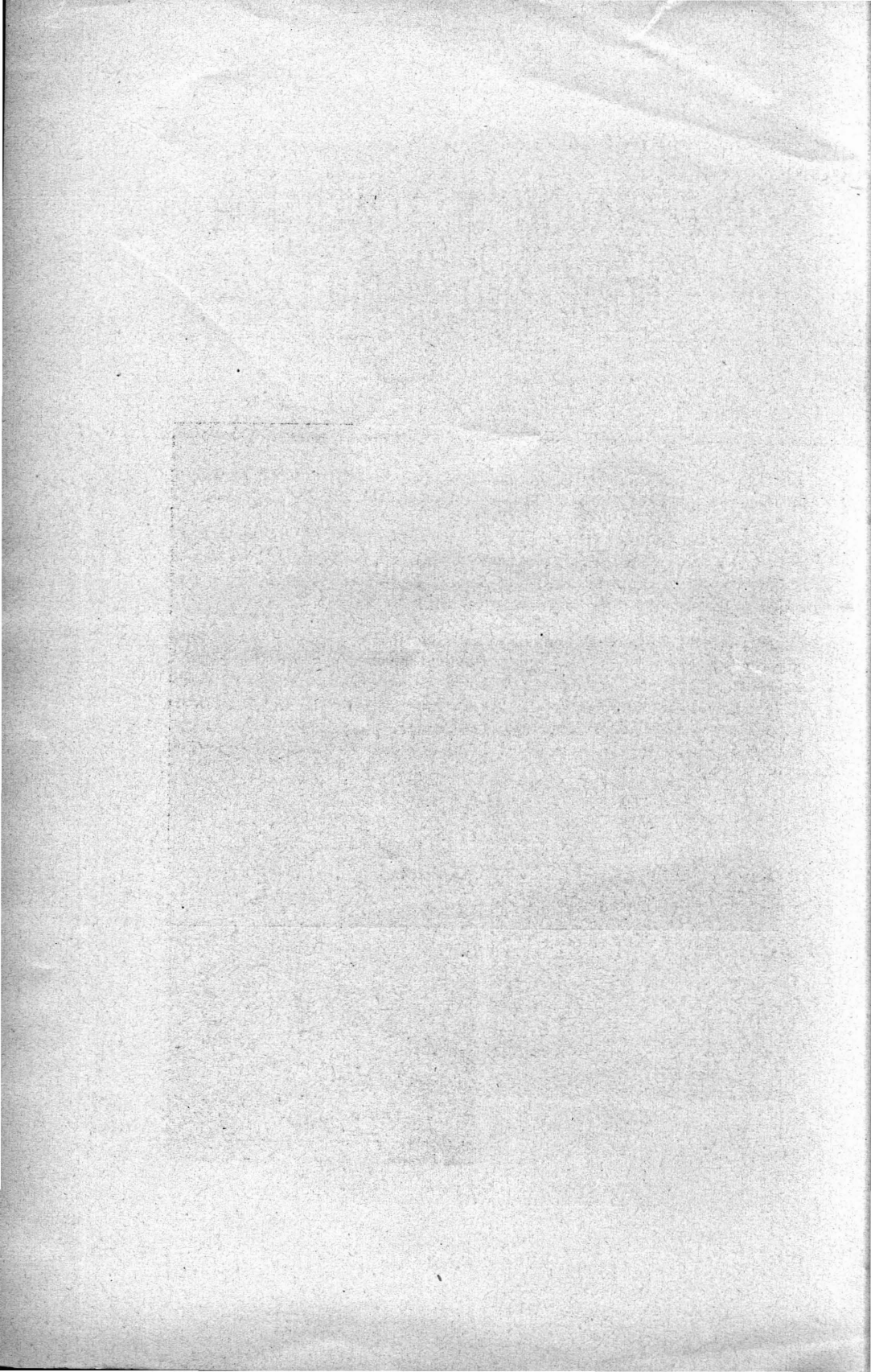


# PREPARATION OF FOWLS FOR HOME AND MARKET



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# PREPARATION OF FOWLS FOR HOME AND MARKET

