



DRESSING



COOKING

POULTRY



CANNING



MARKETING

POULTRY

DRESSING -- MARKETING -- CANNING -- COOKING

By

Mrs. Winifred J. Leverenz, Specialist in Food Preservation
Hazel Phipps, Specialist in Food Preparation
Myrtle Murray, Specialist in Home Industries
S. A. Moore and Ted Martin, Poultry Husbandmen

POULTRY has an important place in wartime meal planning. The task of killing, dressing and cooking or canning poultry will seem worthwhile when you consider that poultry is an excellent source of high quality protein and a good source of vitamins and minerals. Dressing poultry at home is an economical measure as well as a means of having a better product. It is also a source of additional income for homemakers who market dressed birds.

This bulletin is written in five sections as follows:

	PAGES
KILLING AND PICKING.....	2- 5
DRESSING	
Roasting	6- 9
Broiling	10
Marketing	10
Canning	11-14
CANNING	15-19
MARKETING	19
COOKING	
Broiling	20
Frying	20
Roasting	21
Braising	22
Using Precooked or Canned Chicken.....	23-24

KILLING AND PICKING

The methods for killing and dressing poultry described in this bulletin are suitable for preparing birds for immediate use at home or for sale as fresh full-dress birds. Some deviations should be made from the described methods if birds are to be stored or marketed undrawn.

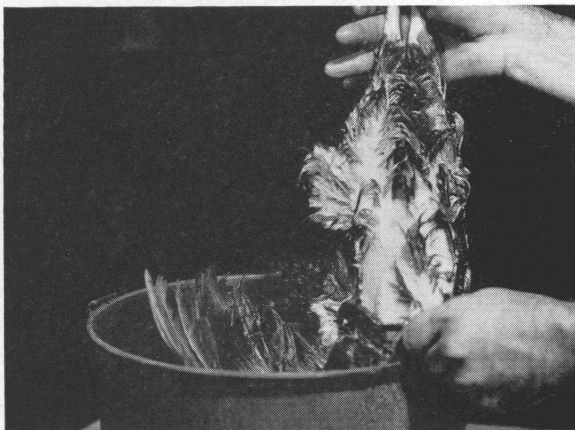
Poultry selected for killing should be well fattened, because unfinished birds will not yield a high quality carcass. Broilers are birds ranging from 1½ to 2½ lbs.; fryers range from 2½ to 3½ lbs.; roasters range from 16-30 weeks and weigh 3½ lbs. and over. Broilers, fryers and roasters should not be used for canning. Hens and roosters two years or older are preferable for canning because they yield a product with better texture and flavor. It usually is profitable to confine chickens and feed them special fattening rations a few days before killing. No feed but plenty of water should be given the birds for 24 hours before killing.



[1]
Fasten the feet with a shackle or rope and hang the bird head down. Grasp the head and gather the loose skin of the neck so that it is tight across the front of the neck near the head. Cut the jugular vein at right angles with a sharp knife, and allow the bird to hang until bleeding is complete.

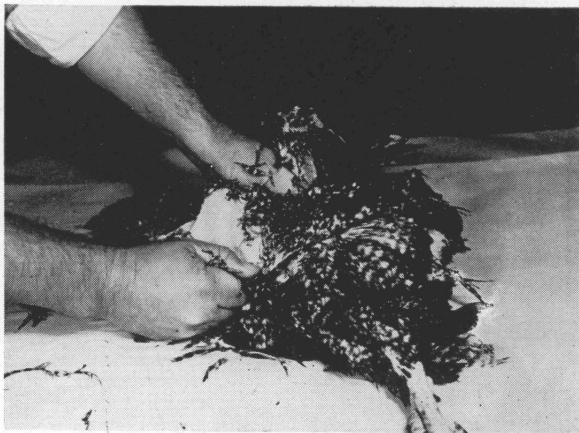
[2]

Dip the bird up and down in hot water (about 145 degrees F.) and keep it in motion to make sure the water gets up under the feathers. Continue until the feathers can be pulled out easily.



[3]

Hold the wings with the left hand throughout the picking operation. Immediately after scalding, remove the tail and wing feathers with a firm twist.

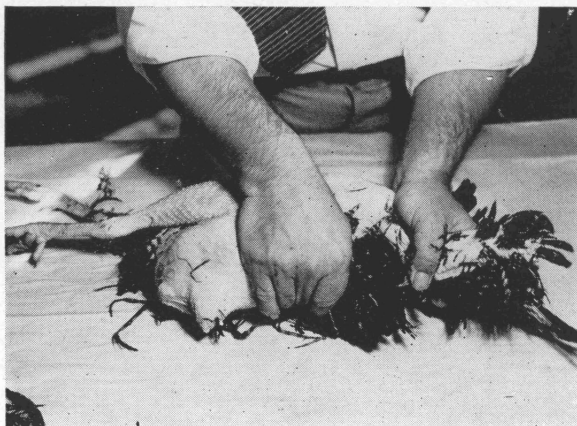
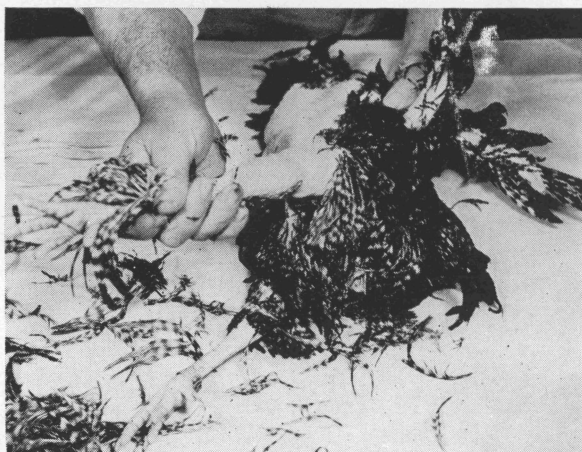


[4]

Next, start at the wishbone, removing large handfuls of feathers with twisting pulls. Care must be taken to avoid tearing the skin of the breast.

