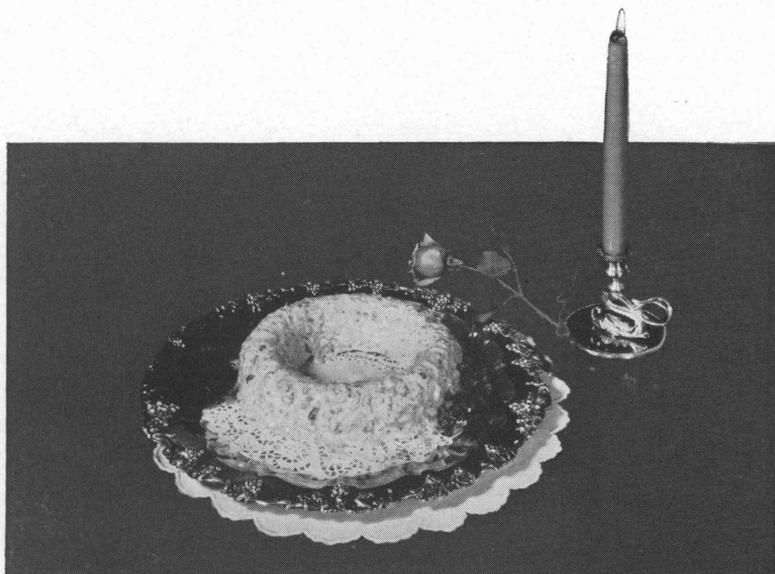


# PREPARATION OF FOWLS FOR HOME AND MARKET



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H. H. Williamson, Director, College Station, Texas



# PREPARATION OF FOWLS FOR HOME AND MARKET

By Zetha D. McInnis, District Home Demonstration Agent

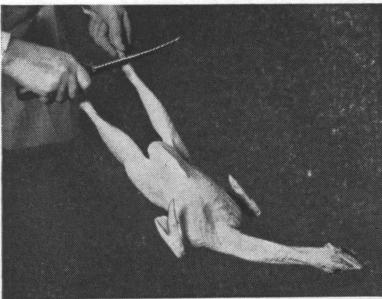
Revised by Grace I. Neely, Extension Specialist in Food Preservation

**A**FTER the fowls have been picked, singe off all hair-like feathers. Gas, plain paper, or coal flames make satisfactory singeing fire.

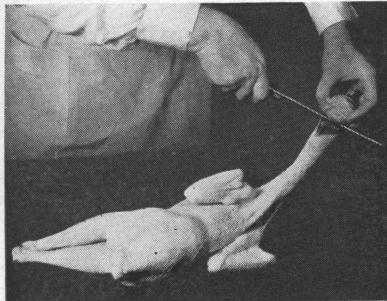
Many customers purchasing birds want the feet. For canning they add to the flavor and gelatin content of the broth. Prepare by covering the feet and shanks with scalding water. Let them remain for a few minutes, then remove the scales and toe nails.

Wash the bird well using a soft cloth and warm water with soda and soap as a cleansing agent. Soda is preferred since the carcass is sometimes bloody, and soap and blood create quite a slime. If crude oil is used around the poultry houses and rubs off onto the fowls, nothing but sap will remove it. Rinse the fowl carefully in clean water to remove any traces of soap or soda. Dry the carcass with a clean dry cloth.

## Draw Birds for Roasting Like This



1. Cut the skin well below the hock joint and remove the shank.

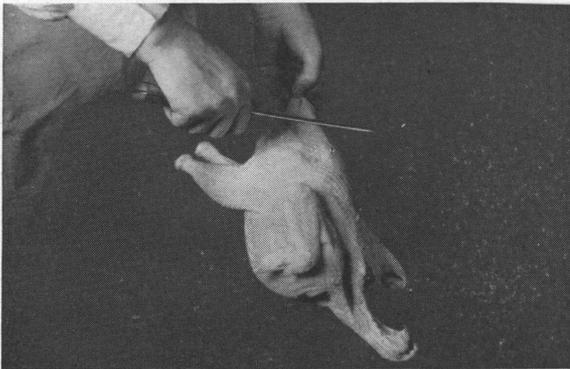
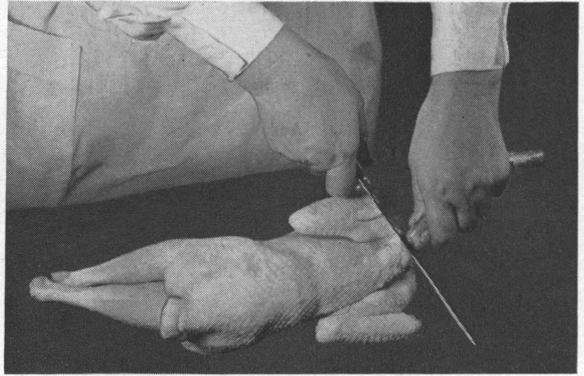


