19

COOKING POULTRY AND GAME BIRDS

The muscle tissue of domestic poultry and game birds, as we have said, has basically the same structure as the muscle tissue of meat animals. In particular, the breast meat of chicken and turkey is so similar to veal that they are interchangeable in many recipes.

Imaginative cooks realize that even when two meats are quite different—chicken and beef, for example—interesting new dishes can be made with substitutions that might seem unusual. For example, it is possible to make a delicious chili from chicken or turkey meat, a preparation that has the added advantage of having a lower food cost than beef chili.

Be sure to review the basic cooking procedures in Chapter 15 before proceeding with any of the recipes in this chapter. Also, please review the discussion of light and dark meat (pp. 534–535) in the previous chapter, as well as the methods for testing doneness (p. 540).

AFTER READING THIS CHAPTER, 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, submersion poaching, and steaming.
5. Cook poultry by braising.
6. Prepare dressings and stuffings.

ROASTING AND BAKING

The general procedures for roasting and baking are explained in detail in Chapter 15. Review pages 421 and 476 for a discussion of low-temperature roasting. However, there are some differences in the ways poultry items are handled. The guidelines below should be observed.

Remember that poultry items are almost always cooked well done (except for squab and game birds).

Please note that the core recipe for roast chicken is found in Chapter 15 following the basic roasting procedure.

SEASONING AND BASTING

1. Seasonings and, if desired, a little mirepoix or a bouquet garni should be placed inside the cavity. When roasting whole birds, you need to season the skin only if it is to be served and eaten, as the seasonings will not penetrate the skin.
2. Oil the skin before roasting to help in browning and to protect against drying. The skin may be basted with fat during roasting.

   Basting is beneficial for large turkeys, which must be subjected to dry heat for several hours. If you baste large poultry during roasting, do it every 20–30 minutes. More frequent basting results in the loss of a great deal of heat from the oven because the door is opened so often.
3. Basting is unnecessary for duck and goose, which have a great deal of fat under the skin. These birds are usually roasted breast up for that reason.

TEMPERATURE

Selection of roasting temperature depends on the product being roasted.

1. ***Low-temperature roasting*** is best for large items such as turkeys and capons. It results in a tender, juicy product. Review pages 421 and 476 for a discussion of low-temperature roasting.

   Large turkeys may be roasted at 250°–325°F (120°–165°C). For most operations, however, cooking times at the lower end of this range are too long. In addition, if a turkey is stuffed (pp. 591–592), it is not advisable to roast it at a very low temperature because the interior temperature will take too long to rise, providing a good breeding ground for bacteria.

   Some recipes call for starting large turkeys at a high temperature for 15–30 minutes in order to brown them. This is usually not necessary because they will likely brown anyway during the long cooking time.

   Smaller items, such as roasting chickens, are usually roasted at 325°–375°F (165°–190°C). Small items roasted at low temperatures may not brown well by the time they are done. In such cases, the heat can be turned up for a few minutes when they are almost done in order to brown them.
2. The ***searing*** method may be used for chickens under 5 pounds (2 kg) and for baked chicken parts. Start roasting in the oven at 450°F (230°C) for 15 minutes, then reduce the oven temperature to 250°–325°F (120°–160°C). These small items cook so quickly that continuous roasting at a low temperature produces very little browning.

   Ducks and geese also may be started at a high temperature in order to melt off some of the heavy fat layer under the skin and to make the skin brown and crisp.
3. ***High-temperature roasting*** is used for small items such as squab and game birds, which are often served rare. Cornish hens and other small poultry under 3 pounds (1.35 kg) may also be flash-roasted. Great care is necessary when roasting at high temperature, however, because the poultry will quickly become overcooked if left in the oven only a few minutes too long. For example, a 2½-pound (1.2-kg) chicken or guinea hen roasted at 450°F (230°C) may be perfectly cooked and nicely browned after 45 minutes but overcooked and dry if left another 10 minutes.

   Ducks may also be roasted at a continuously high temperature (400°–425°F/200°–220°C) because their fat content protects them from drying. Great care should be used to prevent overcooking, however, because this can happen very quickly at these temperatures. (Goose should not be roasted at a continuously high temperature because of its larger size and the length of time it takes to cook.)

BAKED POULTRY

Roasting and baking are the same process. Cutting up the chicken doesn't change the cooking method. Baked chicken or turkey parts are treated like roasted poultry.

Chicken parts are sometimes coated with seasoned crumbs or flour and rolled in fat before baking. Such products are sometimes misleadingly called oven-fried because of their resemblance to breaded fried chicken.

POÊLÉS

A ***poêlé*** (pwah lay) is a classical preparation for white meats and poultry in which the item is cooked with a matignon (see sidebar, p. 558) in a covered container and basted with butter before and during cooking. Because the container is covered, the procedure is not a dry-heat method and, therefore, is not a genuine roasting procedure. Nevertheless, poêléing is usually translated as "butter-roasting" and is traditionally discussed along with other roasting procedures. (Escoffier also refers to a poêlé as a roast.) In this book, we follow this tradition and include the method here rather than with moist-heat procedures.

The recipe on page 558 illustrates the classical procedure for a poêlé, following Escoffier's method. Several alternatives to this procedure are indicated in the recipe notes and the sidebar on page 558.

SMOKE-ROASTING

Rangetop smoke-roasting, also called pan-smoking, is a procedure done in a closed container, using wood chips to make smoke. You can use this procedure not only for small, tender, quick-cooking poultry and meat items, but also for fish fillets and some vegetables. A recipe for pan-smoked chicken breast is on page 555.

THE POÊLE

The term *poêlé* is derived from the word for a type of cooking utensil, the *poêle* (pwahl). At one time, this term was used for the kind of covered casserole used to cook meats and poultry by the method described in the text. In French kitchens today, however, the poêle is a type of sauté pan or frying pan. Consequently, in modern French, the verb poêler usually means "to sauté or pan-fry."

In this text, as in most English-speaking kitchens, we use the word *poêlé* to refer to the classical procedure described in the text. To avoid confusion, however, it is helpful to be aware of how the word is used in modern French. In fact, many familiar cooking terms have slightly different meanings in French. For example, *casserole*, a term used in the preceding paragraph, refers in French to what we would call a saucepan.

BASIC PROCEDURE Rangetop Smoke-Roasting

1. Collect all equipment and food supplies.
2. Place a layer of fine hardwood chips or shavings on the bottom of a hotel pan (Fig. 19.1). Disposable pans may be used for light smoking.
3. Place a rack in the pan over the chips and lay the seasoned food items on the rack. Cover tightly with a second hotel pan or with aluminum foil.
4. Place on the cooktop (making sure the ventilating hood is on!) over moderate heat. Smoke will begin rising from the wood chips.
5. After about 5 minutes, remove the food items from the smoke-roaster and, if necessary, complete the cooking in the oven. Leaving the food in the smoke too long results in a strong, bitter taste.

FIGURE 19.1 Rangetop smoke-roasting



(a) Place hardwood chips or sawdust in a disposable hotel pan. Place over moderately high heat and heat until the wood begins to smoke.



(b) Place the items to be cooked on a rack and set the rack over the chips so the food is not touching the chips. Cover tightly with another pan and cook for the desired time.

Roast Turkey with Giblet Gravy

YIELD: ABOUT 7 LB (3.5 KG) SLICEABLE MEAT	PORTIONS: 22	PORTION SIZE: 5 OZ (150 G)
	28	4 OZ (125 G)
	36	3 OZ (100 G)

U.S.	METRIC	INGREDIENTS
1	1	Turkey, dressed, 20 lb (10 kg)
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Oil
		Mirepoix:
8 oz	250 g	Onions, chopped medium
4 oz	125 g	Carrots, chopped medium
4 oz	125 g	Celery, chopped medium
3 qt	3 L	Chicken stock, hot
6 oz	175 g	Bread flour
to taste	to taste	Salt
to taste	to taste	Pepper

Per 5 ounces (141.75 g): Calories, 460; Protein, 68 g; Fat, 16 g (33% cal.); Cholesterol, 135 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 170 mg.

Note: Because of the difficulty of handling large turkeys, many chefs do not use a rack.

For more even cooking, separate leg and thigh sections from breast section. Roast dark and light meat on separate pans, if many turkeys are being prepared. Remove each part from oven when done.

PROCEDURE

1. Remove the giblets from the cavity of the turkey. Check inside the turkey to make sure it is well cleaned. Lock the wings in place by twisting the wing tips behind the back of the turkey.
2. Season the inside of the turkey with salt and pepper. Rub the skin thoroughly with oil.
3. Place the turkey breast side up in a roasting pan, on a rack if possible (see *Note*).
4. Place in an oven preheated to 325°F (165°C). (Lower temperatures are preferable if production schedule permits. See p. 548 for explanation.)
5. While roasting, baste turkey with drippings (fat only) every 30 minutes.
6. While turkey is roasting, place turkey heart, gizzard, and neck in a saucepan. (Reserve the liver for another use, or add it to bread dressing.) Cover the giblets with water and simmer until very tender, 2–3 hours. Reserve the broth and the giblets for gravy.
7. After about 3 hours of roasting, place the mirepoix in the pan.
8. Return the turkey to the oven and continue to roast. Baste occasionally by spooning the fat in the pan over the turkey.
9. Allowing for carryover cooking, the turkey is done when a thermometer inserted into the thickest part of the inside of the high reads 165°–175°F (74°–79°C). Total roasting time is about 5 hours. (p. 540 for a discussion of how to determine doneness.)
10. Remove the turkey from the roasting pan and let stand in a warm place at least 15 minutes before carving.
11. Drain off and save the fat from the roasting pan.
12. Set the roasting pan with the mirepoix and drippings on the range to reduce the moisture and brown the mirepoix. Brown lightly if a light gravy is desired. Brown heavily if a dark gravy is desired.
13. Deglaze the pan with about 1 qt (1 L) of the chicken stock. Pour into a saucepan with the rest of the stock and the giblet broth (from step 6). Bring to a simmer. Degrease well.
14. Make a blond roux with the flour and 6 oz (175 g) of the fat from the roasting pan. Beat the roux into the gravy to thicken it.
15. Simmer at least 15 minutes, or until the gravy is smooth and no raw flour taste remains. Strain and season.
16. Chop or dice the giblets very fine and add to the gravy.
17. Slice the turkey and serve desired portion with 2 fl oz (60 mL) gravy. See Figure 19.2 for slicing techniques. For quantity service, see procedures demonstrated in Figure 19.3.