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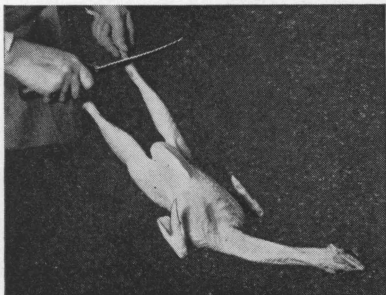
**A**FTER the fowls have been picked, singe off all hair-like feathers. Gas, plain paper, or coal flames make satisfactory singeing fire.

Many customers purchasing birds want the feet. When canned 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.

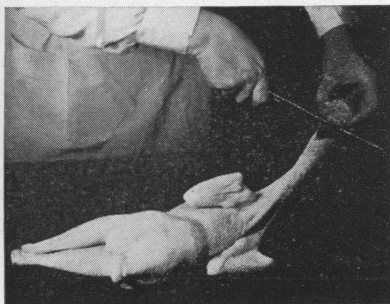
Wash the bird well using a soft cloth and warm water with soda or soap as a cleansing agent. Soda is preferred since the carcass is sometimes bloody, and soap and blood create quite a slime. If crude oil is used around the poultry houses and rubs off onto the fowls, nothing but soap will remove it. Rinse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

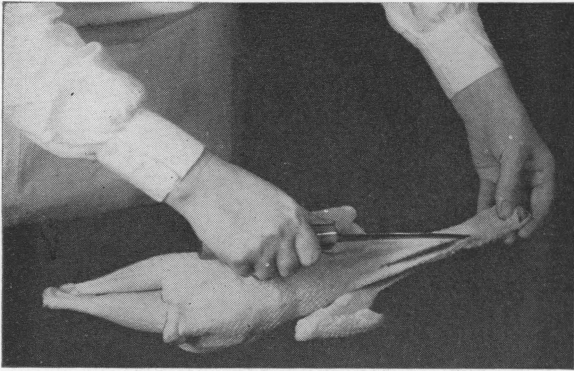
## Draw Birds for Roasting Like This

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



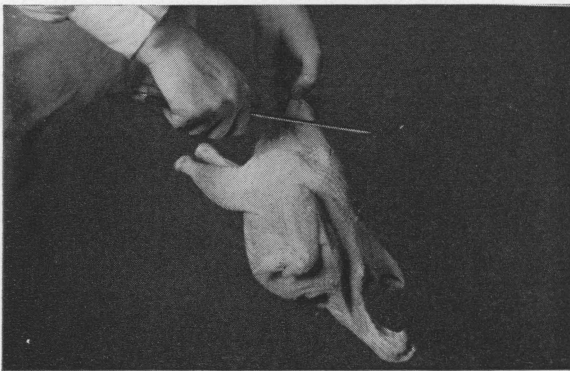
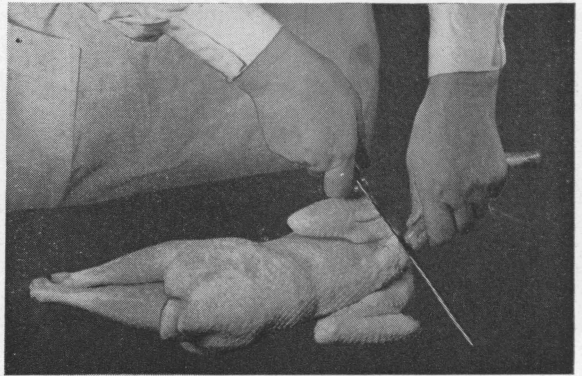
2. Sever the head by cutting through the joint where the neck joins the head.