2. Sever the head by cutting through the joint where the neck joins the head.

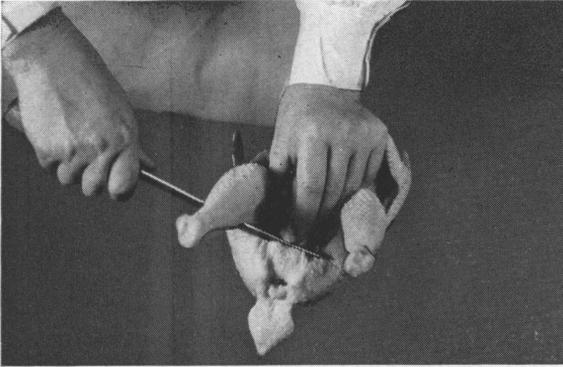


3. Make a slit in the neck skin along the back of the neck from the shoulders to where the head was severed. Pull the skin back but do not cut from the body.

4. Cut the neck off close to the shoulders and remove the esophagus, windpipe and crop.

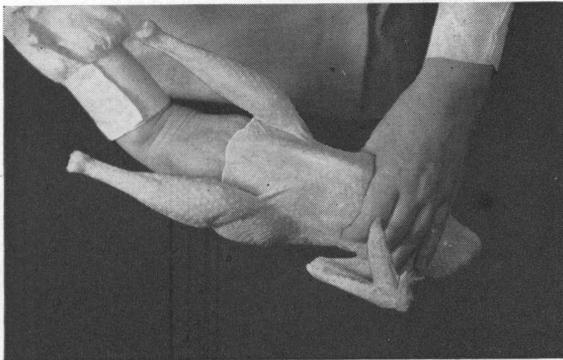
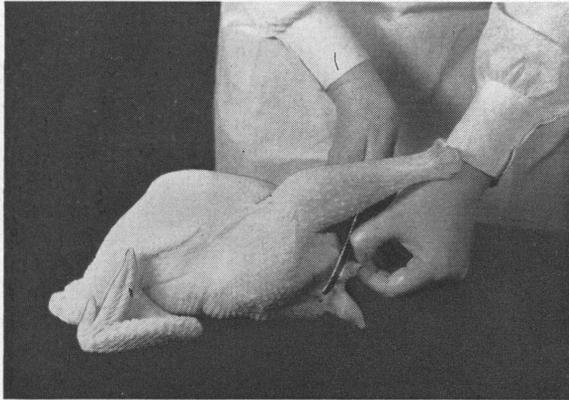