VARIATIONS

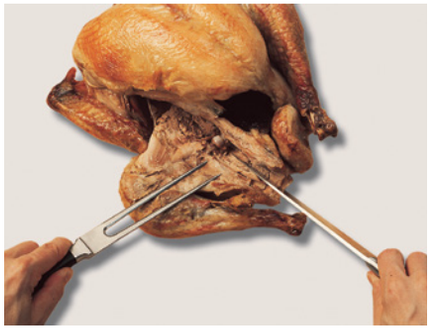
Roast Capons and Large Chickens

Prepare like roast turkey. Reduce roasting time, depending on size of bird. A 6-lb (2.7-kg) bird requires about 3 hours at 325°F (165°C).

Roast Turkey, Chicken, or Capon with Cream Gravy

Prepare as in basic recipe, but use half stock and half milk for the gravy instead of all stock. When gravy is finished, add 8 oz (250 mL) heavy cream.

FIGURE 19.2 Carving roast turkey



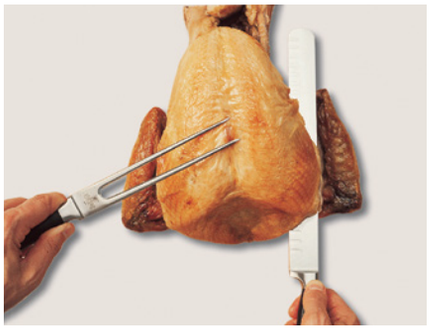
(a) Place the turkey on a clean, sanitary cutting board. Cut through the skin between the leg and the body. Pull the leg outward with a fork. The leg should pull off easily, but use the knife as necessary to separate the thigh from the hip.



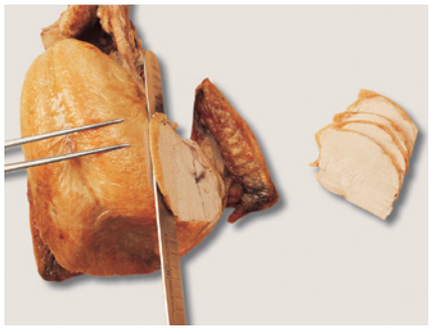
(b) Cut the drumstick and thigh apart at the joint. Repeat with the other leg.



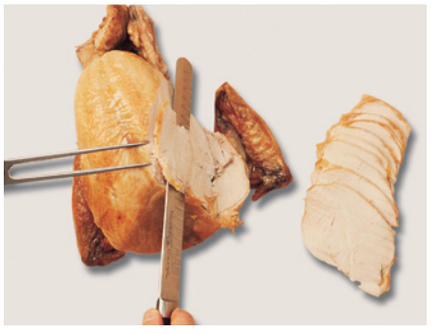
(c) Cut the meat from the drumstick and thigh in thin slices.



(d) Make a horizontal cut just above the wing, cutting all the way through to the bones of the body cavity. This cut helps the breast slices separate evenly.



(e) With long, smooth strokes, cut the breast into thin slices.



(f) When the slices become too large, change the angle of the knife slightly as shown. Continue until both sides of the breast are completely sliced.



(g) An alternative method is to cut off an entire half-breast in one piece. This piece can then be sliced as shown. Cut across the grain, holding the knife at an angle to get broader slices.

FIGURE 19.3 Quantity service of roast turkey and dressing



(a) Using a scoop, place measured portions of baked dressing in hotel pans, as shown, or on sheet pans.



(b) Place measured portions of dark meat slices on top of the mounds of dressing.



(c) Place light meat slices on last, using the best-looking slices for the tops. Cover the pans. Refrigerate if they are to be held for later service. To serve, ladle a small amount of stock over the portions to keep them moist, and reheat, covered, in a moderate oven. Ladle 2 fl oz (60 mL) gravy over the portions when served.

Baked Chicken

PORTIONS: 12 PORTION SIZE: ¼ CHICKEN

U.S.	METRIC	INGREDIENTS
4 oz	125 g	Flour
2½ tsp	12 mL	Salt
¼ tsp	1 mL	White pepper
1 tsp	5 mL	Paprika
¼ tsp	1 mL	Dried thyme
7½ lb	3.5 kg	Fryer chicken parts or quarters (see *Note*)
8 oz	250 g	Melted butter, oil, or a mixture of butter and oil

PROCEDURE

1. Combine the flour and seasonings in a pan.
2. Dry the chicken pieces with paper towels if they are wet. Dredge in the seasoned flour.
3. Dip the chicken in the fat so that all sides are coated. Let excess drip off.
4. Arrange the chicken pieces on a sheet pan or in baking pans, skin side up. If using both dark and light meat parts, place them on separate pans.
5. Bake the chicken at 350°F (175°C) until done, about 1 hour.

Per serving: Calories, 450; Protein, 38 g; Fat, 30 g (61% cal.); Cholesterol, 150 mg; Carbohydrates, 6 g; Fiber, 0 g; Sodium, 590 mg.

Note: If you are starting with whole chickens, cut them into quarters or eighths, as shown in Figure 18.5. Any chicken parts may be used for this recipe. For example, you might bake just the legs and use the breasts and wings for other preparations.

VARIATIONS

Baked Herbed Chicken

Add 1½ tsp (7 mL) dried tarragon, ½ tsp (2 mL) dried marjoram, 1 tbsp (15 mL) fresh chives, and 1 tbsp (15 mL) dried parsley to the flour mixture. Omit paprika.

Baked Rosemary Chicken

Prepare as in basic recipe. After placing chicken parts in baking pans, sprinkle with dried rosemary, about 2 tsp (20 mL) for 12 portions. Fifteen minutes before chicken is done, sprinkle with 3–4 tbsp (45–60 mL) lemon juice.

Baked Chicken Parmesan

Instead of flour for dredging, use 2 oz (50 g) grated parmesan cheese mixed with ¾ cup (75 g) fine dry bread crumbs. Season as in basic recipe.

Quail Baked with Prosciutto and Herbs

PORTIONS: 8 PORTION SIZE: 2 QUAIL

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Butter
4 tsp	20 mL	Sage, crumbled
1 tsp	5 mL	Dried rosemary, crumbled
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	Pepper
16	16	Quail, whole
16	16	Prosciutto slices, paperthin
2 fl oz	60 mL	Balsamic vinegar or red wine vinegar
4 fl oz	125 mL	Chicken stock

PROCEDURE

1. Melt the butter. Add the herbs and seasonings.
2. Brush the quail heavily with the herb butter. Wrap a slice of prosciutto around the breast of each quail.
3. Place the quail in a casserole just large enough to hold them. Cover and bake at 400°F (200°C) until done, about 30 minutes.
4. When they are done, remove the quail from the casserole and keep them warm. Without degreasing it, deglaze the pan with the vinegar and reduce au sec. Add the chicken stock and bring to a boil.
5. Place 1 tbsp (15 mL) sauce on each plate and place 2 quail on top. Garnish with your choice of vegetable accompaniment.

Per serving: Calories, 500; Protein, 47 g; Fat, 34 g (61% cal.); Cholesterol, 185 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 900 mg.

VARIATIONS

Chicken, squab, and guinea hens can be cooked using this recipe. Cut them into pieces, brush each piece with the herb butter, and wrap with a slice of prosciutto. If desired, the skin can be removed before the pieces are brushed with the herb butter.

Roast Squab with Mushrooms

PORTIONS: 4 PORTION SIZE: 1 SQUAB

U.S.	METRIC	INGREDIENTS	PROCEDURE
		Stuffing:	1. Chop the stuffing ingredients fine and sauté them together lightly in the butter. Cool and reserve.
2 oz	60 g	Bacon	
4	4	Squab livers	
2 oz	60 g	Carrots	
4 oz	120 g	Onion	
2	2	Garlic cloves	
1 tsp	5 mL	Dried rosemary	
1 oz	30 g	Butter	
4 oz	120 g	Mushrooms	2. Cut the mushrooms and shallots into small dice.
1 oz	30 g	Shallots	3. Sauté the mushrooms and shallots in butter until nearly dry. Reserve.
1 oz	30 g	Butter	
4	4	Squabs	4. Season the squabs inside and out with salt and pepper.
to taste	to taste	Salt	5. Stuff them with the stuffing mixture and truss them for roasting. *Caution*: If you are not stuffing the birds immediately before roasting, the stuffing must be chilled before being placed in the birds to avoid spoilage or bacterial growth.
to taste	to taste	Pepper	6. In a sauté pan, brown the squabs on all sides in clarified butter.
as needed	as needed	Clarified butter for browning the squabs	7. In a roasting pan or in the same sauté pan, put the squabs on their sides and brush with some fresh butter. Put into a very hot oven (500°F/260°C) and roast them 5 minutes on one side. Turn them to the other side and roast another 5 minutes. Finally, turn them breast up for another 5–6 minutes. Baste with butter during the roasting period.
			8. Remove them from the oven. They should be slightly rare. Cut off the legs, and if they are too rare, return them to the oven for another minute. Cut off each side of the breast in one piece, keeping the skin intact. Cover and keep warm.
1 pt	500 mL	White stock	9. Chop the carcass and put the carcass and stuffing into a pan with the stock. Boil 5 minutes, pressing down on the solids to help extract flavors.
1 oz	30 g	Butter	10. Strain through a fine sieve, pressing down on the solids to squeeze out as much liquid as possible. Degrease the liquid and reduce by one-half. Monter au beurre with the last quantity of butter and adjust the seasonings.
to taste	to taste	Salt	11. Reheat the mushroom mixture from step 3.
to taste	to taste	Pepper	12. For each portion, spoon a little of the mushrooms onto the center of the plate.
4 small bunches	4 small bunches	Microgreens or watercress	13. Arrange the breast pieces and legs of the squab on top of the mushrooms.
			14. Spoon the sauce around the squab.
			15. Garnish with a small bunch of microgreens or watercress.

Per serving: Calories, 1090; Protein, 49 g; Fat, 94 g (77% cal.); Cholesterol, 375 mg; Carbohydrates, 13 g; Fiber, 2 g; Sodium, 520 mg.