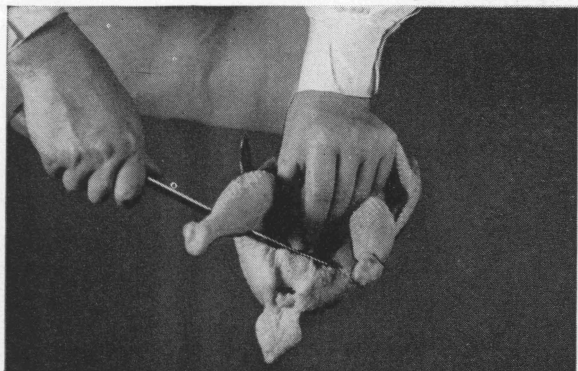
3. Make a slit in the neck along the back of the neck from the shoulders to where the head was severed. Pull the skin back but do not cut from the body.

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



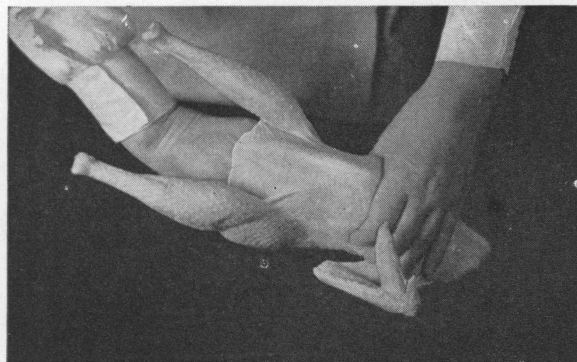
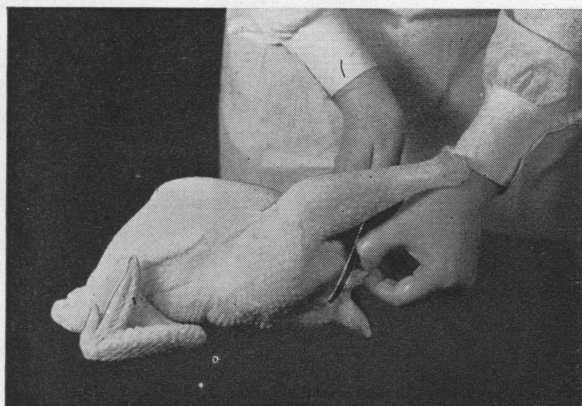
5. Remove the oil bag.



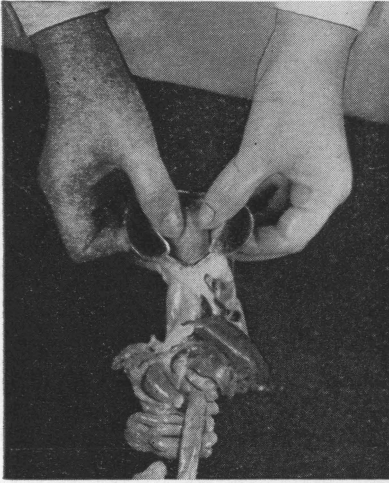


6. Make a transverse cut about one inch from the vent.

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

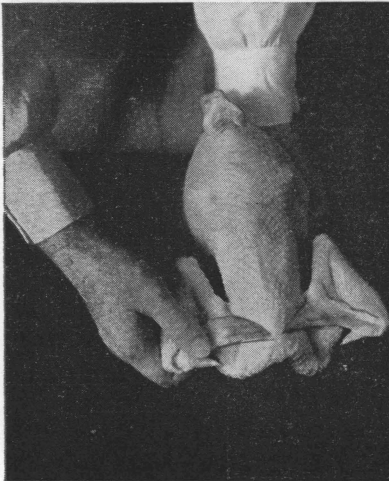
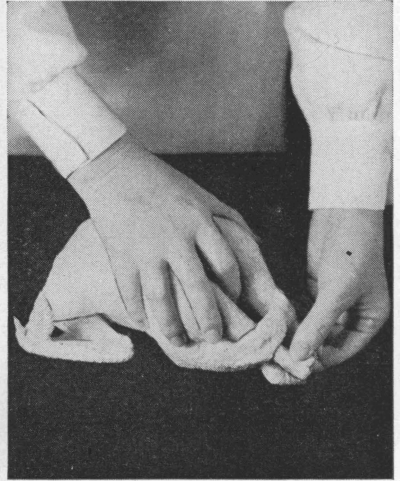


8. Insert the fingers into the abdominal cavity and loosen ligaments. Draw out the lungs, liver, heart, gizzard and intestines.

