to burn, may taste like burned leaves.

2. Baste with seasoned butter, marinade, or other flavorings during broiling.

Again, be careful with ingredients that burn easily. Use them only toward the end of cooking.

3. Serve with an appropriate sauce or seasoned butter.

Flavored butters can be placed on top of grilled poultry, but sauces should be underneath or on the side so they don't detract from the crisp, browned skin.

4. Select vegetable garnishes for variety and interest.

Well-chosen and carefully plated garnishes should be thought of as part of the whole presentation, not just something served on the side.

KEY POINTS TO REVIEW

- What techniques are used for seasoning and basting roast poultry?
- What are the factors to consider when determining the temperature at which to roast poultry?
- What poultry items are best suited to broiling and grilling?
- What are four ways to give flavor variety to broiled and grilled poultry?



Broiled Chicken

PORTIONS: 10 PORTION SIZE: ½ CHICKEN

U.S.	METRIC	INGREDIENTS
5	5	Broiler chickens, about 2 lb (900 g) each
4 fl oz	125 mL	Melted butter or oil
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 600; Protein, 59 g; Fat, 39 g (60% cal.); Cholesterol, 215 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 270 mg.

VARIATIONS

Broiled Chicken, Quantity Method

For large quantities, or for bigger chickens (quartered instead of halved), use slightly higher heat (set the broiler rack higher), and broil until browned on both sides, as in basic recipe. Remove from broiler and place in baking pans or on sheet pans. Finish cooking in the oven at 325°–350°F (165°–175°C).

Broiled Rock Cornish Game Hen

Remove backbones from hens and prepare for broiling (see **Figure 12.4**). Broil as in the basic recipe for any of the variations. Serve 1 hen per portion.

Broiled Tarragon Chicken

Before brushing with melted butter, rub each chicken half with ¼ tsp (1 mL) dried tarragon and 1–2 tsp (5–10 mL) chopped fresh parsley. Broil as in basic recipe.

Broiled Deviled Chicken (Poulet à la Diable)

When the chicken is almost completely cooked, brush the tops (skin side) lightly with about 1 tbsp (15 mL) mustard per portion and sprinkle with 1 oz (30 g) bread crumbs per portion. Return to the broiler to brown the crumbs. Serve with 2 fl oz (60 mL) Sauce Diable (p. 189) per portion.

PROCEDURE

1. Split the chickens in half and prepare for broiling, as shown in **Figure 12.4** (if chickens are large, cut into quarters).
2. Brush the chickens on both sides with melted butter. Season with salt and pepper.
3. Place the chickens skin side down on broiler rack (or on grill). Broil at moderately low heat until the chicken is half cooked and well browned on one side.
4. Turn the chickens over. (Use tongs or fork, but do not pierce the flesh with the fork.) Continue to broil until the chicken is done (no pink near thigh bone) and well browned on second side. (See first variation below for oven method.)
5. Remove from broiler. To serve, place half a chicken on dinner plate, skin side up.



Broiled Deviled Chicken

Chicken Paillard with Grilled Vegetables

PORTIONS: 12 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 6 OZ (175 G)

U. S.	METRIC	INGREDIENTS
12	12	Boneless, skinless chicken breasts, about 6 oz (175 g) each
3	3	Garlic cloves, chopped
1 tbsp	15 mL	Fresh rosemary, chopped
1½ tsp	7 mL	Salt
½ tsp	2 mL	Pepper
3 fl oz	90 mL	Lemon juice
3 fl oz	90 mL	Olive oil
as desired	as desired	Grilled Vegetable Medley (p. 597)
12	12	Fresh rosemary sprigs

Per serving: Calories, 250; Protein, 34 g; Fat, 11 g (41% cal.); Cholesterol, 95 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 370 mg.

PROCEDURE

1. Place each chicken breast between sheets of plastic film. With a meat mallet, carefully pound to a uniform thickness of about ¼ in. (6 mm).
2. Combine the garlic, rosemary, salt, and pepper. Lightly rub the flattened chicken breasts on both sides with the mixture. Sprinkle both sides with the lemon juice, then with the olive oil. Let marinate 2–4 hours in the refrigerator.
3. Preheat a grill or broiler to very hot. Place the chicken breasts on the grill, skin side (that is, the side that had the skin on) down, and grill until about one-fourth done. Rotate on the grill, as in **Figure 11.3**, to mark. Continue to cook until about half done. Turn over and continue to grill until just cooked through.
4. Plate and serve at once with an assortment of grilled vegetables. Garnish each portion with a sprig of rosemary.



Paillard with Grilled Vegetables

Grilled Spiced Squab with Couscous and Fig Compote

PORTIONS: 12 PORTION SIZE: 1 SQUAB, PLUS GARNISH

U. S.	METRIC	INGREDIENTS
12	12	Whole squab
1 tbsp	15 mL	Salt
1 tbsp	15 mL	Quatre Épices (p. 867)
¾ tsp	3 mL	Dried thyme
¾ tsp	3 mL	Black pepper
as needed	as needed	Olive oil
3 pt	750 mL	Water
1½ tsp	7 mL	Salt
12 oz	375 g	Instant couscous (uncooked)
1 lb	500 g	Tender, young salad greens, such as mesclun
6 fl oz	175 mL	Basic Vinaigrette (p. 703) made with red wine vinegar and olive oil
36	36	Cherry tomatoes, cut in half
12 oz	360 g	Fig Compote (p. 218)

Per serving: Calories, 1300; Protein, 69 g; Fat, 94 g (68% cal.); Cholesterol, 325 mg; Carbohydrates, 42 g; Fiber, 5 g; Sodium, 1180 mg.

PROCEDURE

1. Split the squab for broiling, as shown in **Figure 12.4**, leaving the birds in one piece.
2. Combine the salt, spices, thyme, and pepper. Rub the squab with the spice mixture. Refrigerate several hours.
3. Brush the squab lightly with olive oil. Place on the grill or broiler, starting skin side down. Grill or broil, turning as necessary, until the breast portion is medium rare.
4. Combine the water and salt in a saucepan and bring to a boil. Stir in the couscous. Cover and let stand 5 minutes. Remove the cover and fluff with a kitchen fork.
5. Wash and drain the salad greens. Toss with the vinaigrette. Place a small mound of greens at the top of each dinner plate. Top with halved cherry tomatoes.
6. At the bottom center of each plate, place a small mound of couscous. In the center of the plate, above the couscous, place 1 oz (30 g) fig compote.
7. Split the squab in half. Place 1 half-squab on each side of the couscous.

VARIATION

Grilled Spiced Cornish Hen

Prepare and grill Cornish hens using the same procedure as in the basic recipe, but make sure the chicken is more thoroughly cooked.

Grilled Chicken with Garlic and Ginger

PORTIONS: 8 PORTION SIZE: APPROXIMATELY 12 OZ (375 G), BONE IN

U.S.	METRIC	INGREDIENTS	PROCEDURE
6–8 lb	2.8–3.6 kg	Chicken parts or halves, or whole Cornish hens	1. Cut the chickens into parts or halves for broiling. If using Cornish hens, split down the back and flatten, or cut into halves.
6 fl oz	180 mL	Lemon or lime juice	2. Combine the lemon or lime juice, oil, ginger, garlic, salt, and pepper to make a marinade. 3. Marinate the chicken 3–4 hours.
2 fl oz	60 mL	Vegetable oil	
1 oz	30 g	Fresh ginger root, grated	
2 tsp	10 mL	Garlic, chopped fine	
to taste	to taste	Salt	
to taste	to taste	Pepper	4. Remove the chicken from the marinade. Broil or grill the chicken until done. Baste with the marinade several times during cooking. 5. Shortly before the chicken is done, brush the pieces once or twice with melted butter. 6. If desired, drizzle a few drops of ginger oil around the chicken after plating.
as needed	as needed	Melted butter	
to taste	to taste	Ginger Oil (p. 216; optional)	
<p>Per serving: Calories, 430; Protein, 42 g; Fat, 27 g (59% cal.); Cholesterol, 140 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 150 mg.</p>			

VARIATIONS

Substitute any of the following for the chicken parts in the above recipe or in any of the following variations:

Chicken or turkey brochettes (cubes of boneless meat on skewers)

Turkey paillards (broad slices of turkey breast pounded thin)

Boneless chicken breast

Chicken or turkey thighs, boned out and lightly pounded

Turkey cutlets (thick slices of turkey breast)

Southwestern Grilled Chicken

Substitute the following ingredients for the marinade in the basic recipe:

4 oz	120 g	Tomato, puréed
4 tsp	20 mL	Very finely chopped jalapeño
4 tbsps	60 mL	Chopped cilantro
3 fl oz	90 mL	Red wine vinegar

Grilled Chicken Oriental Style

Substitute the following ingredients for the marinade in the basic recipe. Brush the chicken with the marinade frequently during grilling.

8 fl oz	250 mL	Soy sauce
2 fl oz	60 mL	Rice wine or sherry
2 fl oz	60 mL	Chicken stock or water
1 fl oz	30 mL	Lemon juice
2 tsp	10 mL	Sugar
4 tsp	20 mL	Ginger root, grated

Spicy Barbecue-Style Grilled Chicken

Substitute the following ingredients for the marinade in the basic recipe. Toss the chicken pieces by hand so they are well coated.

2 fl oz	60 mL	Worcestershire sauce
1 fl oz	30 mL	Red wine vinegar
4 tsp	20 mL	Paprika
2 tsp	10 mL	Chili powder
1 tsp	5 mL	Dry mustard
1 tsp	5 mL	Crushed garlic
½ tsp	2 mL	Black pepper
1 tsp	5 mL	Salt

Grilled Chicken Marinated in Yogurt and Spices

Substitute the following ingredients for the marinade in the basic recipe. Marinate the chicken overnight.

8 oz	250 g	Unflavored yogurt
2 oz	60 g	Onion, grated
½ tsp	2 mL	Crushed garlic
½ tsp	2 mL	Grated ginger root
1 tsp	5 mL	Ground cumin
½ tsp	2 mL	Ground cardamom
pinch	pinch	Mace
½ tsp	2 mL	Cayenne
½ tsp	2 mL	Black pepper
1 tsp	5 mL	Salt

TANDOORI CHICKEN

The *tandoor* is a clay oven widely used in northern India. With wood or coal as a fuel, it cooks foods quickly at a high temperature. Tandoori chicken is especially popular in Indian restaurants in North America and Europe. In the original version, whole chickens are marinated in yogurt and spices, usually strongly colored with a red food coloring, then impaled on skewers and lowered into the tandoor. Western kitchens approximate this dish by cooking the chicken on a grill or in a very hot oven.

The marinade for Grilled Chicken Marinated in Yogurt and Spices (above) is similar to typical marinades for tandoori chicken, but without the red coloring.

Jerk Spice Mixture

YIELD: 1 CUP (240 ML)

U.S.	METRIC	INGREDIENTS
4 tbsp	60 mL	Ground allspice
4 tbsp	60 mL	Dried thyme
3 tbsp	45 mL	Black pepper
1 tbsp	15 mL	Nutmeg
1 tbsp	15 mL	Cinnamon
2 oz	60 g	Salt

Per serving: Calories, 45; Protein, 1 g; Fat, 1 g (16% cal.); Cholesterol, 0 mg; Carbohydrates, 11 g; Fiber, 5 g; Sodium, 4930 mg.

Note: Traditional Jamaican jerk relies on fresh Scotch bonnet chiles rather than dried chiles for its heat. Therefore, this formula doesn't include cayenne or other chile spices. If you wish a spice blend that can be used to give a jerk flavor to foods without a complete marination, add 1½ tsp (7 mL) cayenne, or to taste, to the spice mix. In addition, 2 tbsp (30 mL) each garlic powder and onion powder may be added to the mix if fresh garlic and onion will not be used in cooking.

PROCEDURE

1. Combine all ingredients and mix well.
2. Store in an airtight container until needed.

JAMAICAN JERK

Jerk is a traditional Jamaican cooking style in which meats are marinated in a mixture that includes allspice and Scotch bonnet peppers, as well as a variety of other spices, before barbecuing or grilling over a smoking fire. Pork, goat, and chicken are the most popular foods cooked by this method, but beef, fish, and sausage are also flavored and grilled this way.

Jerk Chicken

PORTIONS: 8 PORTION SIZE: 10 OZ (300 G)

U.S.	METRIC	INGREDIENTS
1 cup	240 mL	Jerk Spice Mix (above)
4–8	4–8	Scotch bonnet chiles, stemmed, seeded, and chopped (see Note)
8	8	Garlic cloves, chopped
8	8	Scallions, sliced
6 oz	180 g	Onion, chopped
1 oz	30 g	Brown sugar
4 fl oz	120 mL	Lime juice
3 fl oz	90 mL	Vegetable oil
2 fl oz	60 mL	Soy sauce

Per serving: Calories, 360; Protein, 39 g; Fat, 21 g (54% cal.); Cholesterol, 125 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 170 mg.

Note: Wear gloves when handling the chiles. They are extremely hot and can burn the skin. Reduce or increase the quantity of chiles according to taste and tolerance for spicy-hot foods.