Roast Duckling à l'Orange

PORTIONS: 8 PORTION SIZE: ¼ DUCKLING

U.S.	METRIC	INGREDIENTS
2	2	Ducklings, about 5 lb (2.3 kg) each
to taste	to taste	Salt
to taste	to taste	Pepper
1½ pt	720 mL	Demi-glace
3	3	Oranges
1½ fl oz	45 mL	Lemon juice
3 oz	90 g	Sugar
2 fl oz	60 mL	Wine vinegar, red or white
2 fl oz	60 mL	Orange liqueur, such as Curaçao (optional)
4 fl oz	120 mL	Chicken stock or white wine
		Garnish:
as desired	as desired	peeled orange sections (optional)

PROCEDURE

1. Make sure the ducklings are well cleaned. Use the neck, gizzard, and heart in preparing the sauce (step 5); save the liver for another use.
2. Season the cavities with salt and pepper.
3. Place the ducks breast up on a rack in a roasting pan. (*Caution*: Do not use baking sheets or shallow pans. The pans must be deep enough to hold the large quantity of fat from the ducks.)
4. Place the pan in an oven heated to 450°F (230°C). After 15 minutes, reduce heat to 375°F (190°C) and continue roasting until the ducks are done, about 1½ hours in all. (See discussion of roasting temperatures on p. 548.)
5. While the duck is roasting, prepare the sauce. Add the duck neck and giblets (except liver) to the demi-glace and simmer slowly about 1 hour, or until reduced to 1 pt (500 mL). Strain. Keep the sauce hot.
6. Peel the zest from the oranges in long strips. Cut them into julienne (or use a zester). Blanch the zests in boiling water 5 minutes. Drain and cool in ice water. Drain again and reserve the zest.
7. Squeeze enough juice from the oranges to measure 4 fl oz (120 mL). Add to the lemon juice and set aside.
8. Make a gastrique (p. 191): Heat the sugar in a small saucepan over low heat until it melts. As soon as it turns a golden caramel color, remove from the heat, cool briefly, and add the vinegar and fruit juices. Simmer until the caramel is dissolved and the liquid is reduced by half.
9. Add the demi-glace and bring to a simmer.
10. If the sauce is too thin, adjust the consistency by adding a little more demi-glace and reducing. The sauce should be just thick enough to coat lightly. It should not be heavy.
11. If desired, add the liqueur and simmer a few minutes.
12. When the ducklings are done, remove them from the pan. (Check to be sure they are done by pouring the juices in the cavity into a pan. There should be no trace of pink in the juices.)
13. Drain off all the fat from the roasting pan.
14. Deglaze the pan with the stock or wine, stirring to dissolve all the brown drippings.
15. Reduce the liquid by half. Degrease and strain into the sauce.
16. Cut the ducklings into 8 pieces each.
17. To serve, place 1 breast piece and 1 leg piece on each plate, garnish the top with some of the blanched orange peels, and ladle on 2 fl oz (60 mL) sauce. Garnish the plate with orange sections, if desired.

Per serving: Calories, 900; Protein, 46 g; Fat, 71 g (71% cal.); Cholesterol, 215 mg; Carbohydrates, 20 g; Fiber, 1 g; Sodium, 200 mg.

VARIATIONS

Ducklings may be roasted following steps 1–4 of the basic recipe and served without a sauce, with a pre-prepared Bigarade Sauce (p. 193), or simply with applesauce (p. 219). Special seasonings create different products, such as the following recipe:

Roast Duckling, Bohemian Style

Season the cavity of each duckling with salt, pepper, and about ½ tsp (2 mL) caraway seeds. Place on rack in roasting pan and season the breast with salt, pepper, and another ½ tsp (2 mL) caraway. Roast as in the basic recipe. Serve without sauce, but with Sauerkraut (p. 334) or Braised Red Cabbage (p. 333) and Potato Dumplings (p. 416) or Spaetzle (p. 415).

Roast Goose

Roast goose at a continuous low temperature of 350°F (175°C). Because goose is much larger than duckling, the roasting time is long enough for the skin to crisp and brown at a low roasting temperature. Plan 20–25 minutes per pound for roasting time, but determine doneness by minimum internal cooking temperature of 165°F (74°C).

Pan-Smoked Spiced Chicken Breasts with Fruit Salsa

PORTIONS: 12 PORTION SIZE: 1 CHICKEN BREAST, 3 OZ (90 G) VEGETABLE GARNISH, 2 OZ (60 G) SALSA

U.S.	METRIC	INGREDIENTS
2 tbsp	30 mL	Paprika
1½ tsp	7 mL	Ground cumin
¾ tsp	4 mL	Dried thyme
1½ tsp	7 mL	Ground coriander
1½ tsp	7 mL	Salt
¾ tsp	4 mL	Pepper
12	12	Chicken breasts, boneless and skinless, about 5 oz (150 g) each
as needed	as needed	Vegetable oil
2 lb 4 oz	1.1 kg	Wheatberries with Pecans and Poblanos (p. 398)
24 oz	725 g	Fruit Salsa (p. 221)
as needed	as needed	Cilantro sprigs for garnish (optional)

PROCEDURE

1. Combine the paprika, cumin, thyme, coriander, salt, and pepper.
2. Coat the chicken breasts with the spice mixture.
3. Brush lightly with oil. Allow to marinate, refrigerated, 3–4 hours.
4. Set up a smoke-roasting system as shown in Figure 19.1. Heat the pan of wood chips or sawdust on top of the stove until smoke appears. Lay the chicken breasts on the rack, cover, and turn the heat to medium-low. Smoke-roast 10 minutes.
5. Transfer the pan to an oven preheated to 400°F (200°C) and roast another 10 minutes.
6. For each portion, place a 3-oz (90-g) portion of wheatberries on the center of a plate. Slice a chicken breast on the diagonal and arrange the slices, overlapping, on top of the wheatberries. Spoon 2 oz (60 g) salsa next to the chicken and wheatberries. Garnish with cilantro.

Per serving: Calories, 200; Protein, 29 g; Fat, 6 g (27% cal.); Cholesterol, 80 mg; Carbohydrates, 7 g; Fiber, 1 g; Sodium, 360 mg.



Pan-Smoked Spiced Chicken Breasts with Fruit Salsa

Stuffed Chicken Legs with Pecan Butter

PORTIONS: 6 PORTION SIZE: 1 CHICKEN LEG

U.S.	METRIC	INGREDIENTS
1 oz	30 g	Shallots, chopped fine
1 small clove	1 small clove	Garlic, chopped fine
¼ oz	7 g	Butter
2 oz	60 g	Pecans, chopped fine
2 oz	60 g	Butter, soft
1 tbsp	15 mL	Parsley, chopped
½ oz	15 g	Dry bread crumbs, preferably panko (see *Note*)
to taste	to taste	Salt
to taste	to taste	Pepper
6	6	Large chicken legs (drumstick and thigh in one piece)
to taste	to taste	Salt
to taste	to taste	Pepper
8 fl oz	240 mL	Chicken stock
8 fl oz	240 mL	Demi-glace
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Sweat the shallots and garlic in the butter. Do not let them brown. Cool thoroughly.
2. Combine the cooled shallot mixture, pecans, soft butter, bread crumbs, salt, and pepper in a bowl. Mix together.
3. Partially bone the chicken legs as shown in Figure 19.4, removing the thigh bone but leaving in the drumstick bone.
4. Stuff the legs with the pecan mixture as shown in the illustration.
5. Arrange the legs, skin side up, in a pan (such as a baking pan or sauté pan) just large enough to hold them. It is not necessary to tie them if baked this way; they should retain their shape and hold the stuffing.
6. Bake at 400°F (200°C) until their internal temperature reaches 165°F (74°C).
7. If the chicken needs more color, brown under a salamander or broiler.
8. Remove the chicken from the pan and keep warm while you prepare the pan juices.
9. Degrease the pan in which the chicken was cooked. Deglaze with the stock. Reduce by half.
10. Add the demi-glace. Reduce by one-third. Strain and season to taste.
11. Plate the chicken legs. If desired, cut them in half and arrange to display the stuffing.
12. Moisten each portion with about 1 fl oz (30 mL) of the pan juices.

Per serving: Calories, 570; Protein, 47 g; Fat, 40 g (64% cal.); Cholesterol, 185 mg; Carbohydrates, 4 g; Fiber, 1 g; Sodium, 230 mg.

Note: Coarse, panko-style bread crumbs should be used to create a light texture for the stuffing. Each chicken leg will hold about 1 oz (30 g) stuffing made with panko. If finer crumbs are used, the amount of stuffing may need to be increased, as the stuffing will be denser.



Stuffed Chicken Legs with Pecan Butter

VARIATIONS

Chicken breasts can be used instead of legs. Flatten the breasts with a meat mallet, stuff, and roll up starting from a long side.

Many mixtures can be used for stuffing in place of the pecan butter. The following are a few suggestions:

Mushroom duxelles

Mixture of dried fruits, such as prunes and apricots, soaked and simmered until soft, mixed with browned almond slices and sautéed minced shallot.

Lightly steamed mixed vegetables julienne or brunoise, seasoned with fresh herbs and mixed with grated parmesan cheese.

FIGURE 19.4 Boning and stuffing a chicken leg



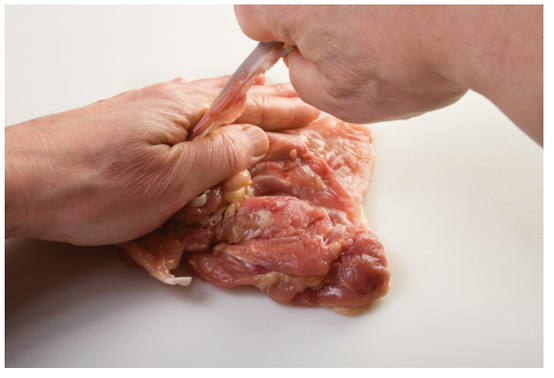
(a) Make a shallow cut along the thigh bone.



(b) Continue to cut along the bone to free it from the meat.



(c) The thigh bone is completely freed from the meat.



(d) Grasp the end of the thigh bone with one hand and wrap the fingers of the other hand around the bone near the joint. Pulling on the bone as shown separates some of the drumstick meat from the bone, making more room for stuffing.



(e) Cut the thigh bone from the drumstick bone at the joint. The bones are shown here as separated.



(f) Force some of the stuffing into the space in the drumstick created in step (d).



(g) Wrap the thigh meat around the stuffing.



(h) Legs stuffed in this manner, if carefully handled, can be baked without tying and will retain their shape. Note that the end of the drumstick bone has also been cut off for a neater, more compact appearance.