[5]

Clasp the leg firmly next to the body and strip the leg feathers by one stroke toward the foot.



[6]

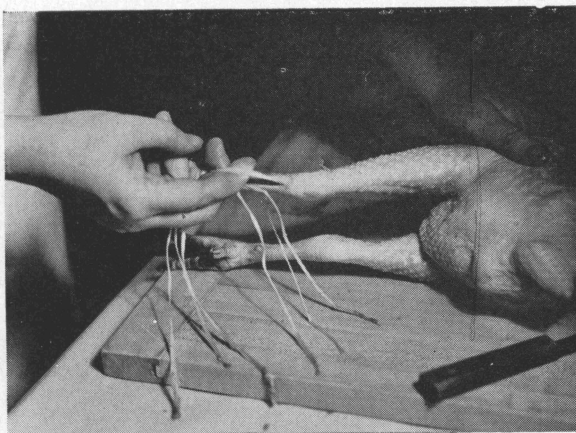
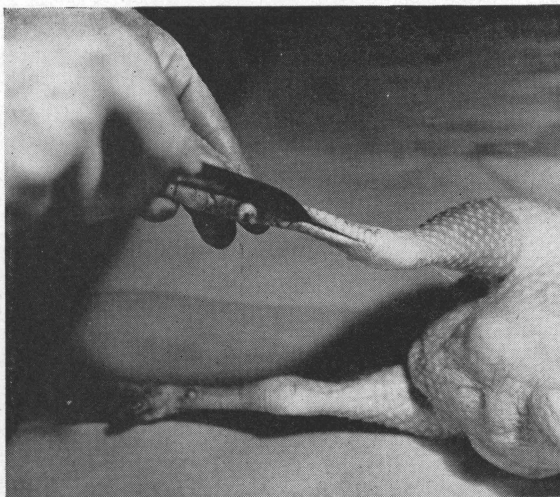
"Rub" the feathers from the hips and back with a rotating motion of the hand.

After the large feathers are removed, the carcass should be gone over again more carefully to remove the pin feathers. A pinning knife or dull paring knife will help in this operation. Do not **rub** the skin to remove pin feathers.

The removal of the leg **tendons** will greatly improve the quality of the leg meat, especially in older chickens or turkeys for roasting or canning. This operation is easily accomplished and requires little time.

[7]

Make a cut, 1 to 1½ inches long, in the scales and skin on the back of the shank, extending from the hock joint toward the foot.



[8]

Separate a single tendon and pull it from the muscle of the leg, with ice-pick, nail or pliers. Repeat until the seven tendons of the leg are removed.

DRESSING

for

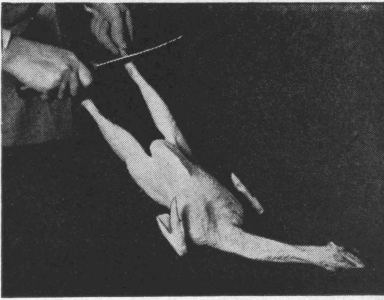
Roasting -- Broiling -- Marketing -- Canning

AFTER 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 about 5 minutes, then remove the scales and toe nails.

Wash the bird well using a soft cloth or brush 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

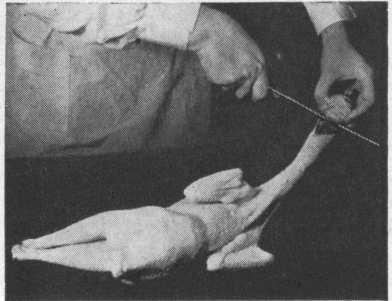


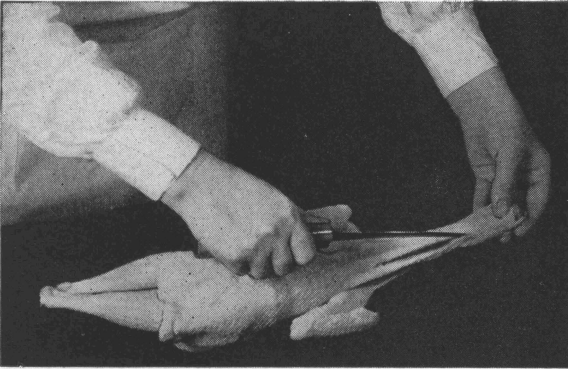
[1]

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.



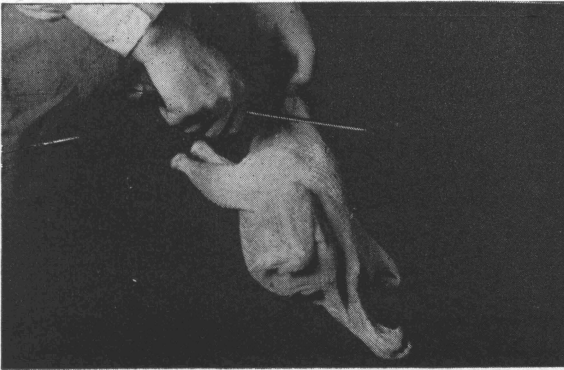
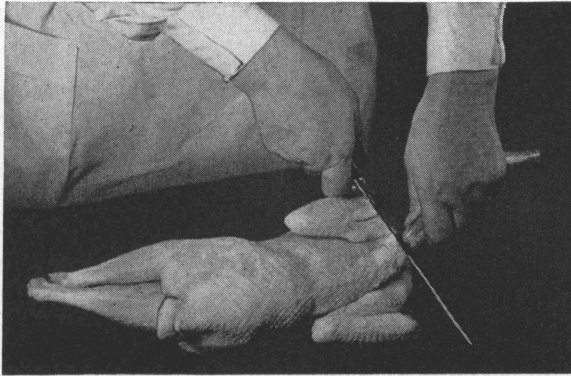


[3]

Slit the 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.