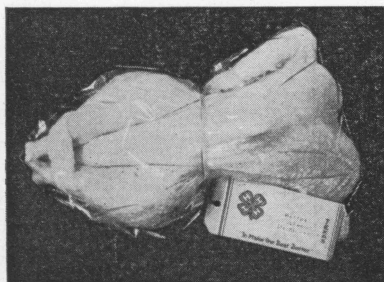


9. Open the gizzard and remove the inside sac containing grit and food material. Sever ligaments holding the heart. Remove the gall bladder from the liver.

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.

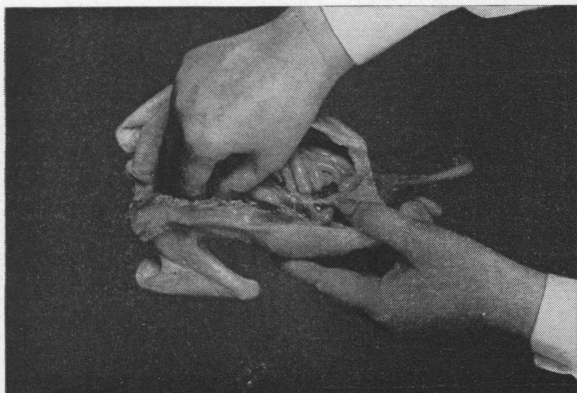
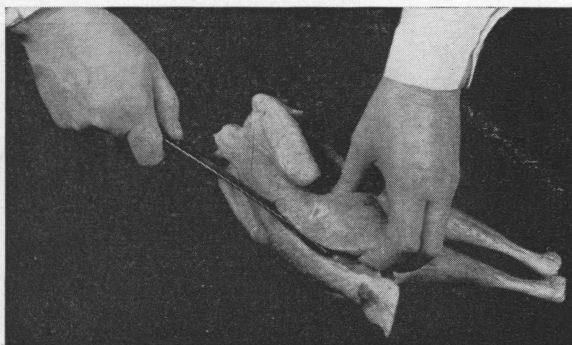


12. Wrap in cellophane or parchment paper with a card containing the weight of the bird, name and address of the producer. The bird is then ready to be delivered to the customer.

### Broilers Get This Treatment

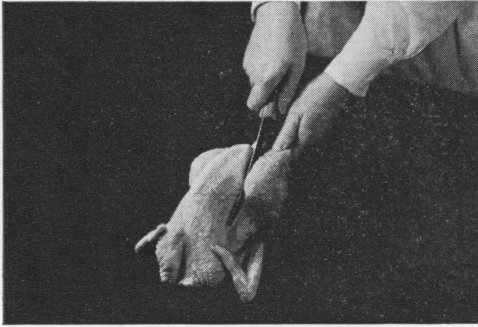
Proceed as in steps 1, 2, 3, 4, 5, and 7 under drawings illustrating preparation for roasting.

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 step 9 in the roasting preparation, and placed inside the body cavity. Wrapped in cellophane and labeled as in step 12 above, the broiler is ready for delivery.

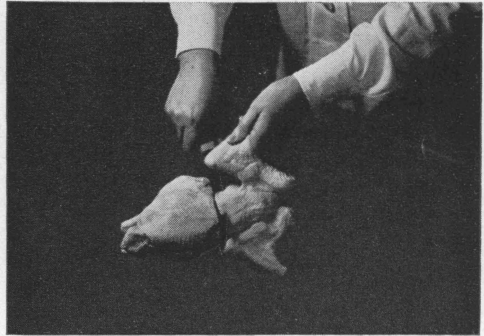
## Here's How To Draw For Canning



Proceed as in steps 1, 2, 3, and 5, in preparation for roasting.