PROCEDURE

1. Combine the spice mix, chiles, garlic, scallions, sugar, lime juice, oil, and soy sauce in a blender. Blend to a paste. (Do half of the ingredients at a time if you have a small blender, and combine the two batches.)
2. Place the chicken in a nonreactive container. Add the spice mixture and stir so all pieces of chicken are coated.
3. Marinate, refrigerated, at least 1 hour but up to 48 hours.
4. Before cooking, remove from the marinade and let stand at room temperature 20–30 minutes.
5. Grill over low heat until done. Alternatively, cook in a smoker oven at 300°F (150°C).

Jerk Chicken with Grilled Pineapple



Grilled Quail Marinated in Soy Barbecue Sauce

PORTIONS: 12 PORTION SIZE: 2 QUAIL

U.S.	METRIC	INGREDIENTS
24	24	Quail
1 qt	1 L	Soy Barbecue Sauce (p. 215)

Per serving: Calories, 790; Protein, 58 g; Fat, 53 g (81% cal.); Cholesterol, 215 mg; Carbohydrates, 14 g; Fiber, 0 g; Sodium, 1780 mg.

PROCEDURE

1. Remove the backbones and split open the quail, as shown in **Figure 12.4**. Keep each quail in one piece.
2. Marinate the quail in the barbecue sauce 2 hours. Drain.
3. Place the quail on a preheated broiler or grill. Cook, turning as necessary, until they are browned and the breast meat is medium done. Do not overcook, or the breast meat will be dry.

Grilled Ostrich or Emu with Adobo Spices

PORTIONS: 8 PORTION SIZE: 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS
		Spice rub (see Note):
1 tbsp	15 mL	Powdered ancho or pasilla chiles
½ tsp	2 mL	Salt
¼ tsp	1 mL	Dried oregano
¼ tsp	1 mL	Ground cumin
¼ tsp	1 mL	Black pepper
8	8	Ostrich or emu steaks or filets, 4 oz (125 g) each

Per serving: Calories, 130; Protein, 25 g; Fat, 3 g (21% cal.); Cholesterol, 85 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 230 mg.

Note: The quantities given for the spice rub are enough to mildly spice the meat. For a spicier product, double the quantities.

PROCEDURE

1. Combine the ingredients for the spice rub.
2. Rub the spices over both sides of the steaks to lightly but evenly coat them.
3. Refrigerate 1 hour or longer.
4. Grill or broil until medium done. Minimum internal cooking temperature is 155°F (68°C) (see p. 30).
5. Cut into thin slices across the grain.

Grilled Spiced Turkey Burger

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
6 oz	180 g	Onion, chopped fine
1 tbsp	15 mL	Vegetable oil
3 lb	1.5 kg	Ground turkey
1 tbsp	15 mL	Salt
1 tbsp	15 mL	Curry powder
1½ tsp	7 mL	Grated lemon zest
½ tsp	2 mL	Pepper
¼ tsp	1 mL	Cinnamon
½ tsp	2 mL	Ground coriander
¼ tsp	1 mL	Ground cumin
¼ tsp	1 mL	Ground cardamom
4 fl oz	125 mL	Water

PROCEDURE

1. Sweat the onions in the oil until soft. Cool completely.
2. Combine the onions, turkey, salt, spices, and water in a bowl. Toss gently until uniformly mixed.
3. Divide the mixture into 5-oz (150-g) portions (or as desired). Form each portion into a thick patty.
4. Grill or broil until just well done, but avoid overcooking, which makes the burger dry.

as desired	as desired	Tomato Raisin Chutney (p. 208) or other chutney as desired
as desired	as desired	Microgreens or cilantro leaves

5. Plate the burgers. Top each with a spoonful of chutney and a small mound of greens. Alternatively, serve the burger and garnish as a sandwich on whole-grain bread.

Per serving: Calories, 250; Protein, 27 g; Fat, 14 g (52% cal.); Cholesterol, 100 mg; Cholesterol, 2 g; Fiber, 1 g; Sodium, 800 mg.



Grilled Spiced Turkey Burger; Tomato Raisin Chutney; Curry Oil

Sautéing, Pan-Frying, and Deep-Frying

Because chicken and turkey are lean, tender meats, cooking in fat is an appropriate and popular way to prepare them. The procedures for sautéing and pan-frying meats apply to chicken as well. Also, please note the following guidelines that apply particularly to poultry and game bird items.

Tender game birds and specialty poultry items may also be cooked by sautéing or pan-frying. For most game birds, only the breasts are usually cooked by these methods. The legs are small and have more connective tissue, so they require longer cooking. They are often braised or roasted until tender and served as garnish for the breast, either bone-in or as boneless meat.

For lean items, such as squab, partridge, and quail, the breasts are best if not cooked well done but rather kept somewhat pink inside, or even rare, to preserve moisture. Breast of pheasant and guinea may also be served with a little pink in the interior, although because this meat is so similar to the white meat of chicken, many customers may prefer it well done.

Dark red poultry, such as ostrich and emu steaks and breast of duck, are also lean and most often served medium to medium rare. Remember, however, that the minimum safe temperature for ostrich and emu is 155°F (68°C). Refer to page 30. Duck breasts present a special case for pan-frying because of the heavy layer of fat between the skin and the meat. Pan-fried duck breasts are started skin side down and cooked until much of the fat is rendered and the skin is crisp. This takes several minutes, or most of the cooking time. To finish, they are turned over and cooked skin side up for just a few moments, until they reach the desired doneness.

Sautéing

1. Boneless chicken breasts, thin slices of turkey breast, and other quick-cooking items are ideal for sautéing.
2. Larger items, such as bone-in chicken cut into eighths, are harder to cook to doneness by sautéing because they need longer cooking times. Such items are often browned by sautéing and then finished by another method, such as baking or braising. Breasts of game birds, on the other hand, may be cooked rare or medium and can thus be easily cooked from start to finish on the stovetop.
3. Classical cuisine features preparations for chicken called *sautés*, many of which are actually made by braising. The basic procedure for sautéing meats is used, except the chicken is only partially cooked by sautéing. It is then finished by simmering briefly in the sauce made by deglazing the pan. Recipes for this kind of preparation are included under “Braising,” page 427.

Pan-Frying

1. Pan-fried chicken is usually breaded or floured before cooking for even browning and crispness.
2. About $\frac{1}{4}$ inch ($\frac{1}{2}$ cm) or more of fat is needed in the pan to pan-fry chicken.
3. The side that will face up on the plate should be browned first for best appearance. This is called the *presentation side*. For chicken pieces, it is usually the skin side.
4. After browning on all sides over moderately high heat, lower the heat so the chicken cooks to doneness without overbrowning. Pan-fried chicken takes 30 to 45 minutes to cook.

Deep-Frying

1. The procedure for deep-frying is like that for pan-frying, except the item doesn't have to be turned because it is submerged in the hot fat. Review page 75 for deep-frying instructions.
2. Pieces from small chickens (under 2½ lb/l kg) are best for deep-frying. Larger pieces require such a long cooking time that the surface may brown too much. If necessary, fried items may be finished in the oven.
3. Fry chicken at 325° to 350°F (160° to 175°C) for even cooking.



Pan-Fried Chicken

PORTIONS: 24 PORTION SIZE: ½ CHICKEN
48 ¼ CHICKEN

U.S.	METRIC	INGREDIENTS
12	12	Chickens, 2½ lb (1.1 kg) each
1 lb	450 g	Flour
5 tsp	25 mL	Salt
1 tsp	5 mL	White pepper
as needed	as needed	Oil

Per ½ chicken: Calories, 820; Protein, 75 g; Fat, 51 g (57% cal.); Cholesterol, 235 mg; Carbohydrates, 11 g; Fiber, 0 g; Sodium, 580 mg.

VARIATIONS

For slightly crustier, browner chicken, dip in milk before dredging in flour.

Alternative Method, Quantity Service: Brown chickens in hot oil as in basic recipe. Place on sheet pans or in baking pans skin side up, and finish cooking in a 350°F (175°C) oven.

Country-Style Fried Chicken

Fry chickens as in basic recipe. For 24 portions: Pour all but 4 oz (125 g) fat from the pans. Add 4 oz (125 g) flour and make a blond roux. Stir in 2½ qt (2.5 L) milk and bring to a boil. Stir constantly as the gravy thickens. Simmer a few minutes to eliminate all raw starch taste, and season with salt and white pepper. Adjust the consistency with stock, water, or additional milk if necessary. Strain. Serve the chicken with gravy and mashed potatoes.

PROCEDURE

1. Cut chickens into 8 pieces, as shown in **Figure 12.5**.
2. Place the flour in a small hotel pan and season with salt and pepper.
3. Pour about ¼ in. (0.5 cm) oil into enough heavy iron skillets to hold all the chicken pieces in a single layer. Heat over moderately high heat.
4. Dredge the chicken pieces in the seasoned flour and shake off excess.
5. Place the pieces skin side down in the hot oil. Let the pieces fall away from you to avoid splashing hot oil on yourself.
6. Fry the chicken until golden brown on the bottom. Turn the pieces with tongs and brown the other side.
7. Lower the heat slightly to avoid overbrowning. Continue to cook the chickens, turning once or twice more, until cooked through. Breast meat cooks faster than leg meat—remove it when it is done. Total cooking time will be 20–40 minutes, depending on the size of the chickens and the temperature of the fat.
8. Remove the chicken from the pan and drain well. Place on hot dinner plates or hold for service in counter pans. Do not cover pans or hold too long, or chicken will lose its crispness.

Sautéed Boneless Breast of Chicken with Mushroom Sauce

PORTIONS: 10 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 4 OZ (125 G), 2 FL OZ (60 ML) SAUCE

U.S. METRIC INGREDIENTS

2 oz	60 g	Clarified butter
10	10	Boneless, skinless chicken breasts from 5 chickens, 3½ lb (1.6 kg) each
to taste	to taste	Salt
to taste	to taste	White pepper
2 oz	60 g	Flour for dredging
to taste		
to taste		

10 oz	300 g	White mushrooms, sliced
1 fl oz	30 mL	Lemon juice
2½ cups	600 mL	Suprême Sauce (p. 185), hot

Per serving: Calories, 360; Protein, 36 g; Fat, 20 g (51% cal.); Cholesterol, 145 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

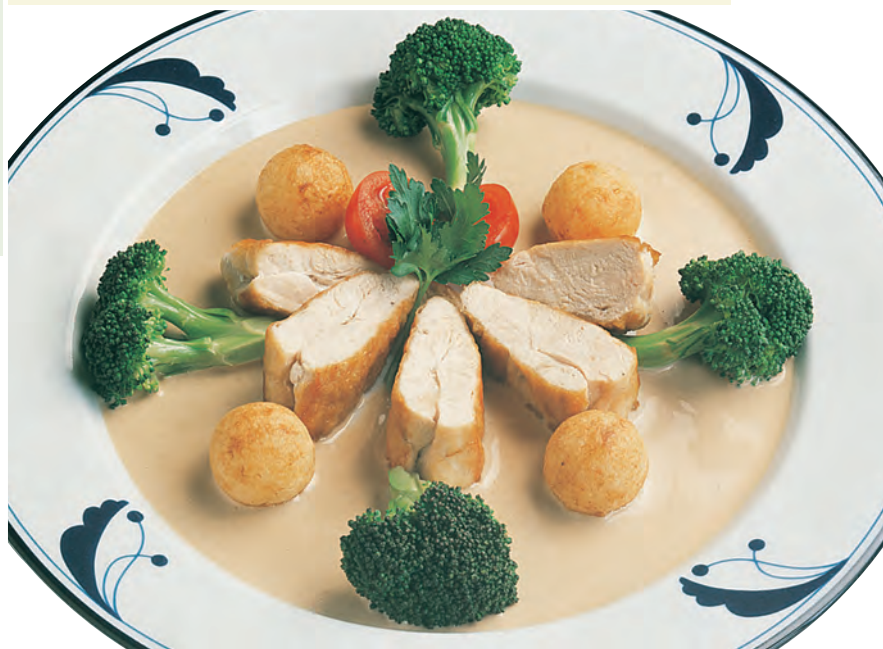
VARIATIONS

Alternative (Quick) Method: Sauté the chicken as in basic recipe. Plate and ladle 2 fl oz (60 mL) prepared Mushroom Sauce (p. 186, made with suprême sauce as a base) over each portion.

Other sauces based on chicken stock may be used in place of mushroom sauce to serve with sautéed chicken breasts, including suprême, aurora, Hungarian, and ivory (p. 186).

PROCEDURE

1. Add enough clarified butter to a sauté pan to just cover the bottom with a thin film. Place on the range over moderate heat.
2. While the pan is heating, season the chicken breasts and dredge in flour. Shake off excess flour.
3. Place the breasts in the hot pan, presentation side (that is, the side that had the skin) down.
4. Sauté over moderate heat until lightly browned and about half cooked. The heat must be regulated so the chicken doesn't brown too fast.
5. Turn the chicken over and complete the cooking.
6. Remove the chicken from the pan and place on hot dinner plates for service. Keep warm.
7. Add the mushrooms to the pan and sauté briefly. After a few seconds, before the mushrooms start to darken, add the lemon juice. Toss the mushrooms in the pan as they sauté.
8. Add the suprême sauce to the pan and simmer a few minutes, or until reduced to the proper consistency. (The juices from the mushrooms will dilute the sauce.)
9. Ladle 2 fl oz (60 mL) sauce over each portion and serve immediately.