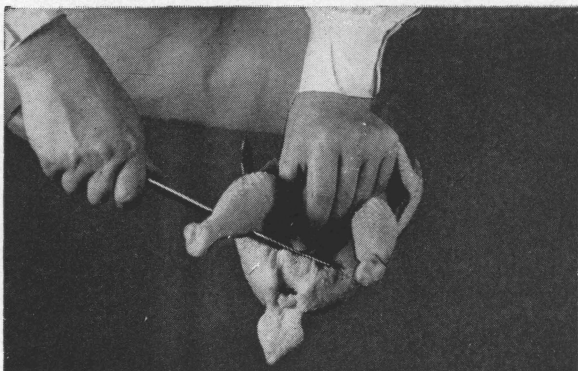
[4]

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



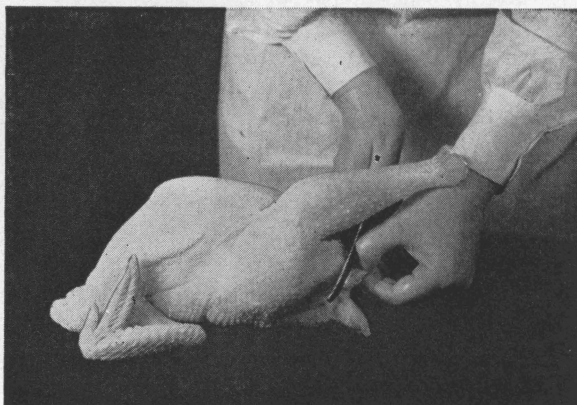
[5]

Remove the oil bag.



[6]

Make a transverse cut about one inch from the vent.



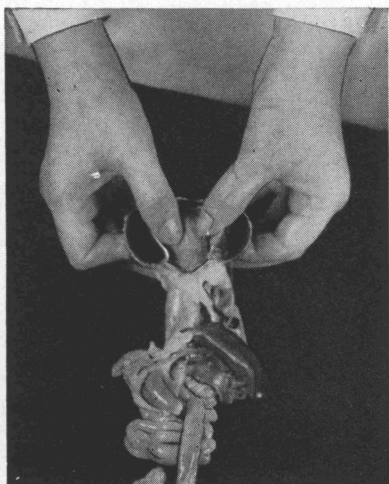
[7]

Hold the vent between the thumb and the forefinger. Cut around the vent and remove it through the transverse cut.



[8]

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

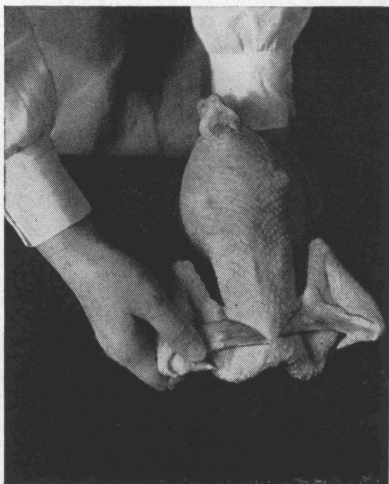
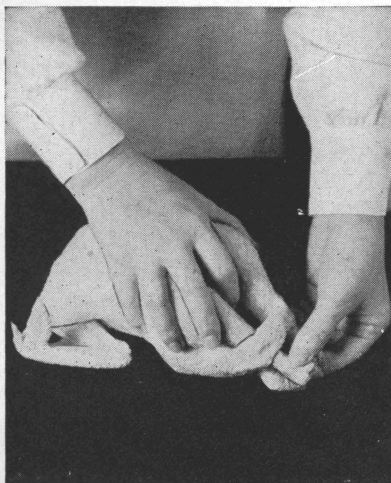


[9]

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.

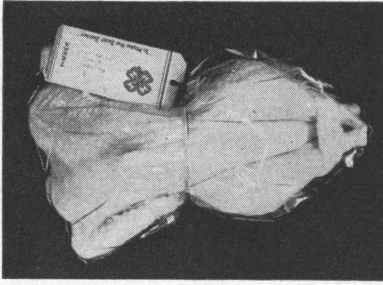
[10]

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]

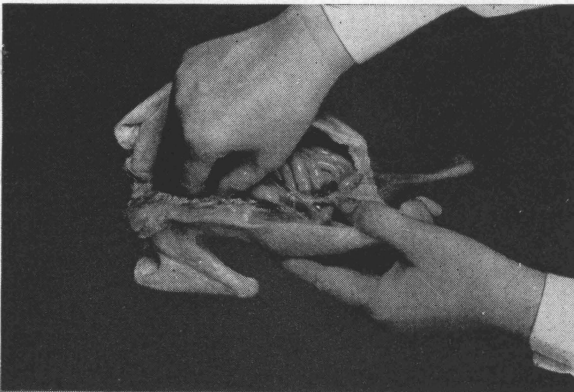
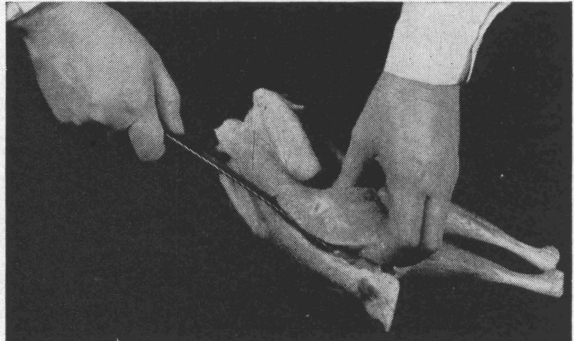
If the bird is to be marketed, wrap in cellophane or parchment paper with a card containing the weight of the bird, and name and address of the producer.