Chicken Poêlé

PORTIONS: 4 PORTION SIZE: ¼ CHICKEN, 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
1	1	Whole chicken, about 4 lb (2 kg)
to taste	to taste	Salt
to taste	to taste	Pepper
3 large sprigs	3 large sprigs	Parsley
1 sprig	1 sprig	Fresh thyme
2 sprigs	2 sprigs	Fresh tarragon
		Raw matignon:
4 oz	120 g	Onion, brunoise
2 oz	60 g	Carrot, brunoise
2 oz	60 g	Celery, brunoise
1 oz	30 g	Lean ham, cut paysanne
2 oz, or more as needed	60 g, or more as needed	Butter, melted
1 fl oz	30 mL	Madeira
1 pt	500 mL	Brown stock
to taste	to taste	Salt
to taste	to taste	Pepper

Per serving: Calories, 750; Protein, 71 g; Fat, 46 g (56% cal.); Cholesterol, 250 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 540 mg.

Note: The liquid should not be degreased earlier than this step. The fat absorbs some of the flavors of the matignon and chicken during cooking, and some of these flavors are transferred back to the stock when it is reduced, resulting in a more flavorful sauce.

Escoffier directs that the sauce be strained before being degreased, so this recipe follows the classical procedure. Many chefs prefer to leave the vegetables in the sauce. If they were cut carefully, this is an attractive and flavorful variation. If desired, the sauce may be thickened lightly with a slurry of arrowroot or cornstarch.

PROCEDURE

1. Season the cavity of the chicken with salt and pepper. Stuff the herbs into the cavity.
2. Truss the chicken. Season the skin with additional salt and pepper.
3. Place the matignon in the bottom of a brazier or casserole just large enough to hold the chicken.
4. Place the chicken, breast up, on the matignon and baste generously with butter.
5. Cover the brazier or casserole and place in an oven preheated to 350°F (175°C). Let cook 1 hour. Two or three times during this period, uncover and brush the chicken with the butter and fat at the bottom of the pan.
6. After 1 hour of cooking, uncover the pan so the chicken will brown slightly. Continue to cook until the chicken is done, about 30 minutes more.
7. Remove the chicken to a platter or another pan, cover, and keep warm while preparing the sauce.
8. Add the Madeira to the matignon and juices in the pan and simmer until the liquid is reduced slightly.
9. Add the brown stock. Bring to a boil and reduce by half.
10. Strain the liquid through a china cap lined with several layers of cheesecloth (see *Note*).
11. Degrease the liquid (see *Note*). Season to taste with salt and pepper.
12. Carve the chicken. Plate as desired. Serve the juices in a sauceboat on the side.

MATIGNON

A classical matignon is a mixture of aromatic ingredients used to add flavor to a meat or other product. It is similar to a mirepoix, but with several important differences. First, a pork product, usually ham, is added to the vegetables. Second, in most cases the mixture is sweat in butter and deglazed with Madeira or another wine.

Although a matignon is usually cooked in butter before use, Escoffier specifically directs that a raw matignon be used for the poêlé procedure, so we follow those instructions in the basic recipe included here. The matignon cooks fully during the poêléing process and contributes its flavor to the poultry and juices. Nevertheless, when preparing this dish, some chefs prefer to sweat the matignon in butter before adding it to the pan.



Chicken Poêlé

BROILING AND GRILLING

Tender, young poultry items may be cooked on the grill or broiler using the basic procedure explained on pages 430–431.

Use lower temperatures than for meats. The outside can be burned easily before the inside is cooked through. Poultry skin, in particular, browns and then burns very easily. For quantity production, broiled chicken is sometimes finished in the oven on sheet pans, preferably on racks.

Start poultry pieces skin side down. This helps keep flavorful juices from dripping out. Brush generously with melted butter or other fat before and during broiling.

Because the skin of broiled chicken is often eaten, it may be seasoned before cooking.

Large or thick poultry items are not well suited to broiling and grilling because it takes so long for the heat to penetrate to the center and cook them through. For example, turkey thighs could be broiled if you kept the heat low enough, but, in practice, this is rarely done. On the other hand, if you boned them out and flattened them lightly with a cutlet mallet, you would make them more suitable for broiling and grilling.

Grilled meat and poultry items are fairly simple, straightforward dishes, without the variety of ingredients and components you find in, for example, stews. However, there are several ways you can give variety to grilled poultry, including the following:

1. **Marinate the poultry or rub it with seasonings before cooking.**
   Keep in mind that marinade ingredients such as sugar and tomato burn easily, so use these with care. Also, herbs on the surface of the poultry burn easily. Charred rosemary can give a pleasant aroma to the food, but herbs such as parsley, if used in large quantity and allowed to burn, may taste like burned leaves.
2. **Baste with seasoned butter, marinade, or other flavorings during broiling.**
   Again, be careful with ingredients that burn easily. Use them only toward the end of cooking.
3. **Serve with an appropriate sauce or seasoned butter.**
   Flavored butters can be placed on top of grilled poultry, but sauces should be underneath or on the side so they don't detract from the crisp, browned skin.
4. **Select vegetable garnishes for variety and interest.**
   Well-chosen and carefully plated garnishes should be thought of as part of the whole presentation, not just something served on the side.



KEY POINTS TO REVIEW

- What techniques are used for seasoning and basting roast poultry?
- What are the factors to consider when determining the temperature at which to roast poultry?
- What are the steps in the procedure for range-top smoke roasting?
- What poultry items are best suited to broiling and grilling?
- What are four ways to give flavor variety to broiled and grilled poultry?

Broiled Chicken

PORTIONS: 10 PORTION SIZE: ½ CHICKEN

U.S.	METRIC	INGREDIENTS
5	5	Broiler chickens, about 2 lb (900 g) each
4 fl oz	125 mL	Melted butter or oil
to taste	to taste	Salt
to taste	to taste	Pepper

PROCEDURE

1. Split the chickens in half and prepare for broiling, as shown in Figure 18.4 (if chickens are large, cut into quarters).
2. Brush the chickens on both sides with melted butter. Season with salt and pepper.
3. Place the chickens skin side down on broiler rack (or on grill). Broil at moderately low heat until the chicken is half cooked and well browned on one side.
4. Turn the chickens over. (Use tongs or fork, but do not pierce the flesh with the fork.) Continue to broil until the chicken is done (no pink near thigh bone) and well browned on second side. (See first variation below for oven method.)
5. Remove from broiler. To serve, place half a chicken on dinner plate, skin side up.

Per serving: Calories, 600; Protein, 59 g; Fat, 39 g (60% cal.); Cholesterol, 215 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 270 mg.

VARIATIONS

Broiled Chicken, Quantity Method

For large quantities, or for bigger chickens (quartered instead of halved), use slightly higher heat (set the broiler rack higher), and broil until browned on both sides, as in basic recipe. Remove from broiler and place in baking pans or on sheet pans. Finish cooking in the oven at 325°–350°F (165°–175°C).

Broiled Rock Cornish Game Hen

Remove backbones from hens and prepare for broiling (Fig. 18.4). Broil as in the basic recipe for any of the variations. Serve 1 hen per portion.

Broiled Tarragon Chicken

Before brushing with melted butter, rub each chicken half with ¼ tsp (1 mL) dried tarragon and 1–2 tsp (5–10 mL) chopped fresh parsley. Broil as in basic recipe.

Broiled Deviled Chicken (Poulet à la Diable)

When the chicken is almost completely cooked, brush the tops (skin side) lightly with about 1 tbsp (15 mL) mustard per portion and sprinkle with 1 oz (30 g) bread crumbs per portion. Return to the broiler to brown the crumbs. Serve with 2 fl oz (60 mL) Sauce Diable (p. 193) per portion.



Broiled Chicken; Creamy Wheatberries with Celery Root; purée of root vegetables

Chicken Paillard with Grilled Vegetables

PORTIONS: 12 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 6 OZ (175 G)

U.S.	METRIC	INGREDIENTS
12	12	Boneless, skinless chicken breasts, about 6 oz (175 g) each
3	3	Garlic cloves, chopped
1 tbsp	15 mL	Fresh rosemary, chopped
1½ tsp	7 mL	Salt
½ tsp	2 mL	Pepper
3 fl oz	90 mL	Lemon juice
3 fl oz	90 mL	Olive oil
as desired	as desired	Grilled Vegetable Medley (p. 344)
12	12	Fresh rosemary sprigs

Per serving: Calories, 250; Protein, 34 g; Fat, 11 g (41% cal.); Cholesterol, 95 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 370 mg.

PROCEDURE

1. Place each chicken breast between sheets of plastic film. With a meat mallet, carefully pound to a uniform thickness of about ¼ in. (6 mm).
2. Combine the garlic, rosemary, salt, and pepper. Lightly rub the flattened chicken breasts on both sides with the mixture. Sprinkle both sides with the lemon juice, then with the olive oil. Let marinate 2–4 hours in the refrigerator.
3. Preheat a grill or broiler to very hot. Place the chicken breasts on the grill, skin side (that is, the side that had the skin on) down, and grill until about one-fourth done. Rotate on the grill, as in Figure 15.5, to mark. Continue to cook until about half done. Turn over and continue to grill until just cooked through.
4. Plate and serve at once with an assortment of grilled vegetables. Garnish each portion with a sprig of rosemary.



Chicken Paillard with Grilled Vegetables

Grilled Spiced Squab with Couscous and Fig Compote

PORTIONS: 12 PORTION SIZE: 1 SQUAB, PLUS GARNISH

U.S.	METRIC	INGREDIENTS
12	12	Whole squab
1 tbsp	15 mL	Salt
1 tbsp	15 mL	Quatre Épices (p. 847)
¾ tsp	3 mL	Dried thyme
¾ tsp	3 mL	Black pepper
as needed	as needed	Olive oil
3 pt	750 mL	Water
1½ tsp	7 mL	Salt
12 oz	375 g	Instant couscous (uncooked)
1 lb	500 g	Tender, young salad greens, such as mesclun
6 fl oz	175 mL	Basic Vinaigrette (p. 670) made with red wine vinegar and olive oil
36	36	Cherry tomatoes, cut in half
12 oz	360 g	Fig Compote (p. 223)

Per serving: Calories, 1300; Protein, 69 g; Fat, 94 g (68% cal.); Cholesterol, 325 mg; Carbohydrates, 42 g; Fiber, 5 g; Sodium, 1180 mg.

PROCEDURE

1. Split the squab for broiling, as shown in Figure 18.4, leaving the birds in one piece.
2. Combine the salt, spices, thyme, and pepper. Rub the squab with the spice mixture. Refrigerate several hours.
3. Brush the squab lightly with olive oil. Place on the grill or broiler, starting skin side down. Grill or broil, turning as necessary, until the breast portion is medium rare.
4. Combine the water and salt in a saucepan and bring to a boil. Stir in the couscous. Cover and let stand 5 minutes. Remove the cover and fluff with a kitchen fork.
5. Wash and drain the salad greens. Toss with the vinaigrette. Place a small mound of greens at the top of each dinner plate. Top with halved cherry tomatoes.
6. At the bottom center of each plate, place a small mound of couscous. In the center of the plate, above the couscous, place 1 oz (30 g) fig compote.
7. Split the squab in half. Place 1 half-squab on each side of the couscous.

