

Poultry Identification & Fabrication

Description

Through lectures, demonstrations, and hands-on activities, you will be introduced to the subject of poultry and its application to food service operations. We will cover the muscle and bone structure, fabrication methods, inspection techniques, quality grading, proper tying and trussing methods for poultry as well as preferred cooking methods. Sanitation and safety standards will be stressed. Knife sharpening will also be covered to emphasize the importance of proper equipment maintenance.

Objectives

- List the classes of chicken from youngest to oldest.
- Identify quality grades and criteria used in purchasing poultry.
- Identify and explain USDA inspection stamps and grades.
- Identify and assess quality characteristics for various types and cuts of poultry.
- Explain basic bone structure of poultry.
- List appropriate cooking methods and kitchen uses for various poultry products.
- Identify and explain the sanitation principles that apply when handling raw poultry.
- List the steps in proper sequence for fabricating a whole chicken into various food service cuts.

Key Terms

Broiler/Fryer
First Joint
Capon
Giblet

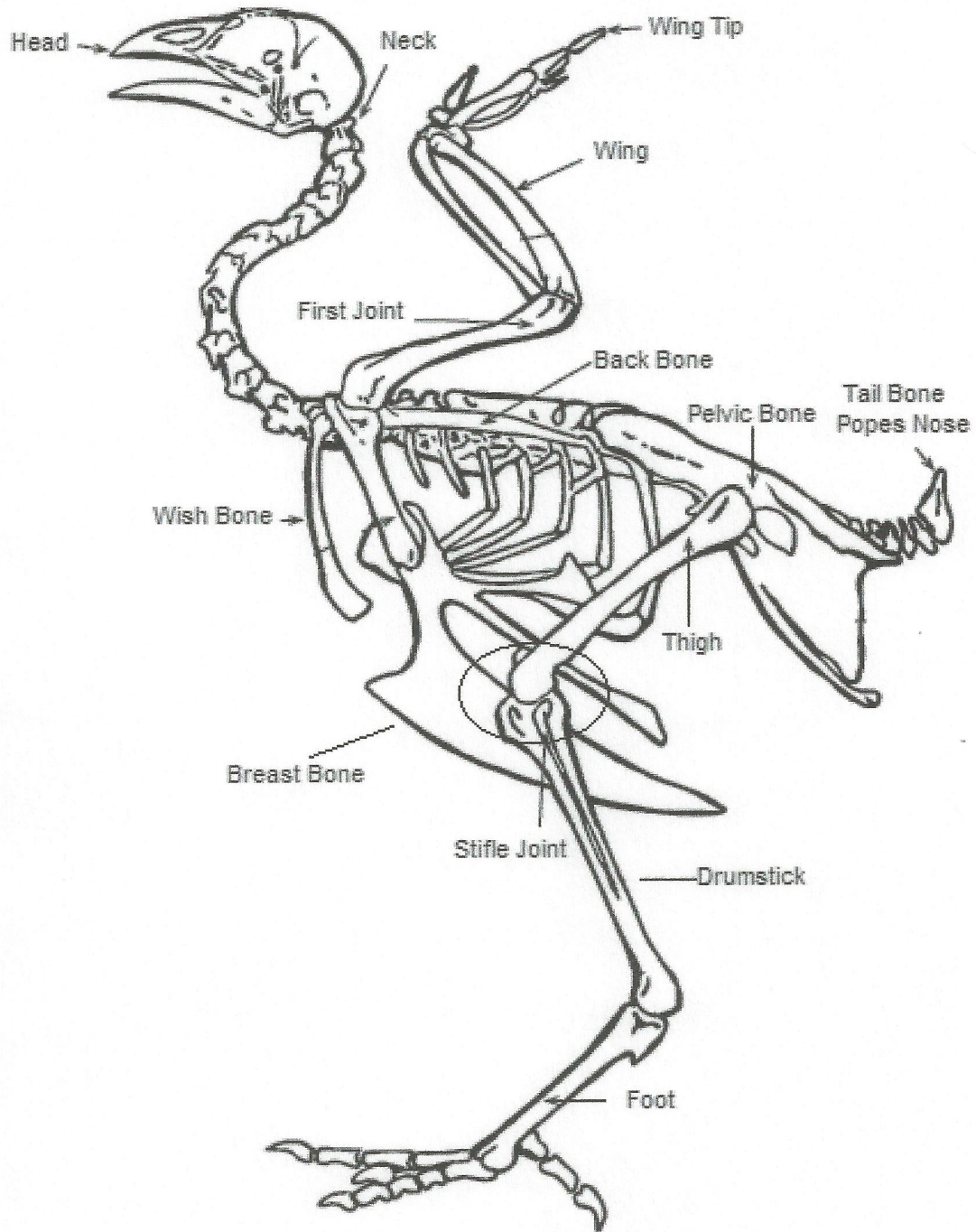
Drumstick
Breast Bone
Airline Breast
Stifle Joint

Foie Gras
Roaster
Salmonella
Quail

Study Questions

1. What are the quality grades used for poultry and how are they determined?
2. What are the major classifications of chicken?
3. What are the basic food service uses and cooking methods for various poultry items?
4. What are the dangers concerning fabrication of poultry items in the kitchen?
5. What is the lethal temperature for salmonella?
6. List at least three ways to avoid cross-contamination in the kitchen.
7. List the basic steps for trussing poultry.
8. List basic techniques used for fabricating poultry into various food service preparations?
9. Identify the grades of foie gras and explain what each means.
10. What is Coq Au Vin?
11. When determining the grade of chicken what is significant about conformation?
12. What poultry products are used to make stock? Jus?