Broilers Get This Treatment

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

[1]

Split the back with shears or a knife along one side of the back-bone.



[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

Use only mature birds for canning. Two years or older are better because they yield a product with better texture and flavor.

Proceed as in steps 1, 2, 3, 4, and 5, in preparation for roasting.

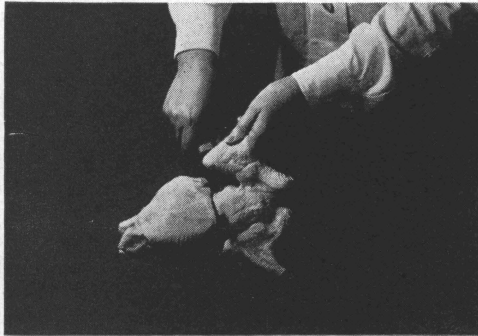


[1]

Cut the skin between the legs and body, pushing the thigh down until the hip joints snap.

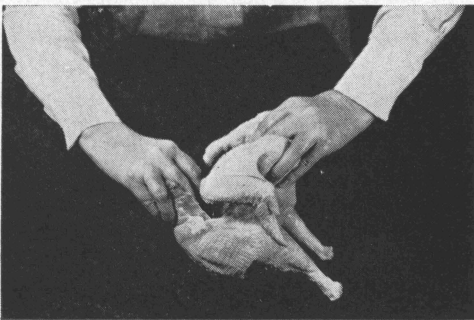
[2]

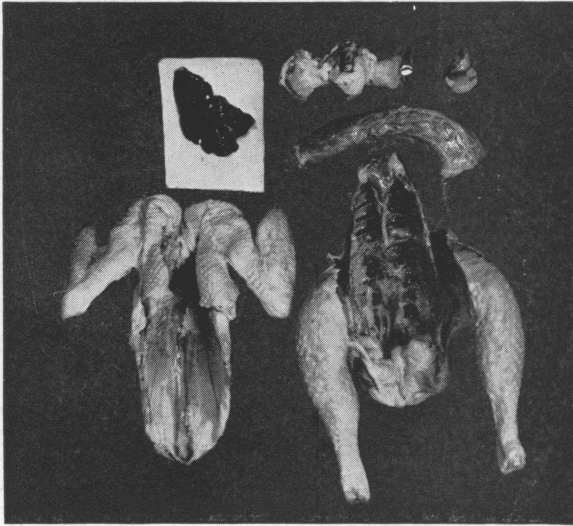
Locate the ends of the shoulder blades which run just over the ribs and parallel to the backbone. Slip the knife under them and cut up to the wings, taking care not to cut the breast meat.



[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.





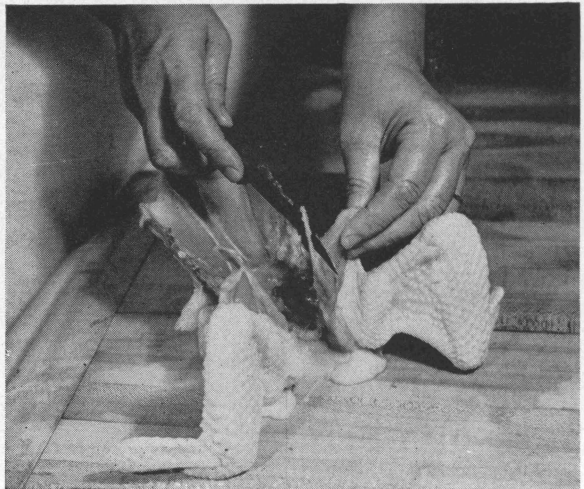
[4]

The bird has been easily and quickly drawn and cut. It should be chilled before canning. If left in the pieces shown, the tissues of the meat do not shrink as when cut further. Chill several hours or overnight.

How to Remove Meat from Bone for Canning

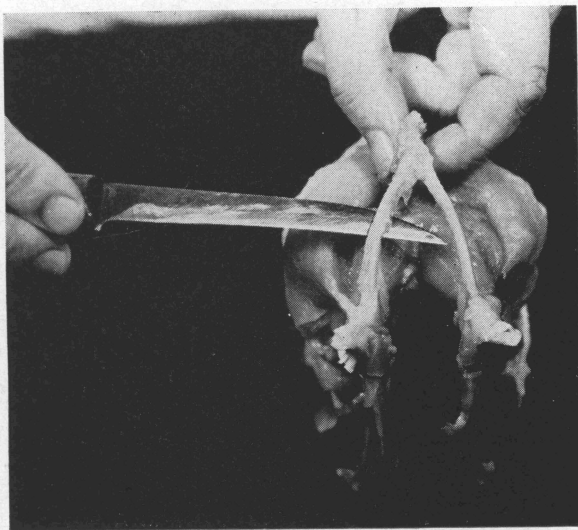
[1]

To remove wing and meat from shoulder blade, hold the meat of shoulder blade toward wing and cut meat from the bone. Dis-joint and remove wing.