Sautéed Chicken Breast with Ivory Sauce, Broccoli, Parisienne Potatoes



Deep-Fried Chicken

PORTIONS: 24 PORTION SIZE: ½ CHICKEN

U.S.	METRIC	INGREDIENTS
12	12	Chickens, about 2 lb (900 g) each Standard Breeding Procedure (see Note):
8 oz	250 g	Flour
2 tsp	10 mL	Salt
1 tsp	5 mL	White pepper
2	2	Eggs
2½ cups	600 mL	Milk
1½ lb	750 g	Dry bread crumbs

Per serving: Calories, 880; Protein, 63 g; Fat, 58 g (61% cal.); Cholesterol, 205 mg; Carbohydrates, 22 g; Fiber, 1 g; Sodium, 520 mg.

Note: Quantities given for breading materials are only guidelines. You may need more or less depending on the shapes of the chicken pieces, the care used in breading, and other factors. In any case, you need enough so even the last piece to be breaded can be coated easily and completely.

PROCEDURE

1. Cut chickens into 8 pieces, as shown in **Figure 12.5**.
2. Set up breading station: seasoned flour, egg wash, and crumbs (see pp. 152–153).
3. Pass the chicken through the Standard Breeding Procedure.
4. Heat the fat in a deep fryer to 325°–350°F (165°–175°C).
5. Fry the chicken until golden brown and cooked through. Fry light meat and dark meat pieces in separate baskets, as the light meat cooks faster.
6. Remove from the fat, drain well, and serve immediately.

VARIATIONS

Alternative Method: For larger chickens or for quantity service, brown the chicken in the deep fryer. Drain, place on sheet pans, and finish in the oven at 350°F (175°C).

Fried Chicken Maryland

Fry the chicken as in basic recipe. Serve each portion with the following sauce and garnish:

2 fl oz (60 mL) cream sauce, suprême sauce, or horseradish sauce made with béchamel, placed on the plate under the chicken

2 strips crisp bacon (p. 830–831), placed in a cross on top of the chicken

2 Corn Fritters (p. 600)

2 banana quarters, breaded and fried

Fried Chicken Breast Strips

Cut boneless, skinless chicken breasts into strips about ¾ in. (2 cm) wide. Bread and fry as in basic recipe. Serve with desired dipping sauce, such as barbecue sauce or blue cheese dressing.

Turkey Scaloppine with Shiitake Mushrooms and Roasted Shallots

PORTIONS: 10 PORTION SIZE: 4 OZ (125 G), PLUS GARNISH

U.S.	METRIC	INGREDIENTS
2½ lb	1.25 kg	Boneless, skinless turkey breast
15 oz	450 g	Shiitake mushrooms, caps only
to taste	to taste	Salt
to taste	to taste	White pepper
for dredging	for dredging	Flour
2 fl oz	60 mL	Oil
½ oz	15 g	Butter
30	30	Roasted shallots (prepared using the recipe for Roasted Winter Vegetables, p. 590)

Per serving: Calories, 280; Protein, 31 g; Fat, 11 g (36% cal.); Cholesterol, 85 mg; Carbohydrates, 13 g; Fiber, 1 g; Sodium, 140 mg.

PROCEDURE

1. Cut the turkey breast across the grain into 20 scaloppine, about 2 oz (60 g) each, using the procedure for cutting veal (**Figure 10.15**).
2. Lightly flatten each piece of turkey with a meat mallet.
3. Refrigerate until ready to cook.
4. Slice the mushroom caps into strips about ¼ in. (5 mm) wide.
5. Dry the meat, season it with salt and pepper, and dredge in flour. Shake off excess. (Do not do this step until immediately before cooking.)
6. Heat the oil in a large sauté pan until very hot. Add the turkey in a single layer and sauté over high heat just until lightly browned on both sides. (If necessary, sauté the meat in several batches.)
7. Remove the meat from the pan and keep warm. Drain any excess oil from the pan.
8. Add the butter to the pan. When it is hot, add the mushrooms and sauté about 1 minute, just until they are cooked. Adjust the seasoning.
9. Place the meat on hot dinner plates and top with the mushrooms. Arrange 3 roasted shallots on each plate.



Turkey Scaloppine with Shiitake Mushrooms and Roasted Shallots

Quail with Balsamic Glaze

PORTIONS: 12 (SEE NOTE) PORTION SIZE: 1 QUAIL PLUS GARNISH

U. S.	METRIC	INGREDIENTS	PROCEDURE
1 pt ½ tsp	500 mL 2 mL	Balsamic vinegar Rosemary, dried	1. Combine the balsamic vinegar and rosemary in a stainless-steel pan. Reduce to about 2 oz (60 mL), or until syrupy. Strain.
1 lb 3 fl oz 1½ fl oz to taste to taste	500 g 90 mL 45 mL to taste to taste	Dried black-eyed peas Olive oil Lemon juice Salt Pepper	2. Soak and simmer the peas until cooked. See page 632 for information on cooking dried beans. The peas may be cooked ahead of time and cooled. 3. Heat the olive oil in a saucepan. Add the peas and cook until heated through. Add the lemon juice. Season to taste with salt and pepper.
1 fl oz 4 1½ lb to taste to taste to taste	30 mL 4 750 g to taste to taste to taste	Olive oil Garlic cloves, chopped Swiss chard, greens only (reserve the thick stalks for another use) Cayenne Salt Pepper	4. In another saucepan or sauté pan, heat the olive oil and add the garlic. Cook briefly. 5. Add the chard leaves. Stir while cooking over high heat to wilt the greens and evaporate excessive moisture. Cook just until tender. 6. Season to taste with cayenne, salt, and pepper.
12 to taste to taste 3 fl oz 4 fl oz 12 fl oz	12 to taste to taste 90 mL 125 mL 375 mL	Quail Salt Pepper Oil Balsamic vinegar Red Bell Pepper Coulis (p. 204)	7. Cut each quail into 4 semi-boneless parts, as shown in Figure 12.6 . Leave the third wing joint in the breast sections. Season lightly with salt and pepper. 8. Heat the oil in sauté pan or pans. Add the legs and pan-fry until well browned and slightly crisp on the outside. 9. When the legs are almost cooked, add the breast sections, skin side down, and pan-fry until medium rare, turning as necessary to brown both sides. 10. Remove the quail from the pan and degrease. Return to the pan and add the balsamic vinegar (not the reduced vinegar from step 1). Cook over moderate heat, turning the pieces until they are lightly glazed. 11. For each portion, make a bed of Swiss chard on the center of the plate. Top with black-eyed peas. Arrange 2 leg portions and 2 breast portions on top of the peas. 12. Drizzle 1 fl oz (30 mL) coulis around the arrangement. Then drizzle 1 tsp (5 mL) reduced balsamic glaze around the arrangement.

Per serving: Calories, 600; Protein, 37 g; Fat, 36 g (54% cal.); Cholesterol, 110 mg; Carbohydrates, 33 g; Fiber, 5 g; Sodium, 200 mg.

Note: One quail per portion is suitable for the first course. For the main course, use 2 quail per portion.

Quail with Creole Spices

PORTIONS: 12 AS FIRST COURSE PORTION SIZE: 1 QUAIL, 2 OZ (60 G) VEGETABLES, 1½ OZ (45 G) RICE
6 AS MAIN COURSE 2 QUAIL, 4 OZ (125 G) VEGETABLES, 3 OZ (90 G) RICE

U.S.	METRIC	INGREDIENTS	PROCEDURE	
12	12	Quail	<ol style="list-style-type: none"> 1. Remove the backbones from the quail, spread the birds open, and flatten them as illustrated in Figure 12.4f. 2. Mix together the paprika, cayenne, oregano, thyme, pepper, and salt. 3. Lay out the quail skin side up and sprinkle them generously with the spice mixture. 4. Heat the oil in one or more sauté pans over moderate heat. Pan-fry the quail on both sides until well browned and cooked through. 5. Remove the quail from the pan and keep warm. 6. Pour off all but about 1 fl oz (30 mL) fat from the pan. 	
1½ tsp	7 mL	Paprika		
¼ tsp	1 mL	Cayenne		
¼ tsp	1 mL	Dried oregano		
¼ tsp	1 mL	Dried thyme		
¼ tsp	1 mL	Pepper		
½ tsp	2 mL	Salt		
2 fl oz	20 mL	Vegetable oil		
6 oz	180 g	Onion, chopped fine		<ol style="list-style-type: none"> 7. Add the onion, garlic, celery, and green pepper to the pan. Sauté over medium heat until the onion just starts to brown. 8. Add the tomatoes, tomato purée, and thyme. Simmer 10 minutes, or until the juices are somewhat reduced and thickened. 9. Stir in the parsley. 10. Add salt and pepper to taste.
1	1	Garlic clove, chopped fine		
4 oz	125 g	Celery, small dice		
4 oz	125 g	Green bell pepper, small dice		
1 lb	500 g	Tomatoes, canned, chopped, with their juice		
1 oz	30 g	Tomato purée		
1 tsp	5 mL	Dried thyme		
2 tbsp	30 mL	Chopped parsley		
to taste	to taste	Salt		
to taste	to taste	Pepper		
18 oz	550 g	Steamed white rice	<ol style="list-style-type: none"> 11. To serve, place a scoop of hot rice on a dinner plate. Spoon vegetables around the rice. Lean the quail against the mound of rice. 	

Per serving: Calories, 300; Protein, 23 g; Fat, 16 g (48% cal.); Cholesterol, 85 mg; Carbohydrates, 16 g; Fiber, 2 g; Sodium, 221 mg.



Quail with Creole Spices

Sautéed Chicken with Tomatoes and Mushrooms

PORTIONS: 12 PORTION SIZE: ¼ CHICKEN

U.S.	METRIC	INGREDIENT
3	3	Chickens, about 2¾ lb (1.3 kg) each
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Vegetable oil

PROCEDURE

1. Cut each chicken into 8 pieces, as shown in **Figure 12.5**.
2. Season the chicken lightly with salt and pepper.
3. Pour about ⅛ in. (3 mm) oil into one or more sauté pans over moderate heat.
4. Sauté the chicken pieces until they are cooked through. Regulate the heat so they brown well but do not scorch.
5. Remove the chicken pieces from the sauté pans and keep them hot. (Alternative method: Brown the chicken pieces well in the sauté pans, transfer to a sheet pan or hotel pans, without crowding them, and finish cooking in a 375°F [190°C] oven.)
6. Drain the oil from the sauté pans and discard. Add the butter to the pans over moderately high heat.
7. Add the shallots, garlic, and mushrooms. Sauté until tender and lightly browned.
8. Add the wine. Reduce by half.
9. Stir in the tomatoes and demi-glace. Return the mixture to a boil.
10. Stir in the chopped parsley. Season to taste with salt.
11. Spoon the tomato mixture onto plates and top with the chicken. (If the chicken has cooled, it can be reheated in the tomato mixture, but do not let it cook further.)

2 oz	60 g	Butter
4 oz	120 g	Shallots, chopped fine
4	4	Garlic cloves, chopped fine
1½ lb	700 g	Mushrooms, sliced or quartered (see Note)
10 fl oz	280 mL	White wine
1½ lb	700 g	Tomato concassé
12 fl oz	360 mL	Demi-glace
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt

Per serving: Calories, 470; Protein, 72 g; Fat, 28 g (53% cal.); Cholesterol, 140 mg; Carbohydrates, 9 g; Fiber, 2 g; Sodium, 370 mg.

Note: Use white button mushrooms or a mixture of mushrooms, such as shiitake, portobello, and cremini.



Sautéed Chicken with Tomatoes and Mushrooms

Tangerine-Marinated Breast of Duck

PORTIONS: 12 PORTION SIZE: 6 OZ (180 G)

U.S.	METRIC	INGREDIENTS
12	12	Boneless duck breast halves, skin on, about 6 oz (180 g) each
1½ oz	45 mL	Shallots, chopped fine
1 fl oz	30 mL	Soy sauce
4 fl oz	120 mL	Tangerine juice
½ tsp	2 mL	Grated tangerine zest
¼ tsp	1 mL	Cinnamon
¼ tsp	1 mL	Crushed star anise
<hr/>		
1 lb 8 oz	720 g	Wheatberries with Pecans (p. 652, prepared without poblanos)
as needed	as needed	Tangerine suprêmes (use procedure shown in Figure 7.22)
12 fl oz	360 mL	Oriental Vinaigrette (p. 704; optional)

Per serving: Calories, 340; Protein, 32 g; Fat, 16 g (43% cal.); Cholesterol, 165 mg; Carbohydrates 16 g; Fiber, 3 g; Sodium, 510 mg.