VARIATION

Grilled Spiced Cornish Hen

Prepare and grill Cornish hens using the same procedure as in the basic recipe, but make sure the chicken is more thoroughly cooked.

Grilled Chicken with Garlic and Ginger

PORTIONS: 8 PORTION SIZE: APPROXIMATELY 12 OZ (375 G), BONE IN

U.S.	METRIC	INGREDIENTS
6–8 lb	2.8–3.6 kg	Chicken parts or halves, or whole Cornish hens
6 fl oz	180 mL	Lemon or lime juice
2 fl oz	60 mL	Vegetable oil
1 oz	30 g	Fresh ginger root, grated
2 tsp	10 mL	Garlic, chopped fine
to taste	to taste	Salt
to taste	to taste	Pepper
as needed	as needed	Melted butter
to taste	to taste	Ginger Oil (p. 222; optional)

Per serving: Calories, 430; Protein, 42 g; Fat, 27 g (59% cal.); Cholesterol, 140 mg; Carbohydrates, 1 g; Fiber, 0 g; Sodium, 150 mg.

PROCEDURE

1. Cut the chickens into parts or halves for broiling. If using Cornish hens, split down the back and flatten, or cut into halves.
2. Combine the lemon or lime juice, oil, ginger, garlic, salt, and pepper to make a marinade.
3. Marinate the chicken 3–4 hours.
4. Remove the chicken from the marinade. Broil or grill the chicken until done. Baste with the marinade several times during cooking.
5. Shortly before the chicken is done, brush the pieces once or twice with melted butter.
6. If desired, drizzle a few drops of ginger oil around the chicken after plating.

VARIATIONS

Substitute any of the following for the chicken parts in the above recipe or in any of the following variations:

Chicken or turkey brochettes (cubes of boneless meat on skewers)

Turkey paillards (broad slices of turkey breast pounded thin)

Boneless chicken breast

Chicken or turkey thighs, boned out and lightly pounded

Turkey cutlets (thick slices of turkey breast)

Grilled Chicken Oriental Style

Substitute the following ingredients for the marinade in the basic recipe. Brush the chicken with the marinade frequently during grilling.

8 fl oz	250 mL	Soy sauce
2 fl oz	60 mL	Rice wine or sherry
2 fl oz	60 mL	Chicken stock or water
1 fl oz	30 mL	Lemon juice
2 tsp	10 mL	Sugar
4 tsp	20 mL	Ginger root, grated

Spicy Barbecue-Style Grilled Chicken

Substitute the following ingredients for the marinade in the basic recipe. Toss the chicken pieces by hand so they are well coated.

2 fl oz	60 mL	Worcestershire sauce
1 fl oz	30 mL	Red wine vinegar
4 tsp	20 mL	Paprika
2 tsp	10 mL	Chili powder
1 tsp	5 mL	Dry mustard
1 tsp	5 mL	Crushed garlic
½ tsp	2 mL	Black pepper
1 tsp	5 mL	Salt

PROCEDURE VARIATION: COMBI OVEN

In place of steps 4, 5, and 6 in the main recipe, substitute the following steps:

4. Remove the chicken from the marinade. Place the chicken skin side down on a preheated charbroiler or grill to mark the surface. Baste with the marinade while grill-marking the chicken.
5. Finish cooking the chicken in a combi oven preheated to 325°F (162°C) in combi mode, for about 10 minutes. (If you are cooking only breast pieces, instead use a temperature of 180°F (82°C). Cooking time at this lower temperature will be about 25 minutes.)
6. Shortly before the chicken is done, brush the pieces once or twice with melted butter.
7. If desired, drizzle a few drops of ginger oil around the chicken after plating.

Southwestern Grilled Chicken

Substitute the following ingredients for the marinade in the basic recipe:

4 oz	120 g	Tomato, puréed
4 tsp	20 mL	Very finely chopped jalapeño
4 tbsp	60 mL	Chopped cilantro
3 fl oz	90 mL	Red wine vinegar

Grilled Chicken Marinated in Yogurt and Spices

Substitute the following ingredients for the marinade in the basic recipe. Marinate the chicken overnight.

8 oz	250 g	Unflavored yogurt
2 oz	60 g	Onion, grated
½ tsp	2 mL	Crushed garlic
½ tsp	2 mL	Grated ginger root
1 tsp	5 mL	Ground cumin
½ tsp	2 mL	Ground cardamom
pinch	pinch	Mace
½ tsp	2 mL	Cayenne
½ tsp	2 mL	Black pepper
1 tsp	5 mL	Salt

TANDOORI CHICKEN

The *tandoor* is a clay oven widely used in northern India. With wood or coal as a fuel, it cooks foods quickly at a high temperature. Tandoori chicken is especially popular in Indian restaurants in North America and Europe. In the original version, whole chickens are marinated in yogurt and spices, usually strongly colored with a red food coloring, then impaled on skewers and lowered into the tandoor. Western kitchens approximate this dish by cooking the chicken on a grill or in a very hot oven.

The marinade for Grilled Chicken Marinated in Yogurt and Spices (p. 562) is similar to typical marinades for tandoori chicken, but without the red coloring.

Grilled Quail Marinated in Soy Barbecue Sauce

PORTIONS: 6 **PORTION SIZE: 2 QUAIL**

U.S.	METRIC	INGREDIENTS
12	12	Quail
1 pt	500 mL	Soy Barbecue Sauce (p. 221)

PROCEDURE

1. Remove the backbones and split open the quail, as shown in Figure 18.4. Keep each quail in one piece.
2. Marinate the quail in the barbecue sauce 2 hours. Drain.
3. Place the quail on a preheated broiler or grill. Cook, turning as necessary, until they are browned and the breast meat is medium done. Do not overcook, or the breast meat will be dry.

Per serving: Calories, 790; Protein, 58 g; Fat, 53 g (81% cal.); Cholesterol, 215 mg; Carbohydrates, 14 g; Fiber, 0 g; Sodium, 1780 mg.

Grilled Ostrich or Emu with Adobo Spices

PORTIONS: 8 **PORTION SIZE: 4 OZ (125 G)**

U.S.	METRIC	INGREDIENTS
		Spice rub (see *Note*):
1 tbsp	15 mL	Powdered ancho or pasilla chiles
½ tsp	2 mL	Salt
¼ tsp	1 mL	Dried oregano
¼ tsp	1 mL	Ground cumin
¼ tsp	1 mL	Black pepper
8	8	Ostrich or emu steaks or filets, 4 oz (125 g) each

PROCEDURE

1. Combine the ingredients for the spice rub.
2. Rub the spices over both sides of the steaks to lightly but evenly coat them.
3. Refrigerate 1 hour or longer.
4. Grill or broil until medium done. Minimum internal cooking temperature is 155°F (68°C) (p. 30).
5. Cut into thin slices across the grain.

Per serving: Calories, 130; Protein, 25 g; Fat, 3 g (21% cal.); Cholesterol, 85 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 230 mg.

Note: The quantities given for the spice rub are enough to mildly spice the meat. For a spicier product, double the quantities.

Jerk Spice Mixture

YIELD: 1 CUP (240 ML)

U.S.	METRIC	INGREDIENTS
4 tbsp	60 mL	Ground allspice
4 tbsp	60 mL	Dried thyme
3 tbsp	45 mL	Black pepper
1 tbsp	15 mL	Nutmeg
1 tbsp	15 mL	Cinnamon
2 oz	60 g	Salt

PROCEDURE

1. Combine all ingredients and mix well.
2. Store in an airtight container until needed.

Per serving: Calories, 45; Protein, 1 g; Fat, 1 g (16% cal.); Cholesterol, 0 mg; Carbohydrates, 11 g; Fiber, 5 g; Sodium, 4930 mg.

Note: Traditional Jamaican jerk relies on fresh Scotch bonnet chiles rather than dried chiles for its heat. Therefore, this formula doesn't include cayenne or other chile spices. If you wish a spice blend that can be used to give a jerk flavor to foods without a complete marination, add 1½ tsp (7 mL) cayenne, or to taste, to the spice mix. In addition, 2 tbsp (30 mL) each garlic powder and onion powder may be added to the mix if fresh garlic and onion will not be used in cooking.

JAMAICAN JERK

Jerk is a traditional Jamaican cooking style in which meats are marinated in a mixture that includes allspice and Scotch bonnet peppers, as well as a variety of other spices, before barbecuing or grilling over a smoking fire. Pork, goat, and chicken are the most popular foods cooked by this method, but beef, fish, and sausage are also flavored and grilled this way.

Jerk Chicken

PORTIONS: 8 PORTION SIZE: 10 OZ (300 G)

U.S.	METRIC	INGREDIENTS
1 cup	240 mL	Jerk Spice Mix (above)
4–8	4–8	Scotch bonnet chiles, stemmed, seeded, and chopped (see *Note*)
8	8	Garlic cloves, chopped
8	8	Scallions, sliced
6 oz	180 g	Onion, chopped
1 oz	30 g	Brown sugar
4 fl oz	120 mL	Lime juice
3 fl oz	90 mL	Vegetable oil
2 fl oz	60 mL	Soy sauce
5 lb	2.4 kg	Chicken parts

PROCEDURE

1. Combine the spice mix, chiles, garlic, scallions, sugar, lime juice, oil, and soy sauce in a blender. Blend to a paste. (Do half of the ingredients at a time if you have a small blender, and combine the two batches.)
2. Place the chicken in a nonreactive container. Add the spice mixture and stir so all pieces of chicken are coated.
3. Marinate, refrigerated, at least 1 hour but up to 48 hours.
4. Before cooking, remove from the marinade and let stand at room temperature 20–30 minutes.
5. Grill over low heat until done. Alternatively, cook in a smoker oven at 300°F (150°C).

Per serving: Calories, 360; Protein, 39 g; Fat, 21 g (54% cal.); Cholesterol, 125 mg; Carbohydrates, 2 g; Fiber, 0 g; Sodium, 170 mg.

Note: Wear gloves when handling the chiles. They are extremely hot and can burn the skin. Reduce or increase the quantity of chiles according to taste and tolerance for spicy-hot foods.



