

Assignment #1

Poultry

Cul 500-5035

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Overview

Poultry is known as volaille in French cuisine. This paper will discuss the definition and types of poultry. This paper will also discuss the classifications, structure, and composition of poultry, showing the difference in appearance and taste that come from it. Along with this we must discuss various storage, preparations, and some cooking techniques. Preparations are very important for food sanitation, as is storage before, during, and after cooking. Poultry is versatile to work with and depending on the cut used, various cooking methods are used.

Implications

Poultry is defined as domestic fowl. This includes chicken, turkeys, geese, duck, squab, and guinea. "Poultry" can be defined as domestic fowls, including chickens, turkeys, geese and ducks, raised for the production of meat or eggs and the word is also used for the flesh of these birds used as food.^[7]f these birds used as food.^[7]of these birds used as food.^[7]merican, Asiatic). Broilers are very young chickens, ranging in age from 8-10 weeks. These are very tender and do not require a long cooking time. Roasters are chickens in the 3-5 month age range. These chickens are in fact still tender, but the cartilage is becoming firmer. Stewing chickens are over 10 months of age and require slower cooking methods to ensure the breakdown of the meat. The classification process involves the different grades, as assigned by USDA. Grade A has no deformities, with a good amount of fat under the skin. It also has a good shape and is free from blemishes. Grade B is similar to Grade A but will contain small imperfections, such as slight deformities and skin blemishes. Grade C is the lowest quality of chicken. This chicken is used for processed foods, such as chicken nuggets. The structure of chicken is divided into two parts, light meat and dark meat. Light meat contains less fat and less myoglobin, which can dry out quickly while cooking. Dark meat has a higher fat content and higher amount of myoglobin, which results in a richer flavor. The composition of chicken

includes four different categories. The water content, around 75%, protein, around 21%, fat, minerals and vitamins. The fat composition varies with the age of the chicken, younger chickens have less and older birds have more fat. The minerals and vitamins in chicken include calcium, iron, and B vitamins.

Another important topic is the preparation, storage and cooking techniques required for chicken. The preparation of chicken is important, whether it be thawing, marinating, cooking, and storage. It is important to watch for problems that could occur during preparations. Improper thawing, over-marinating, not understanding the cut of chicken, and most importantly food safety concerns. Storage of chicken is vital so proper food safety is followed, no person wants to get sick from improperly stored chicken. Storage includes freezing, canning, curing, brining, smoking and chilling. Freezing is one of the easiest and most widely used techniques for storage. It is quick and will keep for a longer time. It is vital to discuss cooking methods. Cooking methods vary depending on the cut of poultry being worked with. Roasting involves high temps in an oven to crisp the skin. Sauteing involves thinner pieces of chicken cooked in a pan on the stove with little fat. The thinner pieces cook quickly, allowing flavors to develop. Grilling is often used in combination with an oven. The grill gives a nice crispy outside with grill marks, then is removed and finished in an oven for complete doneness to occur. Stewing is used for a longer, slower cooking process. This allows collagen to break down, tenderizing tougher chicken pieces, and developing a richer flavor. Stewing is used with vegetables and broth, creating a hearty soup. Braising chicken results in a two-step process. Firstly the chicken will need to be seared and then slowly simmer the chicken in a small amount of cooking liquid, covered, until soft and tender.

Summary

I have learned how to fabricate chickens, using the different cuts for specific cooking methods and dishes. I learned how to shop for chicken with new eyes, looking for quality

chicken with no blemishes. I learned that it is more cost effective to buy a whole chicken and fabricate myself, saving money, while using the entire chicken, including the carcass. I have learned how to think about my dish, and prepare cuts for a better tasting dish. The different cooking methods will allow me to prepare chicken with maximum flavor. As I move forward in my career, I can build on these techniques and produce better quality dishes.

References

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