PROCEDURE

1. With a sharp knife, score the duck skin in a diamond pattern. Cut through the skin and into the layer of fat but not into the meat. (This is easiest to do if the duck is chilled.)
2. In a nonreactive container, combine the shallots, soy sauce, tangerine juice and zest, cinnamon, and star anise and mix together.
3. Add the duck breasts, turning them to coat on both sides. Refrigerate 2–4 hours.
4. Remove the breasts from the marinade. Pat them dry with clean towels. Discard the marinade and any pieces of star anise clinging to the meat.
5. Pan-fry the breasts skin side down in a sauté pan over moderately high heat about 6 minutes, or until the skin is well browned and crisp and much of the fat has rendered. Turn over and pan-fry another 4 minutes. The breasts should still be rare.
6. Remove from the pans and let rest 5 minutes in a warm place.
7. Place 2 oz (60 g) wheatberries on each plate.
8. Cut each duck breast diagonally into thin slices. Fan the slices out, leaning them against the mound of wheatberries.
9. Top the wheatberries with a few tangerine suprêmes.
10. If desired, drizzle a little vinaigrette onto the plate around the duck breast.



Tangerine-Marinated Breast of Duck

Chicken Stir-Fry with Walnuts

PORTIONS: 12 PORTION SIZE: 6 OZ (175 G)

U. S.	METRIC	INGREDIENTS	PROCEDURE
2½ lb	1.2 kg	Boneless, skinless chicken meat	1. Remove all fat from the chicken. Cut into ½-in. (1-cm) dice.
1 lb	450 g	Green or red bell peppers	2. Cut the peppers in half and remove the core and seeds. Cut into strips ¼ in. (0.5 cm) wide.
1 lb	450 g	Scallions	3. Cut off the roots and withered parts of the green tops of the scallions. Split the scallions in half lengthwise and cut into 1-in. (2.5-cm) pieces. Combine with the peppers.
3 tbsp	45 mL	Cornstarch	4. Stir the cornstarch with the soy sauce until smooth.
4 fl oz	125 mL	Soy sauce	5. Have the remaining ingredients ready in separate containers. Everything must be ready before starting to cook because cooking takes only a few minutes.
4 oz	125 g	Walnut pieces or unsalted peanuts	
¼ tsp	1 mL	Ground ginger	
⅓ tsp	0.5 mL	Cayenne	
1½ cups	350 mL	Chicken broth or water	
2 fl oz	60 mL	Oil	6. Heat half the oil in a large sauté pan or skillet until very hot, almost smoking.
<p>Per serving: Calories, 270; Protein, 22 g; Fat, 16 g (53% cal.); Cholesterol, 60 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 610 mg.</p>			7. Add the peppers and scallions and sauté rapidly about 2 minutes, or until the vegetables are only slightly cooked. Remove from the pan.
			8. Add the remaining oil to the pan and again get it very hot.
			9. Add the chicken and sauté rapidly until no longer pink. If the chicken sticks to the pan, use a spatula to stir.
			10. Add the nuts, ginger, and cayenne and sauté another minute.
			11. Quickly stir the cornstarch mixture (the starch settles out) and add it and the stock or water to the pan. Stir to deglaze the pan and bring to a simmer.
			12. Add the sautéed vegetables and simmer just until heated through. Correct the seasonings.
			13. Serve immediately with boiled or steamed rice.

Chicken Teriyaki

PORTIONS: 16 PORTION SIZE: 1 CHICKEN BREAST OR THIGH

U.S. METRIC

INGREDIENTS

		Teriyaki sauce:
3 fl oz	75 mL	Sake
7 fl oz	175 mL	Soy sauce
6 fl oz	150 mL	Mirin (sweet rice wine)
2 tbsp	25 mL	Sugar

as needed	as needed	Vegetable oil
16	16	Boneless chicken breasts or thighs, skin on or off as desired

Per serving: Calories, 280; Protein, 31 g; Fat, 11 g (38% cal.); Cholesterol, 85 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 780 mg.

VARIATIONS

Other items, such as small beefsteaks, fish fillets, and scallops, can be cooked this way. In the case of fish fillets, keep the skin on, if possible, and use the skin side as the presentation side.

PROCEDURE

1. Combine the sake, soy sauce, mirin, and sugar. Heat to a simmer to dissolve the sugar. Cool.
2. Heat a thin film of oil in a skillet. Put in the chicken pieces, skin side down. Cook until browned and half done. Turn and cook the other side.
3. Remove the chicken and degrease the pan.
4. Deglaze the pan with the teriyaki sauce and bring the sauce to a boil.
5. Return the chicken to the pan. Turn it in the pan until it is lightly glazed.
6. Remove the chicken from the pan and reserve the sauce. Cut each piece of chicken crosswise, on the diagonal, into strips $\frac{1}{2}$ in. (1 cm) wide.
7. Plate the chicken, keeping each piece assembled in its original form. Spoon a little of the sauce on top.

TERIYAKI

The Japanese word *yaki* is often translated as “grilled,” although it is less specific in Japanese and is also used to mean “pan-broiled” or “griddled.” *Teriyaki* can be translated as “glaze-grilled.” In the West, the term usually refers to a meat or fish that is marinated in a soy sauce mixture before being cooked, and sometimes the meat is even simmered in the sauce. In Japan, however, the item is usually not marinated, and the teriyaki sauce is applied only at the end of cooking to give the food an attractive and flavorful glaze.

Japanese food is, in general, delicately seasoned. Western palates, however, usually demand more seasoning. For example, few Japanese would douse a bowl of plain rice with soy sauce, as Westerners tend to do in Asian restaurants.

For a more Western-style teriyaki, you may marinate the chicken in the accompanying recipe in the teriyaki sauce for several hours or overnight before pan-frying it. The result, however, will not be as authentic.

Chicken Breasts Parmesan

PORTIONS: 10 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 4 OZ (125 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 oz	90 g	Flour	<ol style="list-style-type: none"> Place the flour in a small counter pan and season with salt and white pepper. Beat the eggs in a bowl and mix in the parmesan cheese and milk. Place the bowl next to the seasoned flour when ready for service.
1 tsp	5 mL	Salt	
½ tsp	2 mL	White pepper	
4	4	Eggs	
3 oz	90 g	Parmesan cheese, grated	
1 fl oz	30 mL	Milk	
10	10	Boneless, skinless chicken breasts from 5 chickens, 3½ lb (1.6 kg) each	<ol style="list-style-type: none"> Flatten the chicken breasts lightly with a meat mallet. If cooking to order, select a sauté pan just large enough to hold in a single layer the number of portions being cooked. If cooking all the chicken breasts at once, use a very large skillet or enough sauté pans to hold all the breasts in a single layer. Place the pan (or pans) over moderate heat and add enough clarified butter to just cover the bottom. Dip the chicken breasts in the flour and shake off excess. Dip in the cheese batter, turning the pieces to coat both sides. Cook over moderate heat until the bottom is golden. Turn the pieces over. Reduce the heat to low and continue to cook until the chicken is cooked through. It should feel somewhat firm when done.
4 oz	125 mL	Clarified butter	
20	20	Lemon slices	<ol style="list-style-type: none"> Place each portion on a hot plate and top with 2 lemon slices. Serve immediately.

Per serving: Calories, 350; Protein, 40 g; Fat, 18 g (47% cal.); Cholesterol, 190 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 510 mg.

VARIATION

Alternative Method: As soon as the first side is browned, turn the pieces over, cover the pans, and place in an oven at 350°F (175°C) for 8–10 minutes. This procedure requires less attention from the cook, an advantage in busy kitchens.

Vietnamese Stir-Fried Chicken with Chile

PORTIONS: 10 PORTION SIZE: 6 OZ (180 G) CHICKEN AND VEGETABLES, 6 OZ (180 G) RICE NOODLES

U.S.	METRIC	INGREDIENTS	PROCEDURE
3 lb	1.4 kg	Chicken breast, boneless and skinless	1. Cut the chicken breasts into 1-in. (2.5-cm) pieces. 2. In a bowl, toss the chicken with the fish sauce, garlic, and pepper. Marinate 15–20 minutes.
6 fl oz	180 mL	Nuoc nam (Vietnamese fish sauce) or nam pla (Thai fish sauce)	
3	3	Garlic cloves, chopped fine	3. Soak the rice sticks in warm water 20 minutes. Drain. 4. Drop the rice sticks into boiling water. As soon as the water returns to a boil, drain. 5. Toss the rice sticks with the nuoc cham. Keep warm while cooking the chicken.
½ tsp	2 mL	Black pepper	
1 lb	450 g	Rice sticks (p. 660)	6. Heat the oil in a sauté pan or wok over high heat. 7. Drain the chicken, reserving the marinade. Add the chicken to the pan. Stir-fry until the chicken is about half cooked. 8. Add the chiles, scallions, and reserved marinade. Continue to stir-fry until the chicken is nearly done. 9. Add the snow peas and stir-fry 1 minute, or until the snow peas are just cooked and still crisp. 10. Add the tomato. Stir-fry just until the tomato is hot.
4 fl oz	120 mL	Nuoc Cham (p. 210)	
3 fl oz	90 mL	Vegetable oil	11. Place the rice noodles in the center of dinner plates. 12. Top with the chicken mixture. 13. Sprinkle with sesame seeds. 14. Serve with additional nuoc cham in small ramekins on the side.
6	6	Thai green chiles or serrano chiles, seeded and sliced thin	
12	12	Scallions, sliced	
8 oz	240 g	Snow peas, trimmed and blanched	
6 oz	180 g	Tomato concassé	
2 tbsp	30 mL	Sesame seeds, toasted	
1 pt	500 mL	Nuoc Cham	

Per serving: Calories, 410; Protein, 38 g; Fat, 16 g (35% cal.); Cholesterol, 110 mg; Carbohydrates, 28 g; Fiber, 2 g; Sodium, 3320 mg.



Vietnamese Stir-Fried Chicken with Chile

Simmering and Poaching

Simmering and poaching are both methods of cooking in a liquid. The major difference is the temperature. In simmering, the liquid is a little below the boiling point and bubbling very gently. In poaching, the temperature is even lower, and the liquid is not really bubbling. Also, less liquid is usually used for poaching.

Simmering

1. The simmering method is used to cook fowl and other tough items that require long cooking in moist heat to be made tender. Cooking time is about 2½ hours.
2. The cooking liquid is usually water seasoned with salt and, most often, mirepoix and herbs as well.
3. Simmered fowl yields a rich, flavorful broth. The meat can be used for soups, creamed dishes, casseroles, salads, and similar preparations.
4. Start the fowl in cold water if a flavorful soup is your main objective. Start with hot water to retain more flavor in the meat.

Poaching

1. The poaching method is used to gently cook tender poultry in order to retain moisture and to develop a light, subtle flavor. Cooking time is usually short because the product is naturally tender.
2. The cooking liquid is usually stock, sometimes with the addition of wine and other flavorings and seasonings. Cold liquid is added to the poultry product in the pan to cover partway, and the pan must be covered to retain steam. Covering also helps prevent drying and discoloration.
3. After cooking, the liquid may be used to make a sauce, such as suprême sauce, to serve with the cooked product.
4. It is important to drain the poultry well after cooking, because any remaining liquid may spoil the appearance of the sauce on the plate.
5. Poaching may be done on the rangetop or in the oven. Oven poaching provides more even heat.

“Boiled” Fowl

This preparation and the variation that follows are usually not served as is. Instead, they are the basis for several other recipes in this section that call for simmered or cooked chicken or turkey and for chicken or turkey stock or velouté. The cooked meat can also be used for chicken or turkey salads.

YIELD: 4½–5 LB (2–2.3 KG) COOKED MEAT

U.S.	METRIC	INGREDIENTS
3	3	Fowls, about 5 lb (2.3 kg) each
		Mirepoix:
8 oz	250 g	Onion, coarsely chopped
4 oz	125 g	Celery, coarsely chopped
4 oz	125 g	Carrots, coarsely chopped
		Sachet:
1	1	Bay leaf
6	6	Parsley stems
¼ tsp	1 mL	Peppercorns
2	2	Whole cloves
1 tsp	5 mL	Salt

Per 1 ounce: Calories, 70; Protein, 10 g; Fat, 2.5 g (36% cal.); Cholesterol, 30 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 65 mg.

VARIATION

Simmered Chicken or Turkey

Simmer young chickens or turkey as in basic recipe. They may be whole or disjointed. A 3-lb (1.4-kg) chicken will take about 45–60 minutes to cook completely. Turkey will take about 1½–3 hours, depending on size. Do not overcook young poultry, and do not let the liquid boil.

PROCEDURE

1. Truss the fowls. This step is optional but recommended because it keeps the chicken from falling apart, especially if you are cooking more than one in the pot.
2. Place the fowls in a stockpot.
3. Add boiling water to cover and return to a boil. Skim the scum carefully.
4. Add the mirepoix and sachet.
5. Simmer until the fowls feel tender when pressed on the thigh, about 2½ hours.
6. If the meat and broth are to be used immediately for another preparation, remove the fowl from the liquid, place in another pan, and keep covered until needed. Strain the broth.
7. If the meat and broth are not needed right away, leave the fowls in the broth and cool quickly in a cold-water bath, as for cooling stocks (p. 163). When completely cool, remove the fowls and refrigerate, covered. Strain the broth and refrigerate.
8. To use, disjoint the fowls, remove all bones and skin, and dice or cut as required.

