The subject of poultry is divided into two chapters, just as the subject of meats is. Unlike the first meat chapter, however, this first poultry chapter is quite short. One of the reasons for this is that there is not such a great variety of different cuts of poultry to learn as there is for meats. Furthermore, much of this chapter is taken up with trussing and cutting techniques, which need hands-on practice rather than written study questions.

After studying Chapter 12, you should be able to:

1. Explain the differences between light meat and dark meat, and describe how these differences affect cooking.
2. Describe four techniques that help keep chicken or turkey breast moist while roasting.
3. Define the following terms used to classify poultry: kind, class, and style.
4. Identify popular types of farm-raised game birds and the cooking methods appropriate to their preparation.
5. Store poultry items.
6. Determine doneness in cooked poultry, both large roasted birds and smaller birds.
7. Truss poultry for cooking.
8. Cut chicken into parts.

A. Terms

Fill in each blank with the term that is defined or described.

1. A government procedure that checks the wholesomeness of poultry, to make sure that it is fit to eat.

2. A government procedure that checks the quality of poultry.
3. The market term indicating the amount of cleaning and processing a poultry item has had.

4. The market term indicating the species (such as chicken, turkey, or duck) of a poultry item.

5. The market term that indicates the relative age and sometimes the sex of a poultry item.

6. A castrated male chicken.

7. A mature female chicken.

8. A mature male chicken.


10. A type of domestic poultry related to the pheasant.

11. The process of tying the legs and wings of a poultry item against the body to make a compact shape for cooking.

12. A common name for the nugget of tender meat in the hollow of the hip bone.

13. A special breed of young chicken, often marketed at about 1 lb in weight.

14. The boneless breast of a moulard duck.

B. Short-Answer Questions

1. A mature chicken of about 10 months of age is almost always cooked by what kind of cooking method? __________

2. Which of the major parts of a chicken has the most connective tissue? ________________

3. The highest U.S.D.A. grade of chicken is ________________.

4. What is the best way to thaw a frozen capon that is vacuum packed in plastic? ________________

5. What is the weight range for young turkey? ________________

6. What class of duck is best for roasting, and what does one of these ducks weigh? ________________
7. At what temperature should frozen turkey be stored? 

8. A large roasted bird is done when a meat thermometer inserted into
registers the temperature of __________________________ .

9. Which disease-causing bacteria is most often associated with poultry? __________________________ What precaution
should be taken to avoid spreading this disease? __________________________

10. What is the best way to hold fresh chickens in storage?

11. A chicken or other poultry item that is raised without various chemical growth enhancers or without certain
antibiotics may be labeled __________________________ .

12. A chicken that is allowed to move around freely and eat outdoors in a more "natural" environment is called a
________________________ chicken.

13. Two examples of ratites that appear on some menus are __________________________ and __________________________ .

14. The game bird discussed in Chapter 12 that is closest to chicken in size and flavor is __________________________ .

15. If you were serving breast of wild duck on your menu, you would recommend to customers that it should be
cooked to the __________ stage of doneness because __________________________

16. The protein in the muscles of poultry that makes "dark meat" dark is called __________________________ .

The purpose of this protein is to __________________________ ; therefore it is found in __________________________ (more active or less active) muscles.