Jerk Chicken with grilled pineapple

Grilled Spiced Turkey Burger

PORTIONS: 10 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
6 oz	180 g	Onion, chopped fine
1 tbsp	15 mL	Vegetable oil
3 lb	1.5 kg	Ground turkey
1 tbsp	15 mL	Salt
1 tbsp	15 mL	Curry powder
1½ tsp	7 mL	Grated lemon zest
½ tsp	2 mL	Pepper
¼ tsp	1 mL	Cinnamon
½ tsp	2 mL	Ground coriander
¼ tsp	1 mL	Ground cumin
¼ tsp	1 mL	Ground cardamom
4 fl oz	125 mL	Water
as desired	as desired	Tomato Raisin Chutney (p. 214) or other chutney as desired
as desired	as desired	Microgreens or cilantro leaves

PROCEDURE

1. Sweat the onions in the oil until soft. Cool completely.
2. Combine the onions, turkey, salt, spices, and water in a bowl. Toss gently until uniformly mixed.
3. Divide the mixture into 5-oz (150-g) portions (or as desired). Form each portion into a thick patty.
4. Grill or broil until just well done, but avoid overcooking, which makes the burger dry.
5. Plate the burgers. Top each with a spoonful of chutney (or place the chutney on the side) and a small mound of greens. Alternatively, serve the burger and garnish as a sandwich on whole-grain bread.

Per serving: Calories, 250; Protein, 27 g; Fat, 14 g (52% cal.); Cholesterol, 100 mg; Cholesterol, 2 g; Fiber, 1 g; Sodium, 800 mg.



Grilled Spiced Turkey Burger; Tomato Raisin Chutney; Curry Oil

SAUTÉING, PAN-FRYING, AND DEEP-FRYING

Because chicken and turkey are lean, tender meats, cooking in fat is an appropriate and popular way to prepare them. The procedures for sautéing and pan-frying are explained in detail in Chapter 15 (pp. 432–434 and 436–437). Deep-frying procedures are explained on pages 438–439. For the stir-fried chicken recipe on page 574, it will be helpful to review the basic stir-frying procedure on page 512. Also, please note the guidelines below that apply particularly to poultry and game bird items.

Tender game birds and specialty poultry items may also be cooked by sautéing or pan-frying. For most game birds, only the breasts are usually cooked by these methods. The legs are small and have more connective tissue, so they require longer cooking. They are often braised or roasted until tender and served as garnish for the breast, either bone-in or as boneless meat.

For lean items, such as squab, partridge, and quail, the breasts are best if not cooked well done but rather kept somewhat pink inside, or even rare, to preserve moisture. Breast of pheasant and guinea may also be served with a little pink in the interior, although because this meat is so similar to the white meat of chicken, many customers may prefer it well done.

Dark red poultry, such as ostrich and emu steaks and breast of duck, are also lean and most often served medium to medium rare. Remember, however, that the minimum safe temperature for ostrich and emu is 155°F (68°C). Refer to page 30. Duck breasts present a special case for pan-frying because of the heavy layer of fat between the skin and the meat. Pan-fried duck breasts are started skin side down and cooked until much of the fat is rendered and the skin is crisp. This takes several minutes, or most of the cooking time. To finish, they are turned over and cooked skin side up for just a few moments, until they reach the desired doneness.

SAUTÉING

1. Boneless chicken breasts, thin slices of turkey breast, and other quick-cooking items are ideal for sautéing.
2. Larger items, such as bone-in chicken cut into eighths, must be cooked to lower heat if they are to cook to doneness by sautéing because they need longer cooking times. Such items are often browned by sautéing and then finished in the oven. Breasts of game birds, on the other hand, may be cooked rare or medium and can thus be easily cooked from start to finish on the stovetop.
3. In a classical chicken sauté, after pan is deglazed and the sauce is made, the chicken is sometimes reheated briefly in the sauce. If the chicken is allowed to cook for a longer time in the sauce, the dish becomes a braised item rather than a sauté. Recipes for this kind of preparation are included under Braising, page 585.

PAN-FRYING

1. Pan-fried chicken is usually breaded or floured before cooking for even browning and crispness.
2. About ¼ inch (½ cm) or more of fat is needed in the pan to pan-fry chicken.
3. The side that will face up on the plate should be browned first for best appearance. This is called the ***presentation side***. For chicken pieces, it is usually the skin side.
4. After browning on all sides over moderately high heat, lower the heat so the chicken cooks to doneness without overbrowning. Pan-fried chicken takes 30–45 minutes to cook.

DEEP-FRYING

1. The procedure for deep-frying is like that for pan-frying, except the item doesn't have to be turned because it is submerged in the hot fat. Review page 438 for deep-frying instructions.
2. Pieces from small chickens (under 2½ lb/l kg) are best for deep-frying. Larger pieces require such a long cooking time that the surface may brown too much. If necessary, fried items may be finished in the oven.
3. Fry chicken at 325°–350°F (160°–175°C) for even cooking.

Pan-Fried Chicken

PORTIONS: 12 PORTION SIZE: ½ CHICKEN
24 ¼ CHICKEN

U.S.	METRIC	INGREDIENTS
6	6	Chickens, 2½ lb (1.1 kg) each
8 oz	225 g	Flour
2½ tsp	12 mL	Salt
½ tsp	2 mL	White pepper
as needed	as needed	Oil

PROCEDURE

1. Cut chickens into 8 pieces, as shown in Figure 18.5.
2. Place the flour in a small hotel pan and season with salt and pepper.
3. Pour about ¼ in. (6 mm) oil into enough heavy iron skillets to hold all the chicken pieces in a single layer. Heat over moderately high heat.
4. Dredge the chicken pieces in the seasoned flour and shake off excess.
5. Place the pieces skin side down in the hot oil. Let the pieces fall away from you to avoid splashing hot oil on yourself.
6. Fry the chicken until golden brown on the bottom. Turn the pieces with tongs and brown the other side.
7. Lower the heat slightly to avoid overbrowning. Continue to cook the chickens, turning once or twice more, until cooked through. Breast meat cooks faster than leg meat—remove it when it is done. Total cooking time will be 20–40 minutes, depending on the size of the chickens and the temperature of the fat.
8. Remove the chicken from the pan and drain well. Place on hot dinner plates or hold for service in counter pans. Do not cover pans or hold too long, or chicken will lose its crispness.

Per ½ chicken: Calories, 820; Protein, 75 g; Fat, 51 g (57% cal.); Cholesterol, 235 mg; Carbohydrates, 11 g; Fiber, 0 g; Sodium, 580 mg.

VARIATIONS

For slightly crustier, browner chicken, dip in milk before dredging in flour.

Alternative Method, Quantity Service: Brown chickens in hot oil as in basic recipe. Place on sheet pans or in baking pans skin side up, and finish cooking in a 350°F (175°C) oven.

Country-Style Fried Chicken

Fry chickens as in basic recipe. For 12 portions: Pour all but 2 oz (60 g) fat from the pans. Add 2 oz (60 g) flour and make a blond roux. Stir in 2½ pt (1.2 L) milk and bring to a boil. Stir constantly as the gravy thickens. Simmer a few minutes to eliminate all raw starch taste, and season with salt and white pepper. Adjust the consistency with stock, water, or additional milk if necessary. Strain. Serve the chicken with gravy and mashed potatoes.

Garlic Fried Chicken

PORTIONS: 4 PORTION SIZE: ½ CHICKEN
8 ¼ CHICKEN

U.S.	METRIC	INGREDIENTS
2	2	Chickens, 2½ lb (1.1 kg) each
6–8 cloves	6–8 cloves	Garlic, chopped fine
12 fl oz	360 mL	Milk
2 tsp	10 mL	Coarse salt
¼ tsp	1 mL	White pepper
1 fl oz	30 mL	Lemon juice
4 oz, or as needed	120 g, or as needed	Flour
as needed	as needed	Oil

PROCEDURE

1. Cut the chickens into 8 pieces as shown in Figure 18.5.
2. Combine the garlic, milk, salt, white pepper, and lemon juice in a nonreactive container large enough to hold the chicken. (The milk will curdle slightly because of the lemon juice.)
3. Add the chicken pieces and turn them in the mixture so that they are all coated.
4. Cover tightly and let marinate in the refrigerator 48 hours.
5. Place the flour in a small hotel pan.
6. Remove the chicken from the marinade and, a few pieces at a time, dredge well with the flour to coat them completely.
7. Pour about ¼ in. (6 mm) oil in enough heavy iron skillets to hold all the chicken pieces in a single layer. Heat over moderately high heat.
8. Place the pieces skin side down in the hot oil. Let the pieces fall away from you to avoid splashing hot oil on yourself.
9. Fry the chicken until golden brown on the bottom. Turn the pieces with tongs and brown the other side.
10. Lower the heat slightly to avoid overbrowning. Continue to cook the chickens, turning once or twice more, until cooked through. Breast meat cooks faster than leg meat—remove it when it is done. Total cooking time will be 20–40 minutes, depending on the size of the chickens and the temperature of the fat.
11. Remove the chicken from the pan and drain well. Place on hot dinner plates or hold for service in counter pans. Do not cover pans or hold too long, or chicken will lose its crispness.

Per serving: Calories, 430; Protein, 40 g; Fat, 21 g (44% cal.); Cholesterol, 150 mg; Carbohydrates, 16 g; Fiber, <1 g; Sodium, 560 mg.

VARIATION

Buttermilk Fried Chicken: Substitute buttermilk for the regular milk in the basic recipe, and omit the lemon juice.



Pan-frying chicken

Sautéed Boneless Breast of Chicken with Mushroom Sauce

PORTIONS: 10 PORTION SIZE: 1 CHICKEN BREAST, ABOUT 4 OZ (125 G), 2 FL OZ (60 ML) SAUCE

U.S.	METRIC	INGREDIENTS
2 oz	60 g	Clarified butter
10	10	Boneless, skinless chicken breasts from 5 chickens, 3½ lb (1.6 kg) each
to taste	to taste	Salt
to taste	to taste	White pepper
2 oz	60 g	Flour for dredging
10 oz	300 g	White mushrooms, sliced
1 fl oz	30 mL	Lemon juice
2½ cups	600 mL	Suprême Sauce (p. 189), hot

PROCEDURE

1. Add enough clarified butter to a sauté pan to just cover the bottom with a thin film. Place on the range over moderate heat.
2. While the pan is heating, season the chicken breasts and dredge in flour. Shake off excess flour.
3. Place the breasts in the hot pan, presentation side (that is, the side that had the skin) down.
4. Sauté over moderate heat until lightly browned and about half cooked. The heat must be regulated so the chicken doesn't brown too fast.
5. Turn the chicken over and complete the cooking.
6. Remove the chicken from the pan and place on hot dinner plates for service. Keep warm.
7. Add the mushrooms to the pan and sauté briefly. After a few seconds, before the mushrooms start to darken, add the lemon juice. Toss the mushrooms in the pan as they sauté.
8. Add the suprême sauce to the pan and simmer a few minutes, or until reduced to the proper consistency. (The juices from the mushrooms will dilute the sauce.)
9. Ladle 2 fl oz (60 mL) sauce over each portion and serve immediately.