Poached Chicken Breast Princesse

PORTIONS: 24 PORTION SIZE: ½ CHICKEN BREAST, 2 FL OZ (60 ML) SAUCE, PLUS GARNISH

U.S.	METRIC	INGREDIENTS	PROCEDURE
24	24	Boneless, skinless half-breasts from 12 chickens, 3 lb (1.2 kg) each	<ol style="list-style-type: none"> 1. Select a baking pan just large enough to hold the chicken breasts in a single layer. Butter the inside of the pan. 2. Season the chicken breasts with salt and pepper. Place them in the pan, presentation side (that is, the side that had the skin on) up. 3. Sprinkle with the lemon juice and add enough chicken stock to barely cover the chicken. 4. Cover the chicken with a buttered piece of parchment or waxed paper (see Figure 15.4). 5. Bring to a simmer on top of the stove. Finish poaching in a 325°F (165°C) oven or over low heat on the stove. Cooking time will be 5–10 minutes. 6. Remove the chicken breasts from the liquid. Place them in a hotel pan, cover, and keep them warm.
as needed	as needed	Butter	
as needed	as needed	Salt	
as needed	as needed	White pepper	
¼ cup	60 mL	Lemon juice	
1½ qt (approximately)	1.5 L (approximately)	Chicken stock, cold	
		Beurre manié:	
3 oz	90 g	Butter, softened	
3 oz	90 g	Flour	
2½ cups to taste	600 mL to taste	Heavy cream, hot	
		Salt	
72	72	Asparagus tips, cooked, hot	<ol style="list-style-type: none"> 7. Reduce the poaching liquid over high heat to about 2½ pt (1.1 L). 8. Knead the butter and flour together to make a beurre manié (p. 176). 9. With a wire whip, beat the beurre manié into the simmering stock to thicken it. Simmer a minute to cook out any starchy taste. 10. Add the hot cream to the sauce. Season to taste.
<p>Per serving: Calories, 330; Protein, 37 g; Fat, 17 g (47% cal.); Cholesterol, 140 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 140 mg.</p>			<ol style="list-style-type: none"> 11. Place each chicken breast, well drained, on a plate, and coat with 2 fl oz (60 mL) sauce. Garnish with 3 asparagus tips. Serve immediately.

VARIATIONS

Alternative Method: Poach the chicken as in the basic recipe. Plate immediately and coat with prepared suprême sauce. Save poaching liquid for next day's sauce.

Other sauces may be used to coat poached chicken breasts, including:

Allemande Aurora Hungarian
Ivory Mushroom

Poached Chicken Breast Florentine

Poach the chicken as in the basic recipe. Place each portion on a bed of buttered spinach, well drained. Coat with Mornay sauce.

Optional: Sprinkle with parmesan cheese and brown under the broiler.

Chicken or Turkey Pot Pie

PORTIONS: 25 PORTION SIZE: 3 OZ (90 G) MEAT, 2 OZ (60 G) VEGETABLES, 4 FL OZ (125 ML) SAUCE

U.S.	METRIC	INGREDIENTS
5 lb	2.3 kg	Cooked chicken or turkey meat (light and dark meat)
12 oz	350 g	Potatoes, medium dice
12 oz	350 g	Carrots, medium dice
12 oz	350 g	Tiny white onions, peeled
12 oz	350 g	Peas
3 qt	3 L	Chicken velouté
to taste	to taste	Salt
to taste	to taste	Pepper
2 tsp	10 mL	Dried tarragon
25	25	Flaky pie pastry covers (p. 1008)

Per serving: Calories, 520; Protein, 25 g; Fat, 32 g (55% cal.); Cholesterol, 80 mg; Carbohydrates, 34 g; Fiber, 5 g; Sodium, 430 mg.

VARIATIONS

Vegetable ingredients may be varied as desired. Other vegetables that may be used include celery, mushroom caps, and lima beans.

Chicken or Turkey Stew

Prepare the meat, vegetables, and velouté as in the basic recipe. Omit pastry. Combine the ingredients in a saucepot and bring to a simmer. Hold for service.

PROCEDURE

1. Cut the chicken or turkey into $\frac{3}{4}$ -in. (1-cm) dice.
2. Cook the vegetables separately in boiling salted water. Drain and cool.
3. Season the velouté to taste with salt and pepper. Add the tarragon.
4. Prepare the pastry and cut out circles to cover the tops of casserole serving dishes. You will need about 2 oz (60 g) pastry per portion.
5. Divide the light and dark meat evenly among individual serving casseroles (3 oz/90 g per portion).
6. Divide the vegetables evenly among the casseroles (about $\frac{1}{2}$ oz/15 g per portion of each vegetable).
7. Ladle about 4 fl oz (125 mL) velouté into each casserole.
8. Top the dishes with the pastry. Cut holes in the centers to allow steam to escape.
9. Place the dishes on a sheet pan. Bake at 400°F (200°C) until the crust is well browned.

Chicken Blanquette I

PORTIONS: 25 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
5 lb	2.5 kg	Cooked chicken meat, 1-in. (2½-cm) dice
2½ pt	1.1 L	Chicken velouté
		Liaison:
5	5	Egg yolks
1 pt	500 mL	Heavy cream
to taste	to taste	Lemon juice
pinch	pinch	Nutmeg
pinch	pinch	White pepper
pinch	pinch	Salt

Per serving: Calories, 240; Protein, 21 g; Fat, 16 g (60% cal.); Cholesterol, 135 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 160 mg.

PROCEDURE

1. Combine the chicken with the sauce and bring to a simmer.
2. Remove from the heat. Beat the egg yolks and cream together. Temper with a little of the hot velouté sauce, and stir into the sauce.
3. Return the pot to the heat and bring to just below the simmer. Do not boil.
4. Season to taste with a few drops of lemon juice and a pinch each of nutmeg, white pepper, and salt.

VARIATIONS

Chicken Blanquette II

Follow the recipe for Veal Blanquette, page 346. Use 12 lb (6 kg) disjointed chicken (raw) in place of the 10 lb (5 kg) veal. Use chicken stock instead of veal stock.

Chicken Blanquette à l'Ancienne (Ancient Style)

Garnish each portion with 2 cooked pearl onions and 1 cooked mushroom cap, fluted if possible (see p. 543).

Chicken Blanquette Brunoise

Add to the sauce 4 oz (125 g) each carrot, celery, and leeks or onions, all cut brunoise and sautéed lightly in butter.

Chicken Blanquette Argenteuil

Garnish each portion with 3 cooked asparagus tips.

Oyako Donburi

PORTIONS: 16 PORTION SIZE: SEE PROCEDURE

U. S.	METRIC	INGREDIENTS	PROCEDURE
2 qt	2 L	Dashi	1. Combine the dashi, soy sauce, sugar, and sake in a saucepan. Bring to a simmer to dissolve the sugar. Remove from heat and reserve.
5 fl oz	150 mL	Soy sauce	
5 oz	150 g	Sugar	
2 fl oz	60 mL	Sake (optional)	
3 qt	3 L	Raw Japanese short-grain rice	2. Cook the rice by following steps 1–4 in the recipe for sushi rice, page 518. Keep it hot.
1½ lb	725 g	Boneless, skinless chicken meat	3. Cut the chicken into strips 1 in. (2½ cm) wide, then slice diagonally ¼ in. (6 mm) thick. 4. Trim the roots and the coarser greens from the scallions, leaving the tender green parts intact. Cut diagonally into ½-in. (1-cm) pieces. 5. For each portion, put 1½ oz (45 g) chicken, 1 sliced scallion, and 4½ fl oz (125 mL) dashi mixture in a small sauté pan. Simmer until the chicken is nearly done.
16	16	Scallions	
16	16	Eggs	
<p>Per serving: Calories, 570; Protein, 23 g; Fat, 8 g (13% cal.); Cholesterol, 240 mg; Carbohydrates, 98 g; Fiber, 4 g; Sodium, 600 mg.</p>			6. Break 1 egg into a bowl. Mix lightly but do not beat. 7. Pour the egg in a stream around the chicken in the sauté pan. Continue to simmer until the egg is half set. 8. Put 1½ cups (375 mL) hot rice in a large, deep soup bowl. 9. When the egg is nearly set, give the egg and chicken mixture a light stir and pour the contents of the sauté pan over the rice.



Oyako Donburi

VARIATION

Tendon

Omit the chicken, scallions, and egg in the recipe above. Reduce the dashi to 1 qt (1 L) and double the amount of sake. Top each bowl of rice with 1 piece of shrimp tempura (p. 498) and 2 pieces of vegetable tempura. Pour about 2½ fl oz (75 mL) hot dashi mixture over the rice and serve. (The name of this dish comes from the first syllables of *tempura* and *donburi*.)

OYAKO

The name of this dish, oyako, means “parent and child,” referring to the chicken and eggs. A donburi is a type of serving bowl, and the word also refers to foods served in this type of bowl, generally rice with toppings and sauce.

Red-Cooked Chicken

PORTIONS: 16 PORTION SIZE: 1/8 CHICKEN

U.S.	METRIC	INGREDIENTS
2	2	Chickens, about 4 lb (1.8 kg) each
2 cloves	2 cloves	Star anise
3 slices	3 slices	Fresh ginger root
1 tbsp	15 mL	Sichuan peppercorns
1/2 pt	250 mL	Soy sauce
2 pt	1 L	Water or chicken stock
1 oz	30 g	Sugar
2	2	Scallions
2 fl oz	60 mL	Sherry or Shaoxing wine

Per serving: Calories, 260; Protein, 29 g; Fat, 14 g (49% cal.); Cholesterol, 90 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 990 mg.

VARIATIONS

The star anise and Sichuan peppercorns may be omitted for a simpler version of this dish.

Other meats (using cuts appropriate for simmering) may be cooked this way, including pork, beef, tripe, and duck.

PROCEDURE

1. Cut each chicken into eighths.
2. Tie the star anise, ginger root, and peppercorns in a cheesecloth bag.
3. Combine the soy sauce and water or stock in a pot and add the spice bag, sugar, scallions, and sherry. Bring to a boil.
4. Add the chicken. Simmer until tender.
5. Serve the chicken hot or cold. If it is to be served cold, cool it and store it in the cooking liquid. The liquid may be reused for another batch.

COOKING STYLES IN CHINESE DISHES

A popular misconception in the Western world about Chinese cooking is that nearly all dishes are stir-fried. An important advantage of stir-frying if cooking fuel is scarce is that, although preparation times are long, due to all the required cutting and slicing, cooking times are short. Once the mise en place is done, stir-fried dishes can be sent to the table in a matter of minutes.

Although stir-frying is an important technique in China, many other cooking techniques are also used, especially simmering and steaming. Two of the recipes in this section, Tea-Smoked Duck and Red-Cooked Chicken, are typical examples of steaming and simmering.

Although both these recipes begin with whole poultry, the birds are cut into small pieces before they are served. In a typical Chinese meal, meats, fish, and vegetables are not so much main dishes as they are accompaniments to rice or, sometimes, noodles. Portion sizes of protein items are small, and the dishes are served family-style in the center of the table. Each diner takes a small quantity of the desired dishes to eat between bites of rice.

Because China is so large and has such an array of climates, there is no single cooking style. The styles of Beijing in the north, Guangdong (Canton) in the southeast, and Sichuan (Szechwan) in the interior, are perhaps as different as the styles of Germany, France, and Italy.

Tea-Smoked Duck

YIELD: 1 DUCK

U.S.	METRIC	INGREDIENTS
3 tbsp	45 mL	Coarse salt
1 tbsp	15 mL	Sichuan peppercorns
1	1	Duck, about 5 lb (2.3 kg)
6	6	Scallions, trimmed
4 slices	4 slices	Ginger root
3 oz	90 g	Raw rice
½ cup	125 mL	Brown or black tea leaves
2 oz	60 g	Sugar

Per ⅓ recipe: Calories, 520; Protein, 30 g; Fat, 43 g (75% cal.); Cholesterol, 130 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 2969 mg.

VARIATIONS

For spicier duck, add 1 tsp (5 mL) five-spice powder to the dry marinade after toasting.

Crispy Duck

This variation may be made with smoked duck or with steamed but unsmoked duck (step 8). When the duck is cool, cut it into quarters. You may bone it if desired, but try to keep it in its original shape. Deep-fry until the skin is crisp. Drain, cut up, and serve at once. (Optional step: Rub cornstarch into the skin before deep-frying.)

PROCEDURE

1. Toast the salt and peppercorns in a dry skillet over moderate heat, until peppercorns are fragrant.
2. Cool the mixture, then crush with a rolling pin.
3. Clean the duck well, removing excess fat. Flatten the duck slightly by pressing down on the breastbone to break it.
4. Rub the duck inside and out with the salt and peppercorn mixture.
5. Put the duck in a hotel pan, weight it, and refrigerate 1–2 days.
6. Rinse the duck.
7. Put the scallions and ginger slices in the cavity.
8. Steam the duck 1–1½ hours, or until tender.
9. Line a large wok or other heavy pan with aluminum foil.
10. Mix together the rice, tea leaves, and sugar. Put the mixture in the bottom of the wok.
11. Put the duck on a rack over the tea mixture and cover the pan tightly.
12. Set the pan over high heat 5 minutes, then over moderate heat 20 minutes. Turn the heat off and let stand another 20 minutes without uncovering.
13. Cool the duck. Chop it into pieces measuring 1–2 in. (3–5 cm), bones and all. Alternatively, bone it out and cut the meat into strips 1 in. (2.5 cm) wide. This dish is normally served at room temperature.