5. Remove the oil bag.

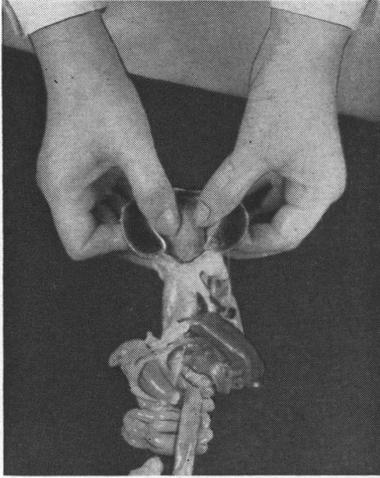


6. Make a transverse cut about one inch from the vent.

7. Holding the vent between the thumb and the forefinger cut the vent out leaving a small circular cut.

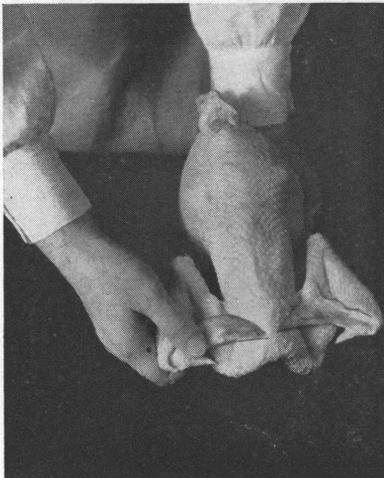
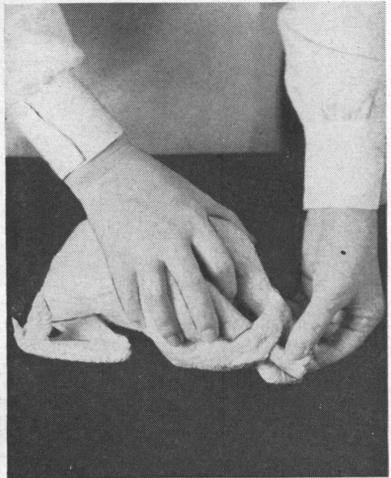


8. Insert the fingers into the abdominal cavity and loosen ligaments. Draw out the lungs, liver, heart, gizzard and intestines.

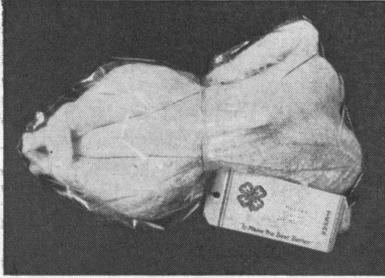


9. Open the gizzard and remove the inside sac containing grit and food material. Sever ligaments holding the heart. Remove the gall bladder from the liver.

10. It is not necessary to wash the inside cavity unless some organ is broken while drawing. If it must be washed, dry it out with a soft cloth. Place the neck, liver, gizzard, heart, and feet inside. Run the legs through the transverse cut and out through the vent.



11. Lap the neck skin over the back. Bend the tip of the wings back over the shoulder and lock over the skin. If the outside of the body has become soiled in any way, clean it with a soft wet cloth.

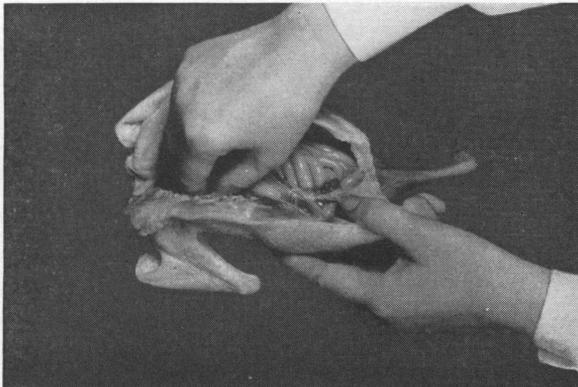
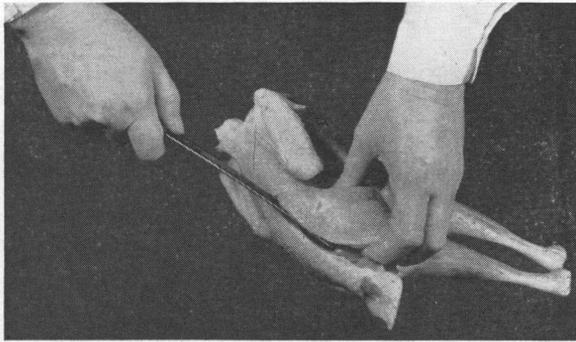


12. Wrap in cellophane or parchment paper with a card containing the weight of the bird, name and address of the producer and the bird is ready to be delivered to the customer.

### Broilers Get this Treatment

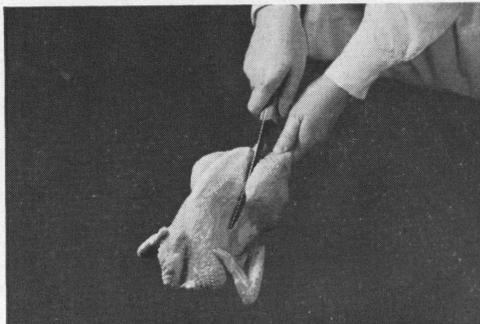
Proceed as in numbers 1, 2, 3, 4, 5, and 7 under roaster drawing.