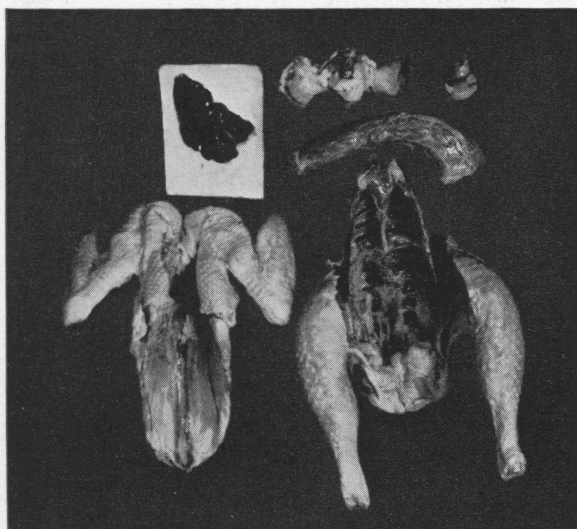
1. Cut the skin between the legs and body until the hip joints snap.

2. Locate the ends of the shoulder blades which run just over the ribs and parallel to the backbone. Slip the knife under them 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 and cut and is ready to pre-cook for canning. Left in these pieces the tissues of the meat do not shrink as when cut further. The meat is easily removed from the bone in large attractive pieces after it has been pre-cooked.

### **Canning Fowls Opens A New Market**

Canning 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 and quick freeze storage lockers have made a contribution toward making fowls, especially turkeys, available the year round. Canning not only makes poultry products available the year round, but also opens 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 are 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 C enamel can has become very popular as a container for market purposes, because it is more economical as it will hold the better part of an average size hen.

### **Prepare Equipment and Containers**

First, 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 sealer should be adjusted to give an air tight pack. When the type of lid is changed, the sealer should be checked carefully, for it may need readjusting. This should be checked carefully.

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

### Adjust The Operation To Altitude

Water boils at sea level at 212 degrees F. As the altitude increases, the temperature at which water will boil gradually decreases.

This table gives the number of pounds pressure that should be added to the pressure given in the time table when processing in the pressure cooker. The processing time remains the same.

Elevation Feet Above Sea Level	Boiling Point of Water F. Degrees	Extra Lbs. Pressure Added When Processing in the Pressure Cooker
500	211	1
1000	210	1
2000	208	1
3000	206	2
4000	204	2
5000	202	3
6000	201	3
7000	199	4

### Attaining Quality Calls For Care In Precooking, Preheating, Processing And Cooling

#### Precooking:

Preheat the cooker and lid or the "coming-up-time" will be prolonged and the products will be overcooked.

Birds cut and drawn for canning are precooked by placing the white and dark meat on the rack in the cooker. The feet and neck should be placed in the bottom of the cooker as they will help congeal the broth. Add one cup of boiling water per chicken. Fasten the lid on the cooker, leave the petcock open and place the cooker on the stove. When a steady gush of steam has issued from the petcock for seven minutes

or when pressure has come up  $\frac{1}{2}$  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; then 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 aside for 30 minutes for surplus fat to rise; remove fat and keep hot but do not boil.

#### **Preheating or Exhausting:**

Either preheating the meat or exhausting the air from the meat and the container, is a necessary part of processing when one cans according to directions given in this bulletin. Preheating is heating the meat to almost boiling temperature or 170 degrees F., or above, in a kettle to drive the air out of it before the containers are filled and sealed. 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.

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 sealing the hot cans, pack them into a hot cooker, fasten the lid down securely but leave the petcock open. When a steady stream of steam has issued from the petcock for **seven minutes** or when the pressure has come up to  $\frac{1}{2}$  to one pound indicating that no air remains inside, close the petcock.