[2]

To remove pully bone without meat, first take off excess skin from over the pully bone. Hold the point of knife next to the bone and cut as closely as possible on each side. Push the bone back until it snaps. Remove bone, leaving all meat of the breast together.

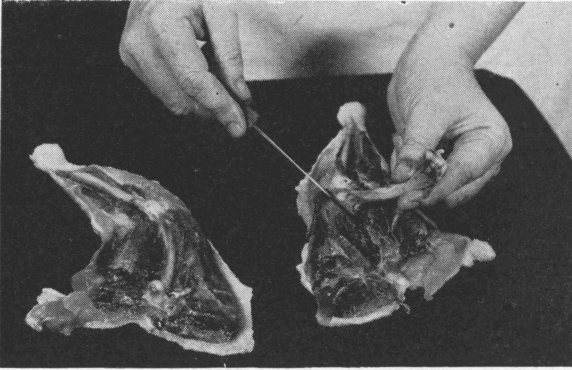
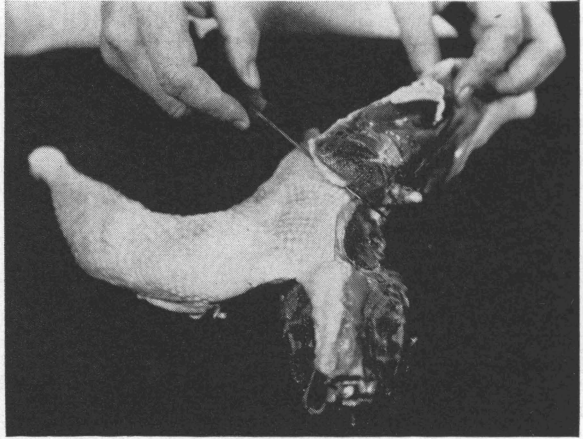


[3]

To take meat off the breast, start on the right side. Lift the meat from the bone, using the point of the knife to cut attachments. Keep meat in one large piece or cut in half at the center of breast.

[4]

To remove thigh and drumstick from back, first cut meat from top part of backbone and leave on the thigh. Then disjoint.



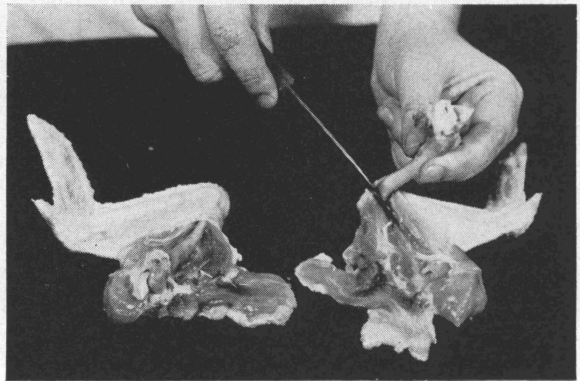
[5]

To take bone out of leg, lay the leg, skin side down, on wooden board. Cut to the bone along the thinnest portion of muscle. Lift bone out by scraping the meat from bone with point of knife. It is best to keep all the meat in one large piece; but since

it is difficult to remove the meat around the joint, it may be easier to cut the leg into two pieces.

[6]

To remove meat from wing, lay wing on board with skin side down. Cut to the bone where meat is thinnest on the large joint. Lift the bone out by scraping the meat off the bone. Usually the second joint and tip of wing do not have enough meat to remove before cooking.



CANNING

1. CONTAINERS

C enamel cans are best for packing chicken raw. Plain cans sometimes cause poultry meat to be dark. Glass jars may be used; but due to slower handling, the meat canned in glass sometimes is overcooked. It is better not to use jars larger than pints for canning chicken.

2. SALT

Put salt into container first. Use $\frac{1}{2}$ teaspoon salt for No. 2 cans and pints; use $\frac{1}{4}$ teaspoon for No. 1 cans and half pints; and if No. 3 cans or quarts are used, add 1 teaspoon salt.

3. PACK

The raw meat may be packed in tightly, leaving about $\frac{1}{4}$ to $\frac{1}{2}$ inch above the rim of the can but even with rim of jar. After steaming, the meat is pressed down below the rim of the can or jar.

4. STEAM BEFORE SEALING

Steaming may be done in either water bath or pressure cooker. The water should be about 2 inches below the top of the cans, and it should not be allowed to boil so rapidly as to bubble into the container. The water may be boiling hot if steaming is done in cans, but for jars containing cold meat, the water should be only warm at first. A lid should be used on the water bath container to retain the steam. If you use a pressure cooker, the cans may be stacked. Small jars may also be stacked if a rack can be arranged so that the bottoms of the top layer will not touch the tops of the bottom layer of jars during processing. It is best not to stack containers if steaming is done in a water bath. Fasten the pressure cooker, if it is being used. Leave the petcock open. As soon as steam barely escapes, begin counting time. Leave the petcock open all the time of steaming. A small steady jet of steam is better than a forceful stream because this might cause the water to boil into the cans or draw out too much liquid from the meat.

Steam:

No. 1 cans and half pints.....	30 min.
No. 2 cans and pints.....	60 min.
No. 3 cans.....	90 min.
Quart jars.....	80 min.