Chicken Bone Structure



Poultry Inspection and Grading Stamps



An important step in assuring a safe food supply is mandatory inspection by government agencies. The USDA (United States Department of Agriculture) requires that poultry be inspected before reaching the consumer. Visual inspection for animal diseases is performed as well a number of scientific tests on a statistical sampling of the meat. The tests are used to determine if any biological or chemical contamination is present in the meat. The primary concern is for the safety of the consumer.



Poultry is graded A, B, or C. Most chickens and turkeys sold are designated "Grade A", meaning that they are of the highest quality. "Grade A" poultry has no surface damage such as broken skin, tears, bruises, or cuts and all pinfeathers have been removed. There are no broken bones and the bird is plump and has a pleasing shape. Poultry that does not receive a "Grade A" seal is still safe to eat, but the appearance and overall quality may be less than ideal.



The Kosher Poultry Inspection Stamp, which is put on the meat by an approved rabbi, is independent of requirements for federal or state inspection laws and does not indicate grade. Kosher Poultry must also be inspected by federal or state authorities and must meet those standards prior to sale. Kosher Poultry is limited to chicken, duck, goose and turkey.

Factors Determining Grade

Conformation: Carcass is free of deformities that detract from appearance or deformities that affect the normal distribution of flesh.

Fleshing: Carcass has well-developed covering of flesh, and gives a rounded appearance.

Fat Covering: Carcass has an even distribution of skin and well developed layer of fat, especially the breast.

Defeathering: Carcass has a clean appearance, free of pin feathers.

Exposed Flesh: Parts free of exposed flesh resulting from tears, cuts and missing skin.

Disjointed Bones: Free of broken bones and no more than one disjointed bone.

Classes of Poultry

TYPE	AGE	WEIGHT #'s	PREPARATION
Broiler Chicken	4-6 weeks	1.5 - 2.0	Broil, Roast
Fryer Chicken	6-10 weeks	2.5 - 3.5	Roast, Grill, Broil, Saute
Roaster Chicken	3-5 months	7.0 - 9.0	Roast, Grill
Fowl (stewing hen)	10 months +	6.0 - 8.0	Braise, Poeelee
Pouisson	baby	1	Roast, Grill
Cornish Game Hen (Rock)	5-7 weeks	<2	Roast
Capon	< 8 months	7.0 - 9.0	Roast, Braise
Hen Turkey	5-7 months	8.0 - 16.0	Roast, Fry, Smoke
Tom Turkey	7 months +	20 +	Roast, Fry, Smoke
Broiler Duckling	< 8 weeks	3.0 - 5.0	Roast, Broil, Saute
Roaster Duckling	3 - 4 months	5.0 - 7.0	Roast, Broil, Saute
Geese	6 months +	8.0 - 16.0	Roast
Squab	< 1 month	.25 - .75	Roast, Grill
Pigeon	2-6 months	.5 - 1.0	Roast, Grill
Quail	2-4 months	.25 - .75	Roast, Grill, Smoke
Pheasant	2-4 months	2.0 - 3.0	Roast
Guinea Hen	10-12 weeks	3.0 - 4.0	Roast
Partridge	3-4 months	.5 - 1.0	Roast, Grill
Ostrich	12-14	100 +	Roast, Grill, Smoke,

Poultry Variety Meats

- Heart
- Gizzard
- Visceral Organs
- Liver
- Neck
- Cocks Comb
- Skin
- Feet
- Tongue

Sources:

- The New Professional Chef (7th edition) pg123-128, pg376-381
- Meat Identification & Fabrication Course Guide, Day 6: Poultry Purchasing and fabrication
- www.fsis.usda.gov
- Professional Knowledge