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 agent for 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 rapidly cool the contents of the containers 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, while slow cooling may result in spoilage. Glass jars must be air cooled, and 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 C enamel cans and  $\frac{1}{2}$  pint jars with 9 oz. of meat and 4 oz. or  $\frac{1}{4}$  cup of broth, and  $\frac{1}{4}$  tsp. salt, No. 2 C enamel cans and pint jars with 18 oz. of meat and 8 oz. or  $\frac{1}{2}$  cup of broth, and  $\frac{1}{2}$  tsp. salt.

**Exhaust** at 10 pounds pressure, No. 1 cans 10 minutes,  $\frac{1}{2}$  pint jars 15 minutes, No. 2 cans 20 minutes and pint glass jars 25 minutes. Temperature 170 degrees F. Seal immediately.

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. One-fourth volume skin, rest meat makes a good proportion. 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 C enamel cans and  $\frac{1}{2}$  pint jars with 11 oz. net. No. 2 C enamel cans and pint jars with 20 oz. net. Preheat in kettle or in pressure cooker; exhaust until temperature in the center of the container reaches 170 degrees F. Seal immediately.

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 60 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 and  $\frac{1}{2}$  pint jars with 8 oz. of giblets and 4 oz. of broth or to cover meat. No. 2 cans and pint jars with 16 oz. of giblets and 8 oz. of broth or to cover meat.

Exhaust at 10 pounds pressure No. 1 C enamel cans 10 minutes,  $\frac{1}{2}$  pint jars 15 minutes, No. 2 C enamel cans 20 minutes. Seal at once.

Process at 15 pounds pressure, No. 1 cans 45 minutes, No. 2 cans 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	½ teaspoon comino seed
¼ cup chili pulp or	½ teaspoon red pepper
3 tablespoons chili powder	1 teaspoon salt
2 tablespoons chopped onion	4 tablespoons broth
½ 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 3½ inches in length and 2½ 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 1½ 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 2/3 cup broth or water to No. 2 cans.

Exhaust at 10 pounds pressure No. 1 cans 10 minutes, No. 2 cans 20 minutes, ½ pint jars 15 minutes and pint jars 25 minutes. Seal immediately.

Process at 15 pounds pressure: No. 1 cans 50 minutes, No. 2 cans 60 minutes, ½ 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 1/3 cups butter or chicken fat
2/3 cup 5% vinegar	1 tablespoon tabasco sauce
2 tablespoons chopped onions	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 C enamel cans and 1/2 pint jars with 9 oz. of meat and 2 oz. of sauce, No. 2 cans and pint jars with 18 oz. of meat and 4 oz. of sauce.

Exhaust at 10 pounds pressure No. 1 cans 10 minutes, No. 2 cans 20 minutes, 1/2 pint jars 15 minutes, and pint jars 25 minutes. Seal immediately.

Process at 15 pounds pressure No. 1 cans 50 minutes, No. 2 cans 60 minutes, 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 meat 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 some have 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 Pie

2 No. 2 cans boned chicken	Pepper
1/4 cup chicken fat	2 cups clear chicken broth
4-6 tablespoons flour	Salt

Cut chicken in rather large pieces. Lay in round, greased casserole. Blend fat, flour, and seasoning thoroughly; add liquid and boil 1 minute, stirring constantly, then pour over chicken. Cover with small round biscuits and bake in hot oven (400 degrees) until biscuits are a golden brown.

### Chicken Souffle

1 2/3 c. milk	3 eggs
1 No. 1 can ground chicken	1/2 c. bread crumbs
2 tbs. butter	1 tsp. salt
2 tbs. flour	1/4 tsp. pepper
1 tbs. 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
⅓ tsp. paprika	½ c. walnuts

Heat the broth or milk and seasonings, add the egg yolks slightly beaten and cook, stirring the mixture in the double boiler until it begins to thicken. Stir in the gelatin 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

## Lime Chicken Salad

Combine 1 cup chicken, 1 c. grated raw carrots, 1 c. chopped celery, 1 c. nuts. Put two packages lime gelatine in 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 place in molds of individual or family size. Serve when firm.

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

## Other Chicken Salads and Garnishes

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.

## Chicken 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 nuts
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 pimento, 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.

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