5. SEAL WHILE HOT

If cans are steamed in the pressure cooker, leave the cooker on the fire to keep the water hot while the cans are being sealed. Take one or two cans of meat out of the cooker or water bath at one time. Press the meat down so that meat juice will cover pieces of meat. If pack is not full, take out some meat from one can to fill each of the others. If too full, remove excess broth or meat. There should

be about $\frac{1}{4}$ inch headspace in cans and about $\frac{1}{2}$ to $\frac{3}{4}$ inch headspace in jars. Wipe off the rims of containers carefully. Seal cans airtight. Seal jars with self-seal lids airtight before processing and do not tighten after processing. All other lids on jars should be loosened one-fourth turn before processing; then tightened after processing. Continue until all containers are sealed. Place the containers in the cooker as soon as possible after sealing. Lids of cans may be marked before sealing to avoid wrong labeling of containers of meat.

6. PROCESS IN PRESSURE COOKER

Follow reliable directions for using pressure cooker.

Process at 15 lbs. pressure:

No. 1 cans and half pints.....	40 min.
No. 2 cans and pints.....	50 min.
No. 3 cans.....	75 min.
Quart jars.....	65 min.

7. COOL IMMEDIATELY

Cooling is important! At the end of the processing time, remove the cooker from the fire.

- a. For No. 2 cans or smaller, open the petcock slowly until all steam is released and the gauge registers zero. Open the cooker and remove the cans at once and plunge them into the cold water.
- b. When using glass or No. 3 cans, allow the cooker to cool until the gauge registers zero, then open the petcock gradually. Remove cover. Cool No. 3 tin cans in water immediately. Leave glass jars in the cooker from 10 to 20 minutes. Then remove the jars carefully and cool without placing them in a draft. Self-seal lids were sealed air-tight before processing and should not be tightened again. When this rubber has been subjected to high temperatures it is weakened and easily ruined. For other types of lids, follow directions that come with the box of lids or jars. If they were left $\frac{1}{4}$ turn loose before processing, they should be tightened after processing. The metal rings on 2-piece or 3-piece type lids on jars should be removed 24 to 36 hours after canning to prevent rusting.

8. STORE PROPERLY

After containers are thoroughly cool, they should be labeled. Always store containers in a cool, dry, dark place.

What to Do With the Bony Pieces and Giblets

Put into a pressure cooker the neck, wing tip and bones from which most of meat has been removed. Add 1 cup water per chicken and process at 10 lbs. pressure for 35 to 40 min. If cooker is in use, the bones may be boiled in water until meat slips from bone easily.

GROUND CHICKEN

Remove meat from the bone after being cooked. Chop or grind coarsely. For each 2 cups of meat add $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ cup of broth. Mix and heat to boiling. Pack into containers quickly, leaving $\frac{1}{4}$ inch headspace in cans and $\frac{1}{2}$ to $\frac{3}{4}$ inch headspace in jars. Seal immediately and process same time and temperature as canned chicken in step 6.

GIBLETS

Can the livers alone and put gizzards and hearts together. If there is not enough to can separately, cook the gizzards and hearts, then add livers. Gizzards and hearts should be covered in water and cooked for 20 to 25 min. Cover the livers with water and boil 10 min. Pack into containers and seal while boiling hot. Process same time and temperature as canned chicken in step 6. If giblets are canned with other chicken meat, they cause the whole container to be somewhat dark and off flavor.

BROTH

After processing the bones as above, let stand until fat rises. Remove excess fat and do not can with broth. Bring broth to a boil. Pour in containers, seal and process at 15 lbs. pressure:

No. 1 cans.....	20 min.
No. 2 cans and pint jars.....	25 min.
No. 3 cans and quart jars.....	30 min.

FRIED CHICKEN SHOULD NOT BE CANNED

It is not advisable to can fried chicken because fat when heated to 250° F., or 15 lbs. pressure, in the presence of meat juices becomes rancid more quickly and often has a bitter flavor. Young, tender chickens which are best for frying should not be canned since they do not have as good a texture and flavor for canning as the older birds, and they over-cook so easily. Another reason for not canning seared chicken is that fat retards the destruction of the bacteria, thus causing more danger of spoilage.

SPECIAL RECIPES

CHICKEN 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 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:

Masa

- 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 this size, six tamales can easily be packed into a No. 1 can and twelve into a No. 2 can. Add 6 tablespoonsful of hot broth or water to No. 1 can and $\frac{3}{4}$ cup broth or water to No. 2 cans.

Follow directions for **steaming, sealing, processing, cooling, and storing**, the same as for other canned chicken.

BARBECUED CHICKEN

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 cooked and made into ground meat.

Place the large pieces, such as 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 | $1\frac{1}{2}$ cups butter or chicken fat |
| $\frac{3}{4}$ cup 5% vinegar | 1 tablespoon tabasco sauce |
| 2 tablespoons chopped onions | $\frac{3}{4}$ cup Worcestershire Sauce |
| 1 teaspoon red pepper | 1 teaspoon 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 joints. Remove the wish bone and shoulder blades so that the breast will pack into the can. Pack while hot.

Follow directions for **sealing, processing, cooling, and storing** the same as for other canned chicken.

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.

MARKETING

Marketing poultry may provide a year round cash income.

There is a big demand in Texas for properly fed-out dressed fryers, fat hens and turkeys. Dressed fryers and hens bring better prices than when sold on foot. Properly dressed poultry wrapped in cellophane is a good seller.

Storing dressed poultry in freezer lockers is one means of insuring a continuous supply throughout the year.

Canned chicken or turkey, both ground and boned, is an excellent product for marketing.

Dressed and canned poultry meat may be sold under the 4-H label provided the product is approved as standardized once a year. For information on how to standardize a product, consult your county home demonstration agent.



Mrs. George F. Bishop, Bell County home demonstration club woman, has canned and sold an average of 2,000 cans of chicken each year for the last eight years. The 4-H label is evidence of a high quality, standardized product.

