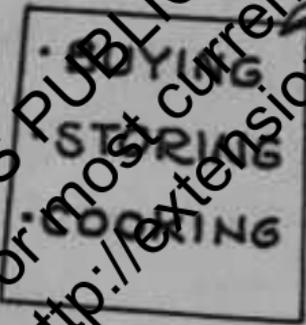


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CHICKEN

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# Let's Serve Chicken

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## It's Good and Good for You—You Get

- Delicate flavor
- High quality protein
- Minerals—iron and phosphorus
- B vitamins—thiamine and niacin
- Fat in moderate amounts—unless more is added in cooking

Modern production methods assure us of quality poultry products throughout the year. Dressed chickens may be frozen during times of plentiful supply. Only the connoisseur can tell the difference between the fresh and frozen birds stored under proper conditions.

## How Much Meat From a Pound of Live Bird

Sometimes we compare the price of live birds with the prices of ready-to-cook birds. A ready-to-cook chicken has been fully drawn. Feet and head as well as feathers have been removed. Live birds weighing from 1½ pounds to 2½ pounds dress out to a ready-to-cook poundage about 60 per cent of their original weight. Birds from 2½ to 4 pounds dress out about 65 per cent. A three-pound live chicken at 27 cents per pound would give a ready-to-cook 36 cents per pound price, allowing no cost for dressing and wrapping. Generally the percentage of meat in relation to bone increases as the weight of the bird increases.

# Buying Chicken . . .

Look . . . for a bird that has a plump appearance with a well-fleshed breast and legs, and with some yellow or white color showing through the skin. This color depends on breed and feed. Flexible breast bone in young birds; in old birds it is hard. Short body and broad breast, indicate a meaty bird. Some fat on the back means a well-finished chicken.

Avoid . . . Bruised, dry or purplish flesh.  
Many pinfeathers.  
Excess fat in fowl.  
Coarse, rough skin.

Amounts to buy per person

Fryers or broilers—allow one-fourth to one-half of a bird, depending upon size, for each serving.

Roasters— $\frac{1}{2}$  to  $\frac{3}{4}$  pound per serving.

Stewing Fowl— $\frac{1}{4}$  to  $\frac{3}{4}$  pound per serving.

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Barbecue sauce that's quick and easy . . . mix about  $\frac{1}{2}$  cup melted table fat with  $\frac{1}{2}$  cup lemon juice . . . enough for a large chicken. Baste chicken with sauce while cooking. Besides peppering up the flavor, this sauce helps tenderize. Give it extra personality by adding favorite seasonings.

# Storing Chicken . . .

## Freezing

### Cut-up Chicken

1. Use bony pieces for broth. They waste freezer space.
2. Place chilled pieces in layers, separated with freezer paper. Pack onto hard-pressed paper boats or trays and slip into polyethylene plastic bags or wrap in heavy foil or polyethylene. Wrap snugly.
3. Label and freeze at 0° F. or below.
4. Stack after frozen for storage at 0° F.

### Roasting Bird

1. Wash carefully. Be sure to remove lungs and other soft tissues if they remain in bird.
2. Tuck legs under skin band or tie legs firmly to the tail with a cord.
3. Place bird in polyethylene bag. Remove air with suction pump or vacuum equipment. Close bag with clamp or paper covered wire. If foil or other wrap is used without removal of air be sure to get a snug wrap.
4. Label and freeze at 0° F. or below.

## Uncooked

1. Read the package label and follow those storage directions if given.
2. Wrap fresh-drawn chicken loosely in waxed paper and store immediately in refrigerator.
3. Pre-packaged cut-up poultry should be used within a day after purchase. Or it may be frozen.

## Cooked

1. Serve chicken promptly after cooking. Any left-over chicken should be spread to cool rapidly and then refrigerated immediately.
2. Store left-over chicken, covered, for not more than two or three days in refrigerator or a few weeks in freezer.
3. Prepared dishes, such as chicken pie and casserole dishes, should be cooled quickly and put into refrigerator.
4. Gravy or broth needs to be covered and stored immediately in refrigerator. Keep only a day or two.

# Cooking Chicken . . .

## When Chicken Is Frozen

It is easier to handle if defrosted before cooking. You can stuff a roasting bird only after defrosting. Fryers brown better if defrosted first.

*Slow method of defrosting*—Leave in original packaging and thaw in refrigerator for about 24 hours.

*More rapid method*—Place wrapped chicken in cold running water for two or three hours. Do not use hot water. When pliable, remove from water. A package of cut-up, frozen chicken left on the kitchen counter for several hours becomes fairly pliable. Open package and separate pieces if it is cut-up chicken. Water thawing gives more even results than air thawing. Fricasseed or stewed chicken can be started frozen, but requires more cooking time.

## Broiling (Indoor or Outdoor)

Select . . . young, tender chicken—broiler or fryer type. Use meaty pieces such as breasts, drumsticks, or thighs. Or, use quarters of smaller birds.

Allow . . . 45 to 75 minutes for indoor broiling and  $\frac{3}{4}$  to  $1\frac{1}{2}$  hours for outdoor grill.

Place . . . 7 to 9 inches from heat or so that chicken starts browning in about 15 minutes. Regulate outdoor grill by raising or lowering rack so that chicken cooks slowly. Start skin side toward heat. Turn every 10 or 20 minutes.

Brush . . . with table fat or a mild sauce at 10 to 20 minute intervals when turned with tongs.

Test . . . for doneness—golden brown and flesh pliable. Drumstick twists easily out of thigh.

## Frying

Select . . . fryer type bird. Cut pieces to suit the family.

Allow . . . 45 to 60 minutes total time for cooking (on top of range). Use about

$\frac{1}{2}$  inch fat in pan. Or brown on top of range for 20 minutes, then oven fry for 45 to 60 minutes at 325° F.  
Test . . for doneness—golden brown, flesh pliable.

### Roasting

Select . . a compact, meaty bird that weighs at least 3 pounds.

Fill . . with stuffing. Or roast without stuffing.

Secure . . wings and legs close to body.

Use . . open pan with rack for cooking.

Place . . cheesecloth moist with fat over bird during roasting.

Allow . .  $\frac{3}{4}$  to 1 hour per pound at 325° F. for stuffed bird. Allow a little less time for unstuffed bird.

Test . . for doneness by pinching thigh or drumstick for softness, or try drumstick to find out if it moves easily in the joint.

### Braising

Select . . the bony pieces for simmering and the other pieces of stewing chicken for braising.

Cook slowly with or without browning before liquid is added. Use 1 or more cups of water and 2 tablespoonfuls of fat. Cover pan with a lid.

Allow . .  $\frac{1}{2}$  to 4 hours. Time will depend on quality of meat, size and kind of pieces and whether it is cooked on top of range or in oven. Top-of-range cooking will take about 2 hours; oven cooking, the longer time.

### Test of Doneness of Any Chicken

Tender when pinched.

Joints of thigh and leg twist easily.

Avoid overcooking—you get dry, stringy meat.