In this chapter, our examination shifts from product information to cooking techniques. The basic cooking methods, first discussed in Chapter 4, are applied to a range of poultry items. After studying Chapter 13, you should be able to:

1. Cook poultry by roasting and baking.
2. Cook poultry by broiling and grilling.
3. Cook poultry by sautéing, pan-frying, and deep-frying.
4. Cook poultry by simmering and poaching.
5. Cook poultry by braising.
6. Identify the safety, quality, and practicality concerns associated with preparing dressings and stuffings.
7. List basic ingredients for dressings and stuffings.
8. Prepare dressings and stuffings.

A. Terms

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

1. A chicken stew that is served with a pastry cover.
2. A white chicken stew cooked by the braising method, but without browning the chicken, and served in a white sauce.
3. A chicken stew prepared by the simmering method and served in a white sauce.
4. A chicken stew as described in number 3, garnished with asparagus tips.
5. A mature female chicken, which must be cooked by a moist-heat method to be made tender.
6. Chicken braised in red wine, garnished with small onions, mushrooms, and bacon.

7. Poultry that has been marinated, cooked in its own fat, then packed and stored in its own fat.

8. Grilled or sautéed poultry, meat, or seafood glazed with a soy sauce mixture.

9. Chicken served with a brown sauce flavored with white wine, shallots, mushrooms, and tomatoes.

10. The side of a piece of food that is to be face up on a plate when served.

11. A boneless chicken breast that has been pounded flat and then grilled.

12. A dish made of boneless chicken breast meat that has been chopped, mixed with heavy cream, molded into cutlet shapes, and pan-fried.

13. Classic French name for braised chicken with apples and cider.


15. Classic Spanish dish of chicken braised with rice.

16. Any of a variety of complex Mexican sauces that are cooked with chiles and other spices and that are usually thickened with corn or ground seeds or nuts.

B. Short-Answer Questions

1. What size chicken is best for deep-frying?

2. When you are sautéing a boneless breast of chicken, which side of the chicken breast should be browned first, for best appearance?

3. At what oven temperature should a 5-lb (2.3-kg) chicken be roasted?

4. A basic bread dressing or stuffing is made of , , , and , plus herbs, seasonings, and sometimes eggs.

5. If a chicken is stuffed before roasting, it is necessary to the roasting time.

6. Baked, refrigerated poultry dressing that is to be heated for service must be reheated to an internal temperature of . The reason for this is .
7. __________ is a cooking method similar to simmering but requiring less liquid and a lower temperature.

8. To “flash-roast” a cornish game hen means to _____________.

9. A good temperature range for roasting large birds such as turkeys is _________________.

10. In a classic chicken fricassée, the sauce is enriched by adding a __________, and it is seasoned with salt, white pepper, a little nutmeg, and lemon juice.

11. If grilled chicken becomes well browned on the outside before it is completely cooked on the inside, it may be finished by removing it from the grill and _________________.

12. The deep-fryer should be set at a temperature of __________ for deep-frying chicken.

13. Very small poultry items are generally roasted at a __________ temperature.

14. To “smoke-roast” a chicken breast means to _________________.

15. Sautéed dishes made from game birds are most often made with the __________ section of the bird only. They are usually cooked to the __________ stage of doneness.
C. Recipe Conversion

The following ingredients and quantities are for a Chicken à la King recipe that yields 25 portions at 8 oz each. Convert the recipe to the yields indicated.

<table>
<thead>
<tr>
<th></th>
<th>25 portions, 8 oz each</th>
<th>10 portions, 8 oz each</th>
<th>15 portions, 10 oz each</th>
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</thead>
<tbody>
<tr>
<td>Butter, clarified</td>
<td>10 oz</td>
<td></td>
<td></td>
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<tr>
<td>Onion</td>
<td>3 oz</td>
<td></td>
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</tr>
<tr>
<td>Green pepper</td>
<td>10 oz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flour</td>
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<tr>
<td>Chicken stock</td>
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</tr>
<tr>
<td>Milk</td>
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</tr>
<tr>
<td>Mushrooms</td>
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<tr>
<td>Butter</td>
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<tr>
<td>Light cream</td>
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<tr>
<td>Pimientos, drained</td>
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</tr>
<tr>
<td>Cooked chicken meat</td>
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<tr>
<td>Sherry wine</td>
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<tr>
<td>Salt</td>
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<td></td>
</tr>
<tr>
<td>Pepper</td>
<td>to taste</td>
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