COOKING POULTRY

Follow these two principles when cooking poultry and you will be pleased with the results:

Cook at a moderate temperature and the meat will be juicy, tender, and evenly done to the bone. Avoid high temperatures because intense heat shrinks, dries, toughens, and hardens the meat.

Use a method of cooking that is suitable to the age and fatness of the bird. This table is not complete but may serve as a guide:

- a. Young birds that are tender and fat are suitable for
 broiling
 frying
 barbecuing
 open-pan roasting
- b. Young birds that are lean or past prime for roasting are suitable for
 braising
 smothered chicken
 braised chicken with dressing
- c. Old birds which require long, slow cooking in water or steam are suitable for
 chicken with dressing
 chicken with dumplings
 creamed, curried or other dishes made from precooked or canned chicken.

BROILED CHICKEN

1½ to 2 pound chicken	Pepper
Fat	Flour, if desired
Salt	

Select young, plump chickens 8 to 12 weeks old. Small broilers may be split down the back and cooked whole. The breastbone may be removed, if desired. Remove moisture with a dry cloth. Then coat with melted butter and sprinkle with salt and pepper. Flour lightly, if desired. Place chicken, skin side down, on rack in a broiling pan. Keep chicken at least three inches below the flame or heating element and lower if possible. Turn several times and baste frequently with melted fat or the pan drippings. About 45 minutes is usually sufficient time for broiling. Serve hot.

Note: The chicken may be started in the broiler and finished in a moderate oven (300 to 350 degrees F.) or it may be started in the oven and finished in the broiler.

FRIED CHICKEN

2 to 3½ pound young chicken	Pepper
Fat	Flour
Salt	

After washing the chicken, remove excess moisture. Then sprinkle with salt and pepper and roll in flour.

To fry the chicken, use a **thick** frying pan. Put in enough fat to make it about a half-inch deep when melted. Add the chicken when the fat is hot but not **smoking**. Fry the thickest pieces first because they require longer cooking. Avoid crowding the chicken in the pan. Leave enough space around each piece for the fat to come up around it. Cover the pan because frying splatters the grease.

Cook at **moderate** heat. Turn each piece when brown. Drain the fried chicken on absorbent paper and place in a heated pan or crock to stay hot until served.

Note: If preferred, the chicken may be dipped before frying in slightly beaten egg, diluted with a tablespoon of milk and then rolled in fine dry bread crumbs, corn meal, or flour.

CREAM GRAVY

For cream gravy to serve with the fried chicken, mix 2 tablespoons of flour with 2 tablespoons of the drippings and the brown crumbs in the frying pan, add gradually $1\frac{1}{2}$ cups of cold milk stirring constantly. Cook slowly for 10 minutes. Season to taste and serve hot.

ROAST HEN

(Open-pan roasting for young, fat birds)

1 young, fat hen
Salt

Butter, or other melted fat

Dressing

4 cups cornbread	Broth or water to moisten (about
3 cups white bread	2 cups)
$\frac{1}{2}$ to 1 tablespoon poultry season- ing or savory sweet marjoram, thyme and sage	3 eggs, slightly beaten, or hard cooked or both
1 teaspoon salt	1 onion, chopped
$\frac{1}{2}$ teaspoon pepper	1 cup chopped celery, if desired
$\frac{1}{4}$ to $\frac{1}{2}$ cup fat, (chicken, butter or margarine)	$\frac{1}{4}$ cup chopped parsley or green pepper, if desired

In the melted fat, cook parsley, onion and celery. Add other ingredients and mix all together. Let stand until the mixture is thoroughly saturated with the liquid.

Preparing the giblets: Cover the heart, liver and gizzard with about 2 cups water. Add $\frac{1}{2}$ teaspoon salt. Cover and simmer until tender. Use about $\frac{1}{2}$ of this broth for the dressing. Save the remainder to add to the chopped giblets and fat for gravy.

Stuffing the bird: Sprinkle inside of body cavity with salt and fill lightly with stuffing. Reserve remainder of stuffing to bake around the fowl. Allow space for the stuffing to expand as it will absorb some of the juices that cook out of the bird.

Add a small portion of dressing at the neck to round the breast area. Fasten the skin on the back of the neck under the wing tips with skewers or several stitches. The heel of a loaf of bread may be helpful in holding in the stuffing unless the legs fill the opening at the vent.

Roast the fowl: Rub the surface of the stuffed fowl with butter or other melted fat. Place on a rack, breast side down, in a shallow pan. Do not cover. Do not add water. Bake in a 325 degree F. (moderate) oven, until tender. A 5 pound hen will require approximately two hours. Turn every thirty to forty-five minutes, placing the fowl alternately breast down and breast up. When fat begins to cook out, drain from the

pan when the fowl is turned. This fat may be used in gravy and the extra dressing. If it is not drained from the pan at intervals, it may become too brown to be at its best in flavor.

When almost done, remove the fowl and rack from the pan. Add remainder of dressing. Then place the fowl breast side up on the dressing and continue cooking until done.

Note: A small cloth dipped in melted fat may be used over the hen during the first of the roasting period. This takes the place of basting and may prevent the skin from getting dry and too brown.

GRAVY

4 tablespoons fat from roasting pan	Salt and pepper to taste 1 cup milk
2 to 4 tablespoons flour, (depending on thickness desired)	1 cup broth Giblets, cooked and chopped

Add flour and seasoning to fat. Add liquid and giblets and cook for at least ten minutes after it reaches the simmering point.