Mole Poblano de Pollo *or* de Guajolote

PORTIONS: 16 PORTION SIZE: 3 FL OZ (90 ML) SAUCE, CHICKEN OR TURKEY QUANTITY VARIABLE

U.S.	METRIC	INGREDIENTS	PROCEDURE	
15	15	Mulato chiles (see Note)	<ol style="list-style-type: none"> 1. Remove and discard the seeds and stem ends of the chiles. Grind the chiles to a powder. 2. Grind the sesame seeds in a spice grinder or with a mortar and pestle. Set them aside and grind the almonds in the same way. 3. Fry the tortillas in the fat about 30 seconds. Drain and reserve the fat for step 6. Break the tortillas into pieces. 4. Put the ground sesame, ground almonds, tortillas, cloves, cinnamon, pepper, and coriander into the container of a blender. 5. Peel the tomatoes if they are fresh. Add the tomatoes and the garlic to the blender. Blend to a smooth purée. If the mixture is too thick to blend, add a little chicken or turkey broth or water. 6. Heat the reserved fat from step 3 in a saucepot over moderate heat. Add the powdered chiles and cook about 30 seconds. Be careful not to let the chile powder burn. 7. Add the purée from the blender. Cook 5 minutes, stirring constantly. The mixture will be very thick. 8. Add the chocolate. Stir constantly until the chocolate is completely blended in. The sauce may be prepared to this point 1–2 days ahead of time and held in the refrigerator. 	
1½ oz	45 g	Sesame seeds		
4 oz	125 g	Almonds		
3	3	Tortillas		
6 oz	175 g	Lard or rendered chicken, turkey, or pork fat		
¼ tsp	1 mL	Ground cloves		
½ tsp	2 mL	Cinnamon		
½ tsp	2 mL	Black pepper		
¼ tsp	1 mL	Ground coriander		
8 oz	225 g	Tomatoes, canned or fresh		
4	4	Garlic cloves, chopped		
1 oz	30 g	Bitter (unsweetened) chocolate, grated or broken into pieces		
10–14 lb	4.5–6.5 kg	Chicken (pollo) or turkey (guajolote), disjointed		<ol style="list-style-type: none"> 9. Put the poultry, onion, carrot, garlic, peppercorns, and salt in a large pot. Add water to cover. 10. Simmer until the poultry is tender. 11. Remove the poultry from the broth and set aside to keep warm. 12. Strain the broth. Measure 3 pt (1.5 L) broth and stir it into the chile sauce base. Simmer slowly 30–45 minutes, or until the flavors are blended and the mixture has the consistency of a light sauce. (Reserve the remaining broth for another use.)
6 oz	175 g	Onion, chopped		<ol style="list-style-type: none"> 13. Heat the lard in a sauté pan and brown the cooked poultry pieces lightly. (This step is optional.) 14. Add the poultry to the sauce and simmer a few minutes until quite hot. 15. Adjust the seasoning with salt, if necessary, and serve.
2 oz	60 g	Carrot, chopped		
1	1	Garlic clove		
8	8	Peppercorns		
4 tsp	20 mL	Salt		
as needed	as needed	Water		
as needed	as needed	Lard		
to taste	to taste	Salt		

Per serving: Calories, 510; Protein, 38 g; Fat, 36 g (63% cal.); Cholesterol, 120 mg; Carbohydrates, 9 g; Fiber, 4 g; Sodium, 420 mg.

Note: Instead of mulato chile peppers, you may use ancho or pasilla chiles or a mixture of different kinds. If none of these is available, you may substitute about 1 cup (125 g) chili powder.

MOLE POBLANO

Internationally, the most common examples of Mexican cooking—enchiladas, burritos, tacos, and tamales—represent only a small part of the varied cooking styles of Mexico. Beyond these few dishes, mole poblano is one of the few dishes widely known outside its home.

The Spanish word *salsa* means, literally, “sauce,” and includes a wide variety of cooked and uncooked sauces and condiments. In Mexican cuisine, a *mole* (mo-lay) is a more specific kind of sauce, one that is cooked, contains chiles in addition to spices, and is usually thickened with corn, ground seeds, or nuts. It is a more complex preparation than most salsas. The best-known mole, mole poblano, meaning mole from the town of Puebla, contains bitter chocolate in addition to its other seasonings.

Mole does not mean chocolate sauce, and simply putting chocolate in a sauce does not make it a mole. In addition, many moles contain no chocolate.

Braising

A moist-heat cooking method, braising may be used to tenderize tough poultry products. Also, as for veal and pork, it can be used to provide moistness and flavor to tender poultry items. Coq au vin, the well-known braised chicken in red wine, was originally made with a tough old rooster (coq), but today the same recipe is applied to tender young chicken.

Poultry products are braised using the same procedures as for meats, except that mirepoix is frequently omitted. Other flavoring ingredients may be used instead, depending on the recipe. Methods 1 and 2 (p. 354) are used when the chicken is to be browned. Method 3 (p. 354) is used for fricassées, white stews in which the chicken is sautéed without browning.

Braised “Sautés”

If you review the procedure for sautéing meats (p. 334), you will see that if the product is not completely cooked when browned in step 5 and then finished by simmering it in the sauce in step 10, the result is a braised item. This procedure may be used for classical “sautés,” which are often braised items. (An alternative method is to finish cooking the chicken or meat in a covered pan in the oven while you are making the sauce. This is also braising because the cover holds in moisture.)

KEY POINTS TO REVIEW

- What poultry items are best for sautéing?
- What is the difference between sautéing and pan-frying, when applied to poultry?
- What poultry items are best for deep-frying? At what temperature should they be fried?
- What are the differences between simmering and poaching? Describe each procedure as it is applied to poultry items.
- What is a classical sauté, and why does it sometimes become a braised item rather than a sautéed one? How would cook the item if you wanted it to be a true sauté rather than a braise?



Chicken Fricassée

PORTIONS: 24 PORTION SIZE: ¼ CHICKEN, 3 FL OZ (90 ML) SAUCE

U.S.	METRIC	INGREDIENTS	PROCEDURE
6 to taste to taste 6 oz 12 oz	6 to taste to taste 175 g 350 g	Chickens, 2½–3 lb (1.1–1.4 kg) each Salt White pepper Butter Onion, cut brunoise	1. Cut the chickens into 8 pieces each. Season with salt and white pepper. 2. Melt the butter in a brazier over moderate heat. 3. Add chicken and onion. Sauté very lightly so the chicken is seared on all sides, but do not brown.
6 oz 3 qt (approximately)	175 g 3 L (approximately)	Flour Chicken stock	4. Add the flour and stir so it combines with the fat to make a roux. Cook another 2 minutes, without browning. 5. Gradually stir in enough stock to cover the chicken. Bring to a simmer, stirring, until the sauce thickens.
1 1 4 ¼ tsp	1 1 4 1 mL	Sachet: Bay leaf Small piece of celery Parsley stems Thyme	6. Add the sachet. 7. Cover and place in a slow oven (300°F/150°C) or over very low heat on the range. Cook until tender, 30–45 minutes.
5 1 pt 2 tbsp to taste to taste to taste	5 500 mL 30 mL to taste to taste to taste	Liaison: Egg yolks, beaten Heavy cream Lemon juice Salt White pepper Nutmeg	8. Remove the chicken from the sauce and keep it warm in a covered pan. 9. Degrease the sauce. Reduce it over high heat to proper thickness. You should have about 2 qt (2 L) sauce. Strain through cheesecloth. 10. Combine the egg yolks and cream. Temper with a little hot sauce, and add the liaison to the sauce. Bring to just below the simmer. Do not boil. 11. Season to taste with lemon juice, salt, white pepper, and nutmeg. Pour the sauce over the chicken.

Per serving: Calories, 440; Protein, 39 g; Fat, 27 g (56% cal.); Cholesterol, 175 mg; Carbohydrates, 8 g; Fiber, 0 g; Sodium, 180 mg.

VARIATIONS

Chicken Fricassée with Tarragon

Add 1 tbsp (15 mL) dried tarragon to the sachet.

Chicken Fricassée à l'Indienne

Add 4 tbsp (60 mL) curry powder when making the roux.

Fricassée of Turkey Wings

Prepare as in the basic recipe, using 1 or 2 turkey wings per portion, depending on size. Cut large turkey wings into 2 pieces.

Veal Fricassée

Prepare as in the basic recipe, using 10 lb (4.5 kg) boneless veal shoulder, cut into large dice. Use white veal stock.

Pork Fricassée

Use 10 lb (4.5 kg) boneless, diced pork and pork, veal, or chicken stock.

Fricassée à l'Ancienne

Fricassée Brunoise

Fricassée Argenteuil

} Use the same garnishes as for the corresponding Chicken Blanquette variations (p. 422).



Chicken Chasseur

PORTIONS: 10 PORTION SIZE: ½ CHICKEN, 3 FL OZ (90 ML) SAUCE

U.S.	METRIC	INGREDIENTS
5	5	Chickens, 2–2¼ lb (0.9–1 kg) each (see Note)
to taste	to taste	Salt
to taste	to taste	Pepper
2 fl oz	60 mL	Oil
2 oz	60 g	Shallots or onions, cut brunoise
8 oz	250 g	Mushrooms, sliced
8 fl oz	250 mL	White wine
1½ pt	750 mL	Demi-glace
8 oz	250 g	Tomato concassé, fresh
		<i>or</i>
4 oz	125 g	Drained, chopped canned tomatoes
to taste	to taste	Salt
to taste	to taste	Pepper
2 tbsp	30 mL	Chopped parsley

Per serving: Calories, 780; Protein, 76 g; Fat, 47 g (55% cal.); Cholesterol, 250 mg; Carbohydrates, 72 g; Fiber, 1 g; Sodium, 290 mg.

Note: Large chickens may be used, if desired. For 3½-lb (1.6-kg) chickens, use ¾ chicken per portion (1 piece dark meat and 1 piece light meat).

VARIATIONS

Alternative Method: Brown chickens as in the basic recipe. Drain excess fat. Ad 1 qt (1 L) prepared chasseur sauce and finish cooking the chickens as in the basic method.

Chicken Bercy

Method 1: Prepare as in the basic recipe, but omit the mushrooms and tomato.

Method 2: Brown chickens as in the basic recipe. Add 1 qt (1 L) prepared Bercy sauce and simmer the chickens until done.

Chicken Portugaise

Method 1: Prepare as in the basic recipe, but omit the mushrooms and wine. Use 4 oz (125 g) onions, cut brunoise, and add 1 tsp (5 mL) chopped garlic. Substitute tomato sauce for the demi-glace.

Method 2: Brown chicken as in the basic recipe. Add 1 qt (1 L) portugaise sauce and simmer the chicken until done.

Chicken Hongroise

Prepare as in the basic recipe, but sauté chicken only lightly. Do not brown. Omit mushrooms and wine. Use Hungarian (hongroise) sauce instead of demi-glace. When the chicken is cooked, add 4–6 fl oz (125–175 mL) heavy cream (tempered or heated) to the sauce. Omit parsley garnish. Serve with rice pilaf.

PROCEDURE

1. Cut the chickens into 8 pieces. Season with salt and pepper.
2. Heat the oil in a brazier or large sauté pan. Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly. Season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 325°F (165°C), 20–30 minutes, or until done.
8. When the chicken is done, remove it from the pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings.
9. Serve ½ chicken (2 pieces dark meat and 2 pieces light meat) per portion. Cover with 3 fl oz (90 mL) sauce.