Poultry Identification and Fabrication Test

Name _____

Date _____

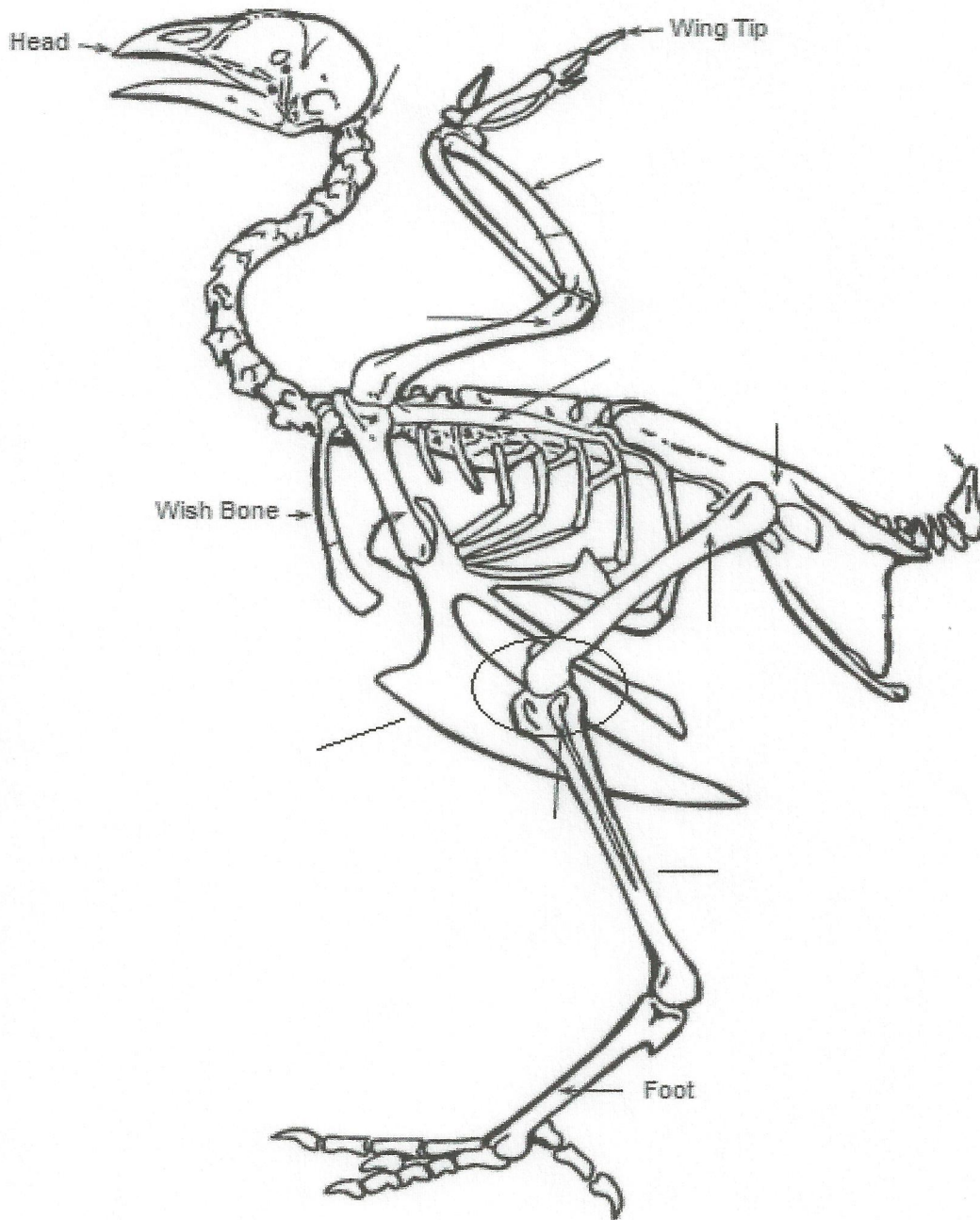
Part I

1. What are the four classes of Chicken?
A. poacher, roaster, fryer, broiler B. steamer, broiler, fowl, braiser
C. broiler, fryer, roaster, fowl D. braiser, poacher, steamer, smoker
2. What are the quality grades given to poultry by the USDA?
A. 1, 2, 3, 4 B. A, B, C
C. prime, choice, standard D. best, good, poor
3. Kosher inspected Chicken does not require USDA inspection.
True False
4. Cutting through the stifle joint separates the drumstick and thigh.
True False
5. What is the lethal temperature of Salmonella?
A. 165°F B. 212°F
C. 140°F D. 137°F
6. Which two parts of a chicken need to remain intact to fabricate an airline breast?
A. drumstick & thigh B. first joint & breast
C. wing & wingtip D. foot & drumstick
7. Foie Gras is the fattened liver of a goose or a duck.
True False
8. Poultry necks, wingtips, wings and feet are excellent for making Jus.
True False
9. Conformation _____ A. Free of broken bones and no more than one disjointed bone.
10. Fleshing _____ B. Carcass is free of deformities that detract from appearance or deformities that affect the normal distribution of flesh.
11. Fat Covering _____ C. Parts of exposed flesh resulting from tears, cuts and missing skin.
12. Defeathering _____ D. Carcass has well-developed covering of flesh and gives a rounded appearance.
13. Exposed Flesh _____ E. Carcass has a clean appearance, free of pin feathers.
14. Disjointed Bones _____ F. Carcass has an even distribution of skin and well developed layer of fat, especially the breast.

15. Name five poultry variety meats. _____

Part II

Identify the ten missing names in the Chicken Bone Structure.



Part III

Chicken Truss

Chicken Fabrication