1. Split the back with shears or a knife along one side of the backbone.



2. The body is laid open and internal organs removed. The giblets are prepared as in number 9, roaster drawing, and placed inside the body cavity. Wrapped in cellophane and labeled as in number 12 roaster drawing, the broiler is ready for delivery.

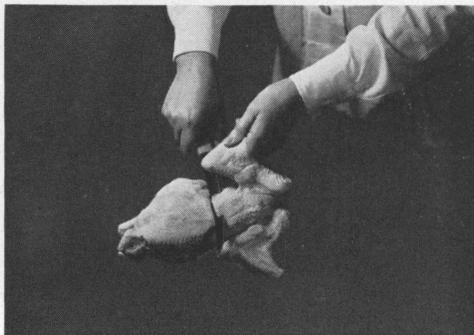
## Drawing for Canning



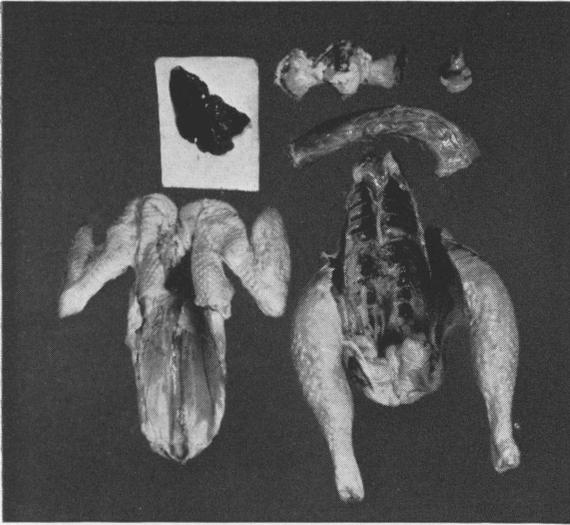
Proceed as in 1, 2, 3, and 5, roaster drawing.

1. Cut the skin between the legs and body until the hip joints snap.

2. Locate the ends of the shoulder blades which run just over the ribs and parallel to the backbone. Slip the knife under and cut up to the wings, taking care not to cut the breast meat.



3. Pull the back and breast apart. This separates the dark and white meat. Remove the entrails, open the gizzard and remove the inside sac. Sever ligaments holding the heart and remove the gall bladder from the liver.



4. The bird has been easily and quickly drawn, cut and is ready to pre-cook for canning. Left in these pieces the tissues of the meat do not shrink as when cut. The meat is easily removed from the bone in large attractive pieces after precooking.

### **Canning Fowls Opens a New Market**

Canning the surplus birds from the flock is one means of insuring a continuous season for serving turkey, chicken, duck, goose or any of the other domestic fowls. Cold storage has made a contribution toward making fowls, especially turkey, available the year round. Canning makes its contribution by making poultry products available the year round, and by opening up a new market in the family which does not need or cannot afford a 16 pound bird.

Because of the precooking and subsequent temperature under pressure which is involved in the process of canning, a better quality product is obtained if older birds are used. The texture of the meat is usually firmer, the broth more concentrated and the flavor more characteristic than that of the young birds.

Poultry products must be canned under steam pressure. Tin or glass containers may be used to pack the product. The No. 1 tin can has become very popular as a container for market purposes. Because of the difficulty of heat penetration and the lack of proper equipment in the home to process and cool the larger containers safely, quart glass jars and No. 3 tin cans are not recommended for either home or market.

### **Prepare Equipment and Containers**

The containers should be washed and set aside to drain. It is not necessary to sterilize the containers since the temperature which sterilizes the product will sterilize the container, but it is necessary

that the containers be clean. Glass jar lids, rubber and tin can lids with composition gaskets may be washed. Tin can lids with paper gaskets must be wiped with a dry cloth. Lids to all containers should be examined carefully and only those which will give a perfect seal should be used.

The seal should be adjusted to give an air tight seal. When changing from one type of lid to another it may be necessary to readjust the sealer. This should be checked carefully.

Household scales, with a good strong spring, which weigh in pounds and ounces are essential when filling cans for market. See that the platform is clean and scales are adjusted for accurate weighing.

The rack and about 1½ to 2 inches of water should be put into the cooker, the lid fastened on with one or two clamps, the petcock left open and the cooker placed on the stove to heat. The cooker must be hot when the cans are placed in to be processed or the coming-up-time will be prolonged and the product will be overcooked.

## **Attaining Quality Calls for Care in Precooking, Preheating, Processing and Cooling**

### **Precooking**

Birds cut and drawn for canning are precooked by placing the white and dark meat with the feet and neck on the rack in the cooker. The feet and neck will help congeal the broth. Add one cup of water. Fasten the lid on the cooker, leave the petcock open and place the cooker on the stove. When a steady stream of steam has issued from the petcock for seven minutes or until pressure comes up ½ to one pound indicating that no air remains inside then close the petcock and cook at 10 pounds pressure from 15 to 30 minutes depending upon the age of the bird and the altitude. The meat will be tender but cling to the bone when cooked the correct time.

Remove the cooker from the stove; open the petcock so as to release the steam slowly. When the dial registers zero remove the lid from the cooker. Lift the meat from the cooker and place in a pan. Pour the broth into a pan and set it where it will keep hot but not boil.

### **Preheating or Exhausting**

Preheating the meat or exhausting the air from the meat and the container, one or the other is a necessary part of precessing when canning by this bulletin. Preheating is heating the meat to almost boiling temperature or 170 degrees F., or above, in a kettle to shrink it and to drive the air out of it before filling and sealing the containers. Exhausting is heating the meat in the container to 170 degrees F., or above, or long enough to drive the air out of the food and the container before

sealing. To insure correct temperature for sealing open the petcock and release steam, slowly to prevent loss of liquid.

The temperature of the product at the center of the container at the time of complete and permanent sealing should be 170 degrees F. The product should not be sealed until it is ready to be placed in the cooker for processing. Neither should the product be held at sealing temperature for any length of time before processing because the quality may be impaired.

### Processing

After sealed cans are packed in cooker fasten the lid down securely but leave the petcock open. When a steady stream of heat has issued from the petcock for **seven minutes** or until the pressure comes up to  $\frac{1}{2}$  to one pound indicating that no air remains inside, close the petcock. The length of time necessary to bring the temperature of the cooker from zero up to the processing temperature is called the "coming-up-time." The coming-up-time should not exceed five minutes because the quality of the product will be impaired by slow heating. For this reason it is best to have the cooker hot when sealed containers are put into it.

When the dial registers the processing temperature the time should be clocked and the product processed exactly the time given under each recipe in this bulletin.

### Cooling

Rapid and thorough cooling of products after processing is essential. In the home, cold running water is perhaps the most rapid way of cooling products in cans. If running water is not available several tubs of cold water should be provided and the water changed as often as necessary to cool the contents of the containers rapidly to approximately 100 degrees F. Products may be air-cooled when canning in very cold weather, but the containers should be so stacked outside in the cold that they will cool rapidly. Cooling below atmosphere temperature may result in cans rusting. Slow cooling may result in spoilage. Glass jars must be air cooled. They should be so placed that there will be free circulation of air around them but not a draft.

## Boned Chicken

After precooking remove the meat from the breast and thighs, keeping it in large pieces. Cut the meat the length of the container and **pack** into containers with the **length** of the pieces running parallel with the height of the container. Fill No. 1 cans with 9 oz. of meat and 2 oz. of broth, and  $\frac{1}{4}$  tsp. salt, No. 2 cans with 18 oz. of meat and 2 oz. of broth, and  $\frac{1}{2}$  tsp. salt,  $\frac{1}{2}$  pint jars with 7 oz. of meat and 2 oz. of broth

and  $\frac{1}{4}$  tsp. salt, and pint jars with 14 oz. of meat and 2 oz. of broth, and  $\frac{1}{2}$  tsp. salt. Preheat or exhaust until the temperature in the center of the container reaches 170 degrees F. Seal immediately and process at 15 pounds pressure No. 1 cans 45 minutes, No. 2 cans 50 minutes,  $\frac{1}{2}$  pint jars 55 minutes, and pint jars 60 minutes.

### Ground Chicken

Grind the small pieces of meat, which come from the back, neck and wings, using the coarsest knife on the food chopper. Grind the skin twice and add to ground meat. Weigh the mixture and add  $\frac{1}{2}$  teaspoonful of salt and  $\frac{1}{2}$  cupful of broth for each pound of meat. Mix. Fill No. 1 cans with 11 oz. net, no. 2 cans with 20 oz. net,  $\frac{1}{2}$  pint jars with 9 oz. net, and pint jars with 16 oz. net. Preheat or exhaust until temperature in the center of the container reaches 170 degrees F. Seal. Process at 15 pounds pressure No. 1 cans 45 minutes, No. 2 cans 50 minutes,  $\frac{1}{2}$  pint jars 60 minutes, and pint jars 65 minutes.

### Broth - Giblets - Fat

As soon as the fowls have been precooked, empty the broth into a deep vessel and set where it will keep hot but not boil. After it has set for a while skim most of the fat off. Strain the broth and use in canning the meat. Preheat the remaining broth to boiling temperature, and fill containers to within  $\frac{1}{2}$  inch of the top. Seal immediately and process at 15 pounds pressure No. 1 cans 20 minutes, No. 2 cans 25 minutes,  $\frac{1}{2}$  pint jars 25 minutes, and pint jars 30 minutes.

Cover the livers, gizzards and hearts with water and boil for 10 minutes. Pack No. 1 cans with 8 oz. of giblets and 3 oz. of broth, No. 2 cans with 16 oz. of giblets and 4 oz. of broth,  $\frac{1}{2}$  pint jars with 6 oz. of giblets and 3 oz. of broth, and pint jars with 12 oz. of giblets and 4 oz. of broth. It is **important** that temperature in the center of the larger pieces be 170 degrees F. at point of sealing and then processed **without delay**. Process at 15 pounds pressure No. 1 cans 45 minutes, No. 2 cans 50 minutes,  $\frac{1}{2}$  pint jars 50 minutes, and pint jars 55 minutes.

Preheat the fat 212 degrees F., fill into the container, seal air-tight and use as needed.

### Tamales

2 cups ground meat	$\frac{1}{2}$ teaspoon comino seed
$\frac{1}{4}$ cup chili pulp or	$\frac{1}{2}$ teaspoon red pepper
3 tablespoons chili powder	1 teaspoon of salt
2 tablespoons chopped onion	4 tablespoons broth
$\frac{1}{2}$ teaspoon garlic (chopped very fine)	

Mix thoroughly and roll in a masa which may be bought already mixed in some places or made as follows:

1 teaspoon salt

2 tablespoons of chicken fat

2 cups of corn meal, or corn flour found on the market under various trade names, but manufactured purposely for making masa and tortillas.

Scald the meal or flour with hot broth or water making a soft dough which will spread easily. Let set about 10 minutes, and work dough again adding more broth if necessary.

Commercial shucks may be used or shucks may be prepared at home. To prepare, select shucks from long ears of corn and clip ends; put in large vessels, cover with hot water, bring to a boil, cover vessel and set aside until ready for use. Remove a few shucks at a time, dry and spread with masa. To do this, place shuck on flat surface; take one level tablespoonful of masa and begin about one inch from the large end of the shuck, and spread to about  $3\frac{1}{2}$  inches in length and  $2\frac{1}{2}$  inches wide. Square up the sides and ends of the masa so that when rolled they will fit evenly in the cans. In the center of this dough place one rounded tablespoonful of meat mixture forming a roll of even thickness from one end of the dough to the other. Tear off the extra shuck on the sides. Roll the shuck and clip the ends to within  $1\frac{1}{2}$  inches of the dough. Fold the ends of the shuck back and pack into the container. When canning, some prefer to cut the shuck even with the roll of dough. It makes a more attractive pack. Made of this size six tamales can easily be packed into a No. 1 can and twelve into a No. 2 can. Add 6 tablespoonsful of broth or water to No. 1 can and  $\frac{2}{3}$  cup broth or water to No. 2 cans. Exhaust at 10 pounds pressure No. 1 cans or  $\frac{1}{2}$  pint jars 10 minutes, No. 2 cans or pint jars 20 minutes. Seal immediately. Process at 15 pounds pressure: No. 1 cans 50 minutes, No. 2 cans 60 minutes,  $\frac{1}{2}$  pint jars 55 minutes, and pint jars 65 minutes.

## Barbecue

If the fowl is to be barbecued and eaten as soon as cooked, draw as for broiling. If to be canned, draw bird as directed for canning. Cut the legs from the back, cutting as close to the bone as possible. Cut the wings and shoulder blades from the breast. The neck, back, wings, and shoulder blades are better made into ground meat.

Place the breast and legs on a rack over a live bed of coals to barbecue. Let sear until white then baste with sauce made as follows:

2 cups catsup

1  $\frac{1}{3}$  cups butter or chicken fat

$\frac{2}{3}$  cup 5% vinegar

1 tablespoon tobasco sauce

2 tablespoons chopped onions

$\frac{2}{3}$  cup Worcestershire Sauce

1 teaspoon red pepper

1 teaspoon of salt

Mix ingredients and bring to a boil. Baste and turn the meat until it is brown and thoroughly heated. Cut the legs separating the first

and second thighs. Remove the wish bone. Bend the two bones just under the wish bone back so that the breast will pack into the can.

Pack No. 1 cans with 9 oz. of meat and 2 oz. of sauce, No. 2 cans with 18 oz. of meat and 2 oz. of sauce,  $\frac{1}{2}$  pint jars with 7 oz. of meat and 2 oz. of sauce, and pint jars with 14 oz. of meat and 2 oz. of sauce. Exhaust at 10 pounds pressure No. 1 cans or  $\frac{1}{2}$  pint jars 10 minutes, No. 2 cans or pint jars 20 minutes. Seal immediately.

Process at 15 pounds pressure No. 1 cans 50 minutes, No. 2 cans 60 minutes,  $\frac{1}{2}$  pint jars 55 minutes, and pint jars 65 minutes.

For very large fowls, it may be more satisfactory to remove the meat from the bones before packing. In that case cut from the bone in pieces large enough to serve.

### Try These Recipes

When a dressed bird is cooked, one never thinks of being limited in the number of ways in which it may be served, but there is an idea that salads and sandwiches are about the only ways for serving canned chicken. However, this is a mistaken idea for quality canned chicken may be cooked and served in any number of attractive ways. The following recipes may be used in preparing and serving either dressed birds or the canned product.

#### Chicken Cream Pie

2 c. flour	$\frac{2}{3}$ c. shortening
2 tsp. baking powder	$\frac{1}{2}$ c. hot water
1 tsp. salt	3 tsp. lemon juice
1 egg yolk	2 No. 1 cans boned chicken

Mix and sift the flour, baking powder and salt. Melt the shortening in the hot water, add lemon juice and egg. Add this slowly to the dry ingredients and mix well. Line the sides of a baking dish, (the dough is soft and works better if chilled) patting it out with the fingers. Fill the dish with boned canned chicken which has been cut in small pieces, and cover with a thin white sauce made with broth or rich sweet milk. Pat out the remainder of the pastry dough to fit the top of the baking dish. Cut small slits in the pastry to allow the steam to escape. Place in a hot oven about 425 degrees F. and bake about 25 minutes. For individual service, bake in custard cups or ramekins.

#### Chicken Souffle

1 $\frac{2}{3}$ c. milk	3 eggs
1 No. 1 can ground chicken	$\frac{1}{2}$ c. bread crumbs
2 tbsp. butter	1 tsp. salt
2 tbsp. flour	$\frac{1}{4}$ tsp. pepper
1 tbsp. parsley cut fine	1 c. finely diced carrots

Make a white sauce with the milk, butter, salt, pepper and flour. Add carrots and parsley and cook about 5 minutes. Remove from fire. Add chicken, bread crumbs and egg yolk. Fold in the stiffly beaten whites and bake about 30 minutes in a slow oven.

### Chicken Mousse

1 c. chicken broth or sweet milk	1 tbsp. gelatin
2 egg yolks	3 tbsp. cold water
¼ tsp. celery salt	1 c. ground chicken
½ tsp. salt	1 c. heavy cream
⅛ tsp. paprika	½ c. walnuts

Heat the broth or milk and seasonings, add the egg yolks slightly beaten and cook, stirring in the double boiler until it begins to thicken. Stir in the gelatine softened in cold water. Add the chicken, take from the fire and cool. When the mixture begins to stiffen, fold in the whipped cream and pour into a cold wet mold. When firm, dip the mold in hot water then turn out on a dish and garnish with some of the nuts and parsley. Nuts may be omitted if desired.

### Canned Chicken with Dressing

Open a can of boned chicken or turkey, empty it into a covered dish, set inside the oven and heat thoroughly. Arrange on a dish with the following dressing or any other favorite dressing recipe.

#### Dressing

2 cups cracker crumbs	pepper
2 cups soft bread crumbs	poultry seasoning
1 cup butter	2 cups scalded milk or broth
salt	2 eggs
¼ c. onion chopped fine	

Mix bread crumbs, butter, onions and seasonings with milk or broth to moisten well. Add boiled egg cut in small pieces. Bake and serve hot with canned boned chicken or turkey as suggested above.

### Creamed Chicken

¼ tsp. salt	1 c. milk
dash of pepper	2 tbsp. flour
1 No. 1 can boned chicken or turkey	2 tbsp. fat

Use double boiler. Melt fat, add flour and seasoning. Add cold milk and cook 25 minutes. Mix with this sauce a No. 1 can of chicken or turkey. Leave in double boiler until the chicken is thoroughly heated. Serve in any of the following ways:

1. On squares or rounds of toast
2. With hot biscuits
3. In ramekins with buttered bread crumbs or mashed potatoes on top
4. In pastry shells

## Salad

**Jellied Chicken Salad**—Combine 1 cup chicken, 1 c. grated raw carrots, 1 c. chopped celery, 1 c. nuts. Soak 2 tbsp. gelatine in  $\frac{1}{4}$  c. cold water or broth 5 minutes. Add 3 cups hot broth or water and stir until gelatine is dissolved. Add 1 tsp. of salt and let set until the gelatine begins to congeal. Stir in the combination and mold in individual servings or a loaf. Serve when firm.

Different colors and flavors may be attained in a congealed salad by the use of different flavored gelatines, as lemon, lime and orange.

**Stuffed tomato salad**—Cut the center out of a ripe tomato, fill with any of the following sandwich mixtures. Arrange on a lettuce leaf.

Any of the following sandwich combinations may be easily converted into attractive salads by arranging on a lettuce leaf and garnishing. Attractive garnishes may be achieved with the use of green and red pepper rings, sprigs of green and red cayenne, blanched almonds, parsley, water cress, mint, hard cooked eggs or olives.

## Sandwiches

Cut the bread in one-fourth inch slices. Remove the crust if desired and spread with butter, then fill with any of the following fillings:

1. 1 c. ground chicken,  $\frac{1}{2}$  c. cream, 1 c. chopped almonds.
2. 1 c. ground chicken, 1 tbsp. fat, 6 tbsp. thick white sauce,  $\frac{1}{4}$  c. chopped mushrooms, 1 tbsp. sweet red peppers, 1 tsp. parsley, 1 tsp. chopped onion,  $\frac{1}{2}$  tsp. salt.
3. 1 c. ground chicken, 1 c. chopped celery,  $\frac{1}{4}$  c. mayonnaise, 1 tbsp. chopped pimiento, 1 tbsp. sweet green pepper,  $\frac{1}{4}$  tsp. salt.
4. 1 c. ground chicken,  $\frac{1}{4}$  c. grated Swiss cheese,  $\frac{1}{2}$  c. mayonnaise,  $\frac{1}{4}$  c. chopped dill pickles, lettuce leaves.
5. 1 c. chicken, 1 c. celery,  $\frac{1}{2}$  c. nuts, lettuce leaves.
6. Slices of chicken, tomatoes, crisp bacon, dill pickles, and lettuce leaves.