Chicken Chasseur

Braised Duckling with Sauerkraut

PORTIONS: 12 PORTION SIZE: ¼ DUCKLING, 4 OZ (125 G) SAUERKRAUT

U.S.	METRIC	INGREDIENTS	PROCEDURE
3	3	Ducklings, 5 lb (2.2 kg) each	<ol style="list-style-type: none"> 1. Cut the ducklings into 8 pieces, the same way you would disjoint a chicken. (See Figure 12.5.) Trim off all excess fat. 2. Heat the oil in a sauté pan or brazier. Place the duck pieces in the pan skin side down, and cook over moderately high heat until the skin is well browned. A great deal of fat will render out. 3. Turn the pieces over and continue to brown on all sides. 4. Drain all the fat from the pan. Turn the duck pieces skin side up. 5. Add the sachet to the pan. 6. Cover the pan and place in a 325°F (165 °C) oven about 30 minutes. Do not add any liquid. The duck will cook in its own juices. 7. While the duck is cooking, prepare the sauerkraut, but cook it only 30 minutes. 8. Remove the duck from its pan and bury it in the partially cooked sauerkraut. Carefully degrease the duck pan without losing any of the juices. Pour the juices over the duck and sauerkraut. 9. Cover and continue braising the duck and sauerkraut another hour. 10. When done, remove the duck and place in a hotel pan or on a serving platter. Remove the sauerkraut with a slotted spoon and place in another hotel pan or around the duck on the platter. 11. Degrease the juices. Pour some of the juices over the duck and some over the sauerkraut.
2 oz	60 mL	Oil	
		Sachet:	
1	1	Bay leaf	
½ tsp	2 mL	Dried thyme	
6–8	6–8	Parsley stems	
½ recipe (about 3 lb)	½ recipe (about 1.5 kg)	Braised Sauerkraut (p. 584) (see step 7)	
<p>Per serving: Calories, 680; Protein, 45 g; Fat, 53 g (71% cal.); Cholesterol, 145 mg; Carbohydrates, 4 g; Fiber, 2 g; Sodium, 600 mg.</p>			
<p>VARIATION</p> <p>Braised Duckling with Cabbage Prepare as in the basic recipe, but substitute ½ recipe Braised Green or White Cabbage (p. 583) for the sauerkraut.</p>			

Paprika Chicken

PORTIONS: 24 PORTION SIZE: ¼ CHICKEN, 3 FL OZ (90 ML) SAUCE

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 fl oz	125 mL	Oil	<ol style="list-style-type: none"> 1. Heat the oil in a skillet and brown the chicken lightly on all sides. 2. Remove the chicken from the pan and place in a brazier. 3. Add the onion and green pepper to the fat in the pan. Sauté until soft but not browned. 4. Add the flour and stir to make a roux. Cook the flour slowly a few minutes. 5. Add the paprika and stir to blend in. 6. Stir in the chicken stock, tomatoes, and salt. Bring to a boil. The sauce will be very thick at this point. 7. Pour the sauce over the chicken. Cover and simmer over very low heat or in a 325°F (165°C) oven until the chicken is tender, 30–40 minutes. 8. When the chicken is tender, remove it from the sauce and place in a hotel pan. 9. Degrease the sauce. Stir in the sour cream. Simmer 1 minute, but do not boil. Adjust the seasonings. 10. Pour the sauce over the chicken in the hotel pan. 11. Serve with egg noodles, spaetzle (p. 677), or rice.
6	6	Chickens, disjointed, 3–3½ lb (1.4–1.6 kg) each	
1½ lb	700 g	Onions, chopped fine	
1 lb	450 g	Green bell pepper, small dice	
2 oz	60 g	Flour	
6 tbsp	90 mL	Hungarian paprika	
1 pt	500 mL	Chicken stock	
1 lb	450 g	Canned tomatoes, crushed	
2 tsp	10 mL	Salt	
1 pt	500 mL	Sour cream	
<p>Per serving: Calories, 440; Protein, 46 g; Fat, 24 g (50% cal.); Cholesterol, 120 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 370 mg.</p>			

Chicken alla Cacciatora

PORTIONS: 12 PORTION SIZE: 8–10 OZ (240–300 G) CHICKEN, 3 FL OZ (90 ML) SAUCE

U. S.	METRIC	INGREDIENTS
8 lb	3.8 kg	Frying chickens, whole or cut up
8 oz	240 g	Flour
1 tbsp	15 mL	Salt
¾ tsp	4 mL	Pepper
4 fl oz	120 mL	Oil

10 oz	300 g	Onion, sliced thin
6 oz	180 g	Green pepper, cut into bâtonnet
2½ oz	75 g	Celery, cut into bâtonnet
2½ oz	75 g	Carrot, cut brunoise
1 tbsp	15 mL	Garlic, chopped fine
4 fl oz	120 mL	White wine
2½ lb	1.2 kg	Tomatoes, canned, crushed, with their juice
4 oz	120 g	Tomato paste
1	1	Bay leaves
¼ tsp	1 mL	Dried basil

Per serving: Calories, 560; Protein, 45 g; Fat, 31 g (49% cal.); Cholesterol, 135 mg; Carbohydrates, 25 g; Fiber, 4 g; Sodium, 930 mg.

VARIATION

Sauté 12 oz (360 g) mushrooms with the onions and peppers. Omit the carrots and celery.

PROCEDURE

1. If starting with whole chickens, cut the chickens into eighths as shown in **Figure 12.5**.
2. Place the flour in a pan and season with salt and pepper.
3. Dredge the chicken with the seasoned flour. Shake off excess.
4. Heat the oil in a large sauté pan. Add the chicken pieces and brown well over high heat.
5. As the chicken pieces are browned, remove them from the sauté pan and place in a brazier, continuing to brown the remaining pieces.
6. Pour off some of the oil from the sauté pan, leaving 2–3 fl oz (60–90 mL) in the pan.
7. Add the onion, green pepper, celery, carrot, and garlic to the pan. Sweat over low heat until nearly tender.
8. Add the wine, tomatoes, tomato paste, and herbs. Bring to a boil. Simmer about 5 minutes.
9. Pour the sauce over the chickens. Bring to a boil. Cover the pan and finish cooking in a 300°F (150°C) oven or over low heat on the stove. Cooking will take 30–45 minutes.
10. When the chicken is tender, remove it from the sauce and place in a hotel pan.
11. Degrease the sauce. Reduce over high heat until thickened to desired consistency. Adjust the seasonings. Pour over the chicken.



Chicken alla Cacciatora

CHICKEN ALLA CACCIATORA (KATCH AH TOH RAH)

Alla cacciatora means “hunter style.” It is often assumed this dish must contain mushrooms, just as dishes labeled *chasseur* (“hunter” in French) contain mushrooms. In fact, many traditional Italian recipes contain no mushrooms. There are many variations on this dish, and almost the only ingredients they have in common are onions, tomatoes, and usually wine and one or more other vegetables.

Chicken Braised with Vinegar

PORTIONS: 12 PORTION SIZE: 10 OZ (300 G)

U.S.	METRIC	INGREDIENTS	PROCEDURE
8 lb as needed	3.8 kg as needed	Chicken parts Oil	1. In a brazier, brown the chicken pieces in oil.
1½ oz 6 oz 6 oz 6 oz 1 oz 1½ oz 8 fl oz ¾ tsp to taste to taste	45 g 180 g 180 g 180 g 30 g 45 g 240 mL 3 mL to taste to taste	Butter Shallots, chopped fine Carrots, chopped fine Onion, chopped fine Garlic, chopped fine Tomato paste Red wine vinegar Dried tarragon Salt Pepper	2. Remove the chicken from the pan and pour out any excess fat. 3. Add the butter to the pan. Add the shallots, carrots, onion, and garlic and sauté lightly. 4. Add the tomato paste, vinegar, tarragon, salt, and pepper. Return the chicken to the pan. Cover and braise until done.
12 fl oz 3 oz	360 mL 90 g	Demi-glace or strong chicken stock Butter (optional)	5. Remove the chicken from the pan. Degrease the cooking liquid and reduce by two-thirds over high heat. 6. Add the demi-glace. Simmer to reduce slightly and thicken the sauce. 7. Strain the sauce. If desired, swirl in the raw butter (<i>monter au beurre</i>). 8. Serve on large plates with steamed rice.

Per serving: Calories, 490; Protein, 41 g; Fat, 32 g (60% cal.); Cholesterol, 140 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

Pheasant en Cocotte

PORTIONS: 4 PORTION SIZE: ½ PHEASANT (SEE NOTE)

U.S.	METRIC	INGREDIENTS	PROCEDURE
4 oz 8 oz ½ oz	110 g 220 g 15 g	Tiny white onions Small new potatoes Butter	1. Peel the onion and potatoes. 2. Brown the onions and potatoes in the butter, then cover them and let them steam over low heat until they are about half cooked. They will finish cooking with the pheasant.
2 to taste to taste 1 oz 1 fl oz	2 to taste to taste 25 g 25 mL	Pheasants, 2 lb (900 g) each (see Note) Salt Pepper Butter Brandy (optional)	3. Season the pheasants with salt and pepper. Truss them. 4. In a casserole just large enough to hold the birds, brown the pheasants well in butter over moderate heat, making sure all sides are well browned. 5. If the butter has burned during the browning, wipe out the casserole or transfer the birds to a clean casserole and add a little fresh butter. 6. Add brandy, if it is being used. Also add the onion and potatoes. Cover tightly and place in a 375°F (190°C) oven. Cook until done, 30–45 minutes, or 15–30 minutes if you have substituted baby pheasants. Halfway through the cooking time, remove the cover and baste with butter. Replace the cover.
4 fl oz	110 g	Brown stock or demi-glace	7. When the pheasant is done, remove it from the casserole and keep it warm. Deglaze the casserole with the stock and reduce lightly. 8. The pheasant, with its vegetable garnish and sauce, may be sent to the dining room in its own casserole, to be carved and plated by the dining room staff. Alternatively, it can be carved like chicken (see p. 389) and plated in the kitchen. Plate the pheasant with the vegetable garnish and moisten with a spoonful of the sauce.

Per serving: Calories, 850; Protein, 92 g; Fat, 46 g (49% cal.); Cholesterol, 305 mg; Carbohydrates, 14 g; Fiber, 1 g; Sodium, 250 mg.

Note: Very small pheasants of 1 lb (each) may be substituted, using 1 pheasant per portion.

VARIATIONS

Other birds, such as partridges, guinea fowl, small chickens, and Cornish hens, may be prepared using this recipe.

Other garnishes may be used in place of the onions and potatoes, such as:

Mushrooms	Cabbage, blanched and sautéed with a little pork fat	Whole chestnuts, cooked separately
Peas	Sliced artichoke bottoms	

Salmis of Partridge

PORTIONS: 4 PORTION SIZE: 1 PARTRIDGE

U.S.	METRIC	INGREDIENTS	PROCEDURE
4	4	Partridges, about 1 lb (450 g) each (see variations)	<ol style="list-style-type: none"> Season the birds with salt and pepper and brush them with melted butter. Roast the partridges in a hot oven (475°F/250°C), keeping them rare. Cut off the legs. Put them under the broiler a few minutes with the insides toward the heat and broil until well done. Carefully cut each side of the breast from the carcass in one piece. Set aside and keep warm. Chop the carcasses.
as needed	as needed	Salt	
as needed	as needed	Pepper	
as needed	as needed	Butter, melted	<ol style="list-style-type: none"> Sauté the chopped carcasses and the shallots in butter a few minutes. Add the peppercorns and red wine. Reduce by two-thirds. Add the demi-glace and bring to a boil. Strain through a fine sieve, pressing down on the solids to squeeze out as much liquid as possible.
1 oz	30 g	Shallots	
½ oz	15 g	Butter	
3–4	3–4	Peppercorns, crushed	
10 fl oz	300 mL	Red wine	
6 fl oz	180 mL	Demi-glace	<ol style="list-style-type: none"> Combine the breasts and the sauce in a saucepan and heat gently until the meat is hot and cooked to the desired degree. It should remain pink on the inside. Strain the sauce again. Season with salt. Finish the sauce by setting over low heat and swirling in the butter. Serve the breasts with the sauce, and garnish with the broiled legs.
to taste	to taste	Salt	
2 oz	60 g	Butter	

Per serving: Calories, 920; Protein, 118 g; Fat, 21 g (26% cal.); Cholesterol 435 mg; Carbohydrates, 5 g; Fiber, 0 g; Sodium, 390 mg.

VARIATIONS

This recipe can be prepared with any of the following in place of the partridge. The number of birds to use depends on their size.

Pheasant Squab Wild duck Guinea hen

SALMIS

A salmis (sahl mee) is a dish, usually of game or poultry, prepared by roasting the item partway and finishing it in a sauce. The sauce is usually made with red or white wine and flavored by adding the juices from the carcass or by simmering the carcass in the sauce. The meat may then be simply reheated with the sauce or simmered in it for a longer time.

Coq au Vin

PORTIONS: 12 PORTION SIZE: ¼ CHICKEN, 2½ FL OZ (75 ML) SAUCE

U.S.	METRIC	INGREDIENTS	PROCEDURE
12 oz 1 fl oz	350 g 30 mL	Salt pork or slab bacon Oil	<ol style="list-style-type: none"> 1. Cut the salt pork or bacon into bâtonnet shapes, 1 × ¼ × ¼ in. (2 × ½ × ½ cm). 2. Place the bacon pieces in a saucepan. Cover with cold water. Bring to a boil and drain. 3. Add the oil to a large sauté pan and place over moderate heat. When hot, add the blanched bacon. Sauté until lightly browned. Remove with a slotted spoon and set aside.
3 24 1½ lb	3 24 700 g	Chickens, 3½ lb (1.6 kg) each, cut into 8 pieces Tiny white onions, peeled and parboiled Small mushroom caps	<ol style="list-style-type: none"> 4. Increase the heat to high. Add the chickens to the fat remaining in the pan and brown well on all sides. Remove the chicken from the pan. 5. Add the onions and mushrooms to the pan and sauté until browned. Remove with a slotted spoon and set aside with the bacon pieces. Pour off the fat from the pan.
1 qt 1 pt ½ tsp 1 4	1 L 500 mL 2 mL 1 4	Dry red wine Chicken stock Sachet: Dried thyme Bay leaf Large garlic cloves, crushed	<ol style="list-style-type: none"> 6. Add the wine and stock to the pan and bring to a boil. 7. Add the sachet. 8. Return the chicken to the pan. Bring the liquid back to a boil. Cover and cook in a 300°F (150°C) oven or over very low heat on top of the stove until chicken is done, 30–40 minutes.
2 oz 2 oz to taste as needed	60 g 60 g to taste as needed	Beurre manié: Butter, softened Flour Salt Chopped parsley	<ol style="list-style-type: none"> 9. Remove the chicken from the cooking liquid and place in a heated pan or on a serving platter. Garnish with the mushrooms, onions, and bacon pieces. 10. Degrease the cooking liquid carefully. 11. Place over high heat and boil until the liquid is reduced to about 1 qt (1 L). 12. Mix the butter and flour to make beurre manié. Beat in the beurre manié a little at a time, just enough to thicken the sauce lightly. 13. Add salt to taste. 14. Strain the sauce over the chicken and garnish. 15. At service time, sprinkle each portion with a little chopped parsley.

Per serving: Calories, 690; Protein, 50 g; Fat, 41 g (54% cal.); Cholesterol, 165 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 480 mg.



Coq au Vin

Arroz con Pollo (Spanish Rice with Chicken)

PORTIONS: 24 PORTION SIZE: ¼ CHICKEN, 5 OZ (150 G) RICE

U.S.	METRIC	INGREDIENTS	PROCEDURE
6 3 fl oz	6 90 mL	Chickens, 3 lb (1.4 kg) each Olive oil	1. Cut the chickens into 8 pieces each. 2. Heat the olive oil in a large sauté pan. Brown the chicken pieces on all sides. Transfer to a brazier as they are browned. Drain off and discard about one-third of the fat in the pan.
1 lb 1 lb 4 tsp 2 tsp 1 qt 3 pt 2 lb	500 g 500 g 20 mL 10 mL 1 L 1.5 L 900 g	Onion, small dice Green bell peppers, medium dice Garlic, chopped fine Paprika Long-grain rice, raw Chicken stock Fresh tomatoes, 1-in. (2.5-cm) dice <i>or</i>	3. Place the onion, green pepper, and garlic in the sauté pan in which the chicken was browned. Sauté over medium heat until the vegetables are almost tender. 4. Add the paprika and rice and stir until the grains are coated with fat. 5. Add the stock and tomatoes. Bring to a boil. Season the liquid to taste with salt and pepper. 6. Pour the contents of the pan over the chicken in the brazier. Cover and place in a 325°F (165°C) oven until the rice and chicken are cooked, about 20–30 minutes.
1½ lb to taste to taste	700 g to taste to taste	Canned tomatoes, diced Salt Pepper	
1¼ lb 4 oz	600 g 125 g	Frozen peas, thawed Pimientos, cut into thin strips	7. At service time, stir in the peas and garnish the top with pimiento strips.

Per serving: Calories, 580; Protein, 49 g; Fat, 26 g (41% cal.); Cholesterol, 145 mg; Carbohydrates, 35 g; Fiber, 3 g; Sodium, 160 mg.



Arroz con Pollo (Spanish Rice with Chicken)

Chicken Couscous

PORTIONS: 8 PORTION SIZE: 9 OZ (270 G) STEW, 4½ OZ (135 G) COUSCOUS

U.S.	METRIC	INGREDIENTS	PROCEDURE
1 lb	480 g	Couscous, regular or instant	1. Review the procedures for preparing couscous on page 660. If you are using instant couscous, do not prepare until just before serving. If you are using regular couscous, do step 1 of the procedure. (<i>In the rest of this recipe, couscous preparation is distinguished from the chicken stew preparation by being printed in italics.</i>)
1 oz	30 g	Oil or clarified butter	2. In the bottom of a couscouisière (see p. 660) or large, heavy saucepan, heat the oil over moderate heat.
3 lb 8 oz	1.7 kg	Chicken, cut into eighths (Figure 12.5)	3. Add the chicken, onions, ginger, turmeric, cinnamon stick, salt, and pepper. Cook over moderate heat, stirring occasionally, 15 minutes, taking care not to let any ingredients scorch.
12 oz	360 g	Onions, sliced	4. Add the water. Cover and simmer 45 minutes.
½ tsp	2 mL	Ground ginger	5. <i>If you are using standard couscous, prepare it for steaming by performing steps 2 and 3 of the procedure on page 660.</i>
½ tsp	2 mL	Turmeric	6. Soak the raisins in hot water until soft. Drain and set aside.
1	1	Cinnamon stick	7. Add the carrots to the chicken stew.
2 tsp	10 mL	Salt	8. <i>If you are using standard couscous, perform steps 4 and 5 of the procedure on p. 660 while the stew is simmering. Steam the couscous in the top section of the couscouisière or in a colander set over the stew.</i>
½ tsp	2 mL	Pepper	9. Add the zucchini, tomatoes, and raisins to the stew. Simmer an additional 20 minutes.
1 pt	0.5 L	Water	10. <i>If you are using standard couscous, steam it for the last time (step 6 on page 660). If you are using instant couscous, prepare it following the procedure on page 660.</i>
3 oz	90 g	Raisins	11. Turn out the couscous onto a serving platter or into a hotel pan. Toss with the butter.
1 lb	480 g	Carrots, peeled and sliced	12. Taste the stew and add more salt if necessary. Remove the cinnamon stick.
1 lb	480 g	Zucchini, in 1-in. (2.5-cm) slices	13. For platter presentation, make a well in the center of the couscous and spoon the stew into the center. For single portions, make a ring of couscous on a plate and spoon a portion of stew into the center.
1 lb 8 oz	720 g	Tomatoes, peeled and quartered	
1 oz	30 g	Butter	
to taste	to taste	Salt	

Per serving: Calories, 620; Protein, 38 g; Fat, 21 g (30% cal.); Cholesterol, 95 mg; Carbohydrates, 70 g; Fiber, 8 g; Sodium, 730 mg.



Chicken Couscous

Duck Confit

PORTIONS: 8 (SEE NOTE)

U. S.	METRIC	INGREDIENTS
8 lb	3.6 kg	Duck parts, preferably legs
1 oz	30 g	Salt
1 tsp	5 mL	White pepper
½ tsp	2 mL	Nutmeg
½ tsp	2 mL	Powdered bay leaf
pinch	pinch	Ground cloves
as needed	as needed	Extra duck fat

Per serving: Calories, 620; Protein, 35 g; Fat, 52 g (77% cal.); Cholesterol, 155 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 1480 mg.

Note: The exact weight of the finished confit can vary considerably.

PROCEDURE

1. Trim off excess fat from the duck and reserve.
2. If you are using duck legs (the ideal part for this preparation), leave the thigh attached to the drumstick.
3. Rub the duck pieces with the salt and spices. Refrigerate overnight.
4. Render the trimmed fat plus as much extra fat as needed. You will need enough rendered fat to completely cover the duck pieces.
5. Put the duck and the rendered fat in a brazier, large saucepan, or casserole. Simmer gently in the fat over low heat or in a 300°F (150°C) oven until very tender, 1½–2 hours.
6. Remove the cooked duck from the fat and pack into a clean crock or other container. Pour the melted fat over the meat so it is completely covered, but be careful not to pour in any of the juices. Refrigerate. (The degreased juices may be used for another purpose, such as cooking beans.)
7. Remove duck pieces and use as needed. For best storage, remaining pieces must be kept covered by the fat. For serving, the confit is usually browned in a little of the fat until it is heated through and the skin is crisp. Serve with such accompaniments as braised cabbage, cooked white beans, or sautéed potatoes with garlic, or on a bed of salad greens.

CONFIT OF DUCK AND GOOSE

Confit means “preserved.” Confit of duck and goose originated as a byproduct of the production of foie gras, as a way to make use of and preserve the meat of birds raised and fed for their enlarged, fattened livers. After the parts are cooked by the procedure in the recipe on this page, they are packed in crocks and enough fat is poured over them to seal them from the air, thus preserving them for a time.

Today, of course, refrigeration makes this method of preserving unnecessary. But confit is more popular than ever because of the tenderness and flavor the cooking method yields. In the case of ducks, the legs are usually made into confit, while the boneless breasts are reserved for pan-frying and serving rare. A special breed of duck called *moulard*, with a large, meaty breast, is used for foie gras production. It is this duck whose legs are traditionally made into confit. However, the legs of any domestic duck can be used in this recipe.



Duck Confit with Walnut Mesclun Salad

Dressings and Stuffings

Stuffing chickens and turkeys is usually not practical in production kitchens. Baking the stuffing separately gives better results, for these reasons:

1. Safety.

Stuffing inside a bird is an ideal breeding ground for bacteria that cause food poisoning.

2. Quality.

Additional roasting time is needed to heat the stuffing through. The result is often overcooked poultry.

3. Efficiency

Filling poultry with stuffing and removing it after roasting is impractical, time consuming, and messy.

Stuffing that is baked separately is usually called *dressing*.

Is poultry ever stuffed? Yes. Small birds served whole as one or two portions can be stuffed and often are. Stuffed Cornish hens or small game birds such as quail are popular items.

Basic Ingredients of Dressings

1. Starch base, such as bread or rice.
2. Aromatic vegetables, generally onions and celery.
3. Fat, such as butter or chicken fat, for sautéing the vegetables and for providing richness. Dressings for chicken and turkey, which are lean, may require more fat than dressings for duck and goose, which are fatty.
4. Liquid, usually stock, to provide moisture.
5. Seasonings, herbs, and spices.
6. Eggs, sometimes added as a binder but not always necessary.
7. Other ingredients for flavor, character, and bulk, such as:

Sausage	Chestnuts
Oysters	Fruits
Giblets	Nuts

Guidelines for Making Dressings

1. All ingredients that require cooking must be completely cooked before combining with other dressing ingredients. They will cook very little more during baking or roasting.
2. Cool all ingredients before combining to avoid growth of dangerous bacteria.
3. Never let baked or unbaked dressing stay in the Food Danger Zone (see p. 18) longer than 1 hour.
 - Refrigerate unbaked dressing if it is not to be baked immediately.
 - Hold baked dressing above 135°F (57°C) for service, or chill as rapidly as possible.
 - Reheat baked dressing rapidly in oven or steamer to an internal temperature of 180°F (82°C).
4. Bake dressing in shallow pans (2 in./5 cm deep) for rapid cooking, to get it above the Danger Zone quickly.
5. Do not overmix bread dressings, or they will become pasty. Toss ingredients together lightly.
6. For light texture, do not pack dressings into baking pans; instead, spoon loosely.
7. If you stuff poultry instead of baking the dressing separately, fill the birds loosely. Do not pack. Stuffings expand during cooking.

KEY POINTS TO REVIEW

- What are three reasons that “stuffing” is best baked in a separate pan rather than inside a bird?
- What are the basic ingredients of a basic poultry dressing or stuffing?
- What precautions should you take to ensure that poultry dressings or stuffings are safe to eat?

Basic Bread Dressing

YIELD: ABOUT 4 LB (2 KG)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Onion, small dice
½ lb	250 g	Celery, small dice
½ lb	250 g	Fat such as butter, chicken fat, or bacon fat
2 lb	1 kg	White bread, 2 days old
1 oz	30 g	Chopped fresh parsley
1 tsp	5 mL	Sage
½ tsp	2 mL	Dried thyme
½ tsp	2 mL	Dried marjoram
½ tsp	2 mL	White pepper
2 tsp	10 mL	Salt
1–2 pt	0.5–1 L	Chicken stock, cold

Per 1 ounce: Calories, 70; Protein, 1 g; Fat, 3.5 g (47% cal.); Cholesterol, 10 mg; Carbohydrates, 8 g; Fiber, 0 g; Sodium, 175 mg.

PROCEDURE

1. Sauté the onion and celery lightly in the fat until tender but not browned. Cool thoroughly.
2. Cut the bread into small cubes. If desired, crusts may be trimmed first.
3. Combine the bread and cooked vegetables in a large stainless-steel bowl. Add the herbs and seasonings and toss gently until all ingredients are well mixed.
4. Add the stock a little at a time, and mix the dressing lightly after each addition. Add just enough to make the dressing slightly moist, neither dry nor soggy. Adjust the seasonings.
5. Place in a greased baking pan and bake at 375°F (190°C), until hot at the center, about 1 hour.

VARIATIONS

Sausage Dressing

Cook 1 lb (500 g) crumbled pork sausage meat, drain, and cool. Use some of the drained fat to cook the vegetables for the dressing. Add the cooked sausage to the dressing before adding the stock.

Chestnut Dressing

Reduce the bread to 1½ lb (750 g). Add 1 lb (500 g) cooked, coarsely chopped chestnuts to the dressing before adding the stock.

Mushroom Dressing

Cook 2 lb (1 kg) sliced mushrooms with the onion and celery. Proceed as in the basic recipe.

Giblet Dressing

Add ½ lb (250 g) cooked, chopped chicken or turkey gizzards and hearts to the dressing before adding the stock.

Cornbread Dressing

Substitute cornbread for all or part of the white bread in Basic Bread Dressing or Sausage Dressing.

QUESTIONS FOR DISCUSSION

1. Describe the three roasting methods discussed in this chapter: low-temperature roasting, searing, and high-temperature roasting. When is each used?
2. True or false: Chicken should be broiled at a lower temperature than steaks. Explain your answer.
3. What is meant by the term *presentation side*?
4. Why is it difficult to cook large chicken pieces by deep-frying? How can this problem be solved?
5. What are the differences between simmering and poaching as applied to poultry?
6. Give three reasons for baking dressing in a separate pan rather than stuffing it into roast poultry.