BRAISED CHICKEN WITH DRESSING

(for young birds)

Follow directions for Roast Hen (see page 21) except for this variation: If the bird is young enough to have a flexible tip on the breastbone but not young and fat enough to bake in an uncovered pan, place on a rack in a roaster, cover and cook at 325 degrees F. (moderate oven) until tender. Do not add water. Turn several times for even cooking. A 5 pound fowl will require about 2½ to 3 hours. Uncover roaster the last 45 minutes to brown the dressing and fowl.

STEAMED CHICKEN WITH DRESSING

(for old birds)

Follow directions for Roast Hen (see page 21) except for this variation: After the bird is stuffed, place on a rack in a roaster. Add enough hot water to cover the bottom of the pan but not enough to cover the rack. Add additional water when necessary during the cooking period. Cover and cook at 325 degrees F. (moderate temperature) for about 2½ to 3 hours.

Use any broth in the roaster at the end of this period in making gravy and in the extra dressing. Place the hen on dressing and roast uncovered about 45 minutes to cook the dressing and brown the hen.

SMOTHERED CHICKEN

This method is suitable for a young chicken that may be too large or too lean to fry or broil. Disjoint as for frying. Season with salt and pepper. Sprinkle with flour. Brown in fat in a heavy skillet. Cover and finish cooking in a moderate oven (300 to 325 degrees F.). A three to four pound chicken will require about 1½ to 2 hours to cook tender. Make gravy using drippings.

Note: If desired add ½ cup water when the chicken is placed in the oven. This is practical if the fowl is slightly old and tough.

CHICKEN WITH DUMPLINGS

1 chicken, cut into pieces for serving

Salt

Water

Place chicken in covered kettle, add water to cover. Simmer 3 to 4 hours or until tender. When done, remove chicken from broth and keep hot in a warm, covered dish. Remove fat from broth and measure broth. For each cup of broth mix 2 tablespoons chicken fat with $1\frac{1}{2}$ tablespoons flour. Add a small quantity of broth to the fat and flour mixture. Add to the broth in the kettle stirring constantly. Cook for ten minutes. Salt to taste. The gravy is now ready for cooking the dumplings.

DUMPLINGS

$\frac{3}{4}$ cup sifted flour	1 egg, beaten
$2\frac{1}{2}$ teaspoons baking powder	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ teaspoon salt	

Sift flour, baking powder and salt together. Add egg to milk. Combine liquid and dry ingredients. Drop by spoonfuls into the boiling chicken gravy. Cover tightly and cook for 15 minutes. **Do not remove the cover** while the dumplings are cooking because they will be soggy if the steam is allowed to escape.

CHICKEN CREAM PIE

2 cups flour	$\frac{2}{3}$ cup shortening
2 teaspoons baking powder	$\frac{1}{2}$ cup hot water
1 teaspoon salt	3 teaspoons lemon juice
1 egg yolk	1 No. 2 can or 1 pint 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. The dough is soft and works better if chilled. Line the sides of a baking dish, patting it out with the fingers. Fill the dish with canned or precooked 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 CROQUETTES

$1\frac{1}{2}$ cups cold cooked chicken, chopped fine
1 small onion, chopped fine
Salt, pepper and celery salt
Mix well.

Make a sauce of the following:

1 cup milk
3 tablespoons butter
3 tablespoons flour

Melt butter, add flour, then milk and cook in double boiler until thick and smooth. Add to the chicken and mix well. Spread on a platter to cool. When cool, take up by spoonfuls, roll into a ball, dip in beaten egg, then in fine crumbs and shape into cutlets, pyramids, or cylinders. Fry in deep hot fat until brown.

Note: Shallow fat may be used for the frying.

CHICKEN TURNOVERS

2 cups chopped cooked chicken	$\frac{1}{4}$ teaspoon salt
3 tablespoons butter	$\frac{1}{4}$ teaspoon pepper
3 tablespoons flour	2 teaspoons minced onion
1 cup rich milk	Plain pastry (with 2 cups flour)

Prepare a sauce of the butter, flour and seasonings. Then mix with chicken. Cool. Meanwhile, roll out pastry $\frac{1}{8}$ inch thick. Cut circles or squares of dough, place rounding tablespoon of chicken mixture over one half. Bring other half over the filling, press dough, then seal the edges. If preferred, two pieces of dough may be handled as for filled cookies. Place on cookie sheet and bake in hot oven 450 degrees F., until brown, about 20 to 30 minutes.

CHICKENBURGERS

2 cups ground chicken	1 teaspoon salt
1 tablespoon chopped parsley	$\frac{1}{2}$ teaspoon pepper
1 cup toasted bread crumbs	$\frac{1}{2}$ tablespoon finely chopped onion
1 or 2 eggs	$\frac{1}{2}$ cup milk

Make out in flat cakes and cook as hamburger meat. Serve on toast-bun with mayonnaise, pickles, lettuce, cranberry jelly or any relish desired.

SLICED CHICKEN ON EGG CORN BREAD

Cut hot egg cornbread in squares, slice and place hot sliced, cooked chicken between the slices. Top with this sauce.

SAUCE

$\frac{1}{2}$ cup butter or margarine	Black pepper, as desired
4 tablespoons flour	$1\frac{1}{2}$ cups chicken stock
$\frac{1}{2}$ cup heated milk or cream, if desired	Juice from two onions or fine chopped onion

Melt butter. Add flour and stir until smooth. Then add remaining ingredients and let cook until thick, stirring constantly.

Cooperative Extension Work in Agriculture and Home Economics, Agricultural and Mechanical College of Texas and United States Department of Agriculture Cooperating.
Distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.