Per serving: Calories, 360; Protein, 36 g; Fat, 20 g (51% cal.); Cholesterol, 145 mg; Carbohydrates, 8 g; Fiber, 1 g; Sodium, 200 mg.

VARIATIONS

Alternative (Quick) Method: Sauté the chicken as in basic recipe. Plate and ladle 2 fl oz (60 mL) prepared Mushroom Sauce (p. 190, made with suprême sauce as a base) over each portion.

Other sauces based on chicken stock may be used in place of mushroom sauce to serve with sautéed chicken breasts, including suprême, aurora, Hungarian, and ivory (p. 190).



Sautéed Chicken Breast with Ivory Sauce, squash purée, and mixed vegetables

Deep-Fried Chicken

PORTIONS: 12 PORTION SIZE: ½ CHICKEN

U.S.	METRIC	INGREDIENTS
6	6	Chickens, about 2 lb (900 g) each
		Standard Breading Procedure (see *Note*):
4 oz	125 g	Flour
1 tsp	5 mL	Salt
½ tsp	2 mL	White pepper
1	1	Eggs
1¼ cups	300 mL	Milk
12 oz	375 g	Dry bread crumbs

PROCEDURE

1. Cut chickens into 8 pieces, as shown in Figure 18.5.
2. Set up breading station: seasoned flour, egg wash, and crumbs (pp. 154–155).
3. Pass the chicken through the Standard Breading Procedure.
4. Heat the fat in a deep fryer to 325°–350°F (165°–175°C).
5. Fry the chicken until golden brown and cooked through. Fry light meat and dark meat pieces in separate baskets, as the light meat cooks faster.
6. Remove from the fat, drain well, and serve immediately.

Per serving: Calories, 880; Protein, 63 g; Fat, 58 g (61% cal.); Cholesterol, 205 mg; Carbohydrates, 22 g; Fiber, 1 g; Sodium, 520 mg.

Note: Quantities given for breading materials are only guidelines. You may need more or less depending on the shapes of the chicken pieces, the care used in breading, and other factors. In any case, you need enough so even the last piece to be breaded can be coated easily and completely.

VARIATIONS

Alternative Method: For larger chickens or for quantity service, brown the chicken in the deep fryer. Drain, place on sheet pans, and finish in the oven at 350°F (175°C).

Fried Chicken Maryland

Fry the chicken as in basic recipe. Serve each portion with the following sauce and garnish:

2 fl oz (60 mL) cream sauce, suprême sauce, or horseradish sauce made with béchamel, placed on the plate under the chicken

2 strips crisp bacon, placed in a cross on top of the chicken

2 Corn Fritters (p. 348)

2 banana quarters, breaded and fried

Fried Chicken Breast Strips

Cut boneless, skinless chicken breasts into strips about ¾ in. (2 cm) wide. Bread and fry as in basic recipe. Serve with desired dipping sauce, such as barbecue sauce or blue cheese dressing.

Quail with Balsamic Glaze

PORTIONS: 12 (SEE *NOTE*) PORTION SIZE: 1 QUAIL PLUS GARNISH

U.S.	METRIC	INGREDIENTS
1 pt	500 mL	Balsamic vinegar
½ tsp	2 mL	Rosemary, dried
1 fl oz	30 mL	Olive oil
4	4	Garlic cloves, chopped
1½ lb	750 g	Swiss chard, greens only (reserve the thick stalks for another use)
to taste	to taste	Cayenne
to taste	to taste	Salt
to taste	to taste	Pepper
12	12	Quail
to taste	to taste	Salt
to taste	to taste	Pepper
3 fl oz	90 mL	Oil
4 fl oz	125 mL	Balsamic vinegar
12 fl oz	375 mL	Red Bell Pepper Coulis (p. 210)

Per serving: Calories, 600; Protein, 37 g; Fat, 36 g (54% cal.); Cholesterol, 110 mg; Carbohydrates, 33 g; Fiber, 5 g; Sodium, 200 mg.

Note: One quail per portion is suitable for the first course. For the main course, use 2 quail per portion.

PROCEDURE

1. Combine the balsamic vinegar and rosemary in a stainless-steel pan. Reduce to about 2 oz (60 mL), or until syrupy. Strain.
2. In another saucepan or sauté pan, heat the olive oil and add the garlic. Cook briefly.
3. Add the chard leaves. Stir while cooking over high heat to wilt the greens and evaporate excessive moisture. Cook just until tender.
4. Season to taste with cayenne, salt, and pepper.
5. Cut each quail into 4 semi-boneless parts, as shown in Figure 18.6. Leave the third wing joint in the breast sections. Season lightly with salt and pepper.
6. Heat the oil in sauté pan or pans. Add the legs and pan-fry until well browned and slightly crisp on the outside.
7. When the legs are almost cooked, add the breast sections, skin side down, and pan-fry until medium rare, turning as necessary to brown both sides.
8. Remove the quail from the pan and degrease. Return to the pan and add the balsamic vinegar (not the reduced vinegar from step 1). Cook over moderate heat, turning the pieces until they are lightly glazed.
9. For each portion, spoon 1 fl oz (30 mL) pepper coulis onto a plate.
10. Make a bed of Swiss chard on the center of the plate. Arrange 2 leg portions and 2 breast portions on top of the chard.
11. Place dots of the balsamic reduction around the quail.



Quail with Balsamic Glaze, served with a corn and black-eyed pea mixture

Quail with Creole Spices

PORTIONS: 12 AS FIRST COURSE
6 AS MAIN COURSE

PORTION SIZE: 1 QUAIL, 2 OZ (60 G) VEGETABLES, 1½ OZ (45 G) RICE
2 QUAIL, 4 OZ (125 G) VEGETABLES, 3 OZ (90 G) RICE

U.S.	METRIC	INGREDIENTS
12	12	Quail
1½ tsp	7 mL	Paprika
¼ tsp	1 mL	Cayenne
¼ tsp	1 mL	Dried oregano
¼ tsp	1 mL	Dried thyme
¼ tsp	1 mL	Pepper
½ tsp	2 mL	Salt
2 fl oz	20 mL	Vegetable oil
6 oz	180 g	Onion, chopped fine
1	1	Garlic clove, chopped fine
4 oz	125 g	Celery, small dice
4 oz	125 g	Green bell pepper, small dice
1 lb	500 g	Tomatoes, canned, chopped, with their juice
1 oz	30 g	Tomato purée
1 tsp	5 mL	Dried thyme
2 tbsp	30 mL	Chopped parsley
to taste	to taste	Salt
to taste	to taste	Pepper
18 oz	550 g	Steamed white rice

PROCEDURE

1. Remove the backbones from the quail, spread the birds open, and flatten them as illustrated in Figure 18.4(f).
2. Mix together the paprika, cayenne, oregano, thyme, pepper, and salt.
3. Lay out the quail skin side up and sprinkle them generously with the spice mixture.
4. Heat the oil in one or more sauté pans over moderate heat. Pan-fry the quail on both sides until well browned and cooked through.
5. Remove the quail from the pan and keep warm.
6. Pour off all but about 1 fl oz (30 mL) fat from the pan.
7. Add the onion, garlic, celery, and green pepper to the pan. Sauté over medium heat until the onion just starts to brown.
8. Add the tomatoes, tomato purée, and thyme. Simmer 10 minutes, or until the juices are somewhat reduced and thickened.
9. Stir in the parsley.
10. Add salt and pepper to taste.
11. To serve, place a scoop of hot rice on a dinner plate. Spoon vegetables around the rice. Lean the quail against the mound of rice.

Per serving: Calories, 300; Protein, 23 g; Fat, 16 g (48% cal.); Cholesterol, 85 mg; Carbohydrates, 16 g; Fiber, 2 g; Sodium, 221 mg.



Quail with Creole Spices

Tangerine-Marinated Breast of Duck

PORTIONS: 12 **PORTION SIZE: 6 OZ (180 G)**

U.S.	METRIC	INGREDIENTS
12	12	Boneless duck breast halves, skin on, about 6 oz (180 g) each
1½ oz	45 mL	Shallots, chopped fine
1 fl oz	30 mL	Soy sauce
4 fl oz	120 mL	Tangerine juice
½ tsp	2 mL	Grated tangerine zest
¼ tsp	1 mL	Cinnamon
¼ tsp	1 mL	Crushed star anise
1 lb 8 oz	720 g	Wheatberries with Pecans (p. 398, prepared without poblanos)
as needed	as needed	Tangerine suprêmes (use procedure shown in Fig. 7.22)
12 fl oz	360 mL	Oriental Vinaigrette (p. 672; optional)

PROCEDURE

1. With a sharp knife, score the duck skin in a diamond pattern. Cut through the skin and into the layer of fat but not into the meat. (This is easiest to do if the duck is chilled.)
2. In a nonreactive container, combine the shallots, soy sauce, tangerine juice and zest, cinnamon, and star anise and mix together.
3. Add the duck breasts, turning them to coat on both sides. Refrigerate 2–4 hours.
4. Remove the breasts from the marinade. Pat them dry with clean towels. Discard the marinade and any pieces of star anise clinging to the meat.
5. Pan-fry the breasts skin side down in a sauté pan over moderately high heat about 6 minutes, or until the skin is well browned and crisp and much of the fat has rendered. Turn over and pan-fry another 4 minutes. The breasts should still be rare.
6. Remove from the pans and let rest 5 minutes in a warm place.
7. Place 2 oz (60 g) wheatberries on each plate.
8. Cut each duck breast diagonally into thin slices. Fan the slices out, leaning them against the mound of wheatberries.
9. Top the wheatberries with a few tangerine suprêmes.
10. If desired, drizzle a little vinaigrette onto the plate around the duck breast.

Per serving: Calories, 340; Protein, 32 g; Fat, 16 g (43% cal.); Cholesterol, 165 mg; Carbohydrates 16 g; Fiber, 3 g; Sodium, 510 mg.



Tangerine-Marinated Breast of Duck

Chicken Stir-Fry with Walnuts

PORTIONS: 12 PORTION SIZE: 6 OZ (175 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.2 kg	Boneless, skinless chicken meat
1 lb	450 g	Green or red bell peppers
1 lb	450 g	Scallions
3 tbsp	45 mL	Cornstarch
4 fl oz	125 mL	Soy sauce
4 oz	125 g	Walnut pieces or unsalted peanuts
¼ tsp	1 mL	Ground ginger
⅛ tsp	0.5 mL	Cayenne
1½ cups	350 mL	Chicken broth or water
2 fl oz	60 mL	Oil

PROCEDURE

1. Remove all fat from the chicken. Cut into ½-in. (1-cm) dice.
2. Cut the peppers in half and remove the core and seeds. Cut into strips ¼ in. (0.5 cm) wide.
3. Cut off the roots and withered parts of the green tops of the scallions. Split the scallions in half lengthwise and cut into 1-in. (2.5-cm) pieces. Combine with the peppers.
4. Stir the cornstarch with the soy sauce until smooth.
5. Have the remaining ingredients ready in separate containers. Everything must be ready before starting to cook because cooking takes only a few minutes.
6. Heat half the oil in a large sauté pan or skillet until very hot, almost smoking.
7. Add the peppers and scallions and sauté rapidly about 2 minutes, or until the vegetables are only slightly cooked. Remove from the pan.
8. Add the remaining oil to the pan and again get it very hot.
9. Add the chicken and sauté rapidly until no longer pink. If the chicken sticks to the pan, use a spatula to stir.
10. Add the nuts, ginger, and cayenne and sauté another minute.
11. Quickly stir the cornstarch mixture (the starch settles out) and add it and the stock or water to the pan. Stir to deglaze the pan and bring to a simmer.
12. Add the sautéed vegetables and simmer just until heated through. Correct the seasonings.
13. Serve immediately with boiled or steamed rice.

Per serving: Calories, 270; Protein, 22 g; Fat, 16 g (53% cal.); Cholesterol, 60 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 610 mg.



Chicken Stir-Fry with Walnuts

Vietnamese Stir-Fried Chicken with Chile

PORTIONS: 10 PORTION SIZE: 6 OZ (180 G) CHICKEN AND VEGETABLES, 6 OZ (180 G) RICE NOODLES

U.S.	METRIC	INGREDIENTS
3 lb	1.4 kg	Chicken breast, boneless and skinless
6 fl oz	180 mL	Nuoc nam (Vietnamese fish sauce) or nam pla (Thai fish sauce)
3	3	Garlic cloves, chopped fine
½ tsp	2 mL	Black pepper
1 lb	450 g	Rice sticks (p. 403)
4 fl oz	120 mL	Nuoc Cham (p. 215)
3 fl oz	90 mL	Vegetable oil
6	6	Thai green chiles or serrano chiles, seeded and sliced thin
12	12	Scallions, sliced
8 oz	240 g	Snow peas, trimmed and blanched
6 oz	180 g	Tomato concassé
2 tbsp	30 mL	Sesame seeds, toasted
1 pt	500 mL	Nuoc Cham

PROCEDURE

1. Cut the chicken breasts into 1-in. (2.5-cm) pieces.
2. In a bowl, toss the chicken with the fish sauce, garlic, and pepper. Marinate 15–20 minutes.
3. Soak the rice sticks in warm water 20 minutes. Drain.
4. Drop the rice sticks into boiling water. As soon as the water returns to a boil, drain.
5. Toss the rice sticks with the nuoc cham. Keep warm while cooking the chicken.
6. Heat the oil in a sauté pan or wok over high heat.
7. Drain the chicken, reserving the marinade. Add the chicken to the pan. Stir-fry until the chicken is about half cooked.
8. Add the chiles, scallions, and reserved marinade. Continue to stir-fry until the chicken is nearly done.
9. Add the snow peas and stir-fry 1 minute, or until the snow peas are just cooked and still crisp.
10. Add the tomato. Stir-fry just until the tomato is hot.
11. Place the rice noodles in the center of dinner plates.
12. Top with the chicken mixture.
13. Sprinkle with sesame seeds.
14. Serve with additional nuoc cham in small ramekins on the side.

Per serving: Calories, 410; Protein, 38 g; Fat, 16 g (35% cal.); Cholesterol, 110 mg; Carbohydrates, 28 g; Fiber, 2 g; Sodium, 3320 mg.



Vietnamese Stir-Fried Chicken with Chile

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Chicken Breasts Parmesan

Chicken Teriyaki

Sautéed Chicken with Tomatoes and Mushrooms

Turkey Scaloppine with Shiitake Mushrooms and Roasted Shallots

SIMMERING, SUBMERSION POACHING, STEAMING, AND SOUS VIDE

Simmering and poaching are both methods of cooking in a liquid. These cooking procedures are explained in detail in Chapter 15 (pp. 440–441). The major difference between them, as you should recall, is the temperature. In simmering, the liquid is a little below the boiling point and bubbling very gently. In poaching, the temperature is even lower, and the liquid is not really bubbling.

For the recipe for Chicken Blanquette on page 578, it may be helpful to review the discussion of simmered stews in Chapters 15 and 17 and the recipe for classic Veal Blanquette on page 518. Note that the first variation following the chicken blanquette recipe is made starting with raw chicken, using the same procedure as for Veal Blanquette, while the main recipe is a shortcut technique made with cooked chicken.

This section includes an example of the steaming method as applied to poultry, in this case whole duck as prepared in a classic Chinese recipe. Review the basic steaming procedure explained on page 446.

Finally, review the information on sous vide cooking on pages 121–123 and 452–453 before preparing the sous vide recipe in this section.

SIMMERING

1. The simmering method is used to cook fowl and other tough items that require long cooking in moist heat to be made tender. Cooking time is about 2½ hours.
2. The cooking liquid is usually water seasoned with salt and, most often, mirepoix and herbs as well.
3. Simmered fowl yields a rich, flavorful broth. The meat can be used for soups, creamed dishes, casseroles, salads, and similar preparations.
4. Start the fowl in cold water if a flavorful soup is your main objective. Start with hot water to retain more flavor in the meat.

POACHING

1. The poaching method is used to gently cook tender poultry in order to retain moisture and to develop a light, subtle flavor. Cooking time is usually short because the product is naturally tender.
2. The cooking liquid is usually stock, sometimes with the addition of wine and other flavorings and seasonings. Cold liquid is added to the poultry product in the pan to cover partway, and the pan must be covered to retain steam. Covering also helps prevent drying and discoloration.
3. After cooking, the liquid may be used to make a sauce, such as suprême sauce, to serve with the cooked product.
4. It is important to drain the poultry well after cooking, because any remaining liquid may spoil the appearance of the sauce on the plate.
5. Poaching may be done on the rangetop or in the oven. Oven poaching provides more even heat.

Simmered Fowl

This preparation and the variation that follows are usually not served as is. Instead, they are the basis for other recipes that call for simmered or cooked chicken or turkey and for chicken or turkey stock or velouté. The cooked meat can also be used for chicken or turkey salads.

YIELD: 4½–5 LB (2–2.3 KG) COOKED MEAT

U.S.	METRIC	INGREDIENTS
3	3	Fowls, about 5 lb (2.3 kg) each
		Mirepoix:
8 oz	250 g	Onion, coarsely chopped
4 oz	125 g	Celery, coarsely chopped
4 oz	125 g	Carrots, coarsely chopped
		Sachet:
1	1	Bay leaf
6	6	Parsley stems
¼ tsp	1 mL	Peppercorns
2	2	Whole cloves
1 tsp	5 mL	Salt

PROCEDURE

1. Truss the fowls. This step is optional but recommended because it keeps the chicken from falling apart, especially if you are cooking more than one in the pot.
2. Place the fowls in a stockpot.
3. Add boiling water to cover and return to a boil. Skim the scum carefully.
4. Add the mirepoix and sachet.
5. Simmer until the fowls feel tender when pressed on the thigh, about 2½ hours.
6. If the meat and broth are to be used immediately for another preparation, remove the fowl from the liquid, place in another pan, and keep covered until needed. Strain the broth.
7. If the meat and broth are not needed right away, leave the fowls in the broth and cool quickly in a cold-water bath, as for cooling stocks (p. 165). When completely cool, remove the fowls and refrigerate, covered. Strain the broth and refrigerate.
8. To use, disjoint the fowls, remove all bones and skin, and dice or cut as required.

Per 1 ounce: Calories, 70; Protein, 10 g; Fat, 2.5 g (36% cal.); Cholesterol, 30 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 65 mg.

VARIATION

Simmered Chicken or Turkey

Simmer young chickens or turkey as in basic recipe. They may be whole or disjointed. A 3-lb (1.4-kg) chicken will take about 45–60 minutes to cook completely. Turkey will take about 1½–3 hours, depending on size. Do not overcook young poultry, and do not let the liquid boil.

Poached Chicken Breast Princesse

PORTIONS: 8 PORTION SIZE: ½ CHICKEN BREAST, 2 FL OZ (60 ML) SAUCE, PLUS GARNISH

U.S.	METRIC	INGREDIENTS
8	8	Boneless, skinless half-breasts from12 chickens, 3 lb (1.2 kg) each
as needed	as needed	Butter
1 oz	30 g	Shallots, brunoise
as needed	as needed	Salt
as needed	as needed	White pepper
4 tsp	20 mL	Lemon juice
1 pt (approximately)	500 mL (approximately)	Chicken stock, cold
		Beurre manié:
1 oz	30 g	Butter, softened
1 oz	30 g	Flour
7 fl oz	200 mL	Heavy cream, hot
to taste	to taste	Salt
24	24	Asparagus tips, cooked, hot

PROCEDURE

1. Select a baking pan just large enough to hold the chicken breasts in a single layer. Butter the inside of the pan and sprinkle in the shallots.
2. Season the chicken breasts with salt and pepper. Place them in the pan, presentation side (that is, the side that had the skin on) up.
3. Sprinkle with the lemon juice and add enough chicken stock to barely cover the chicken.
4. Cover the chicken with a buttered piece of parchment or waxed paper (Fig. 15.10).
5. Bring to a simmer on top of the stove. Finish poaching in a 325°F (165°C) oven or over low heat on the stove. Cooking time will be 5–10 minutes.
6. Remove the chicken breasts from the liquid. Place them in a hotel pan, cover, and keep them warm.
7. Reduce the poaching liquid over high heat to about 14 fl oz (400 mL).
8. Knead the butter and flour together to make a beurre manié (p. 181).
9. With a wire whip, beat the beurre manié into the simmering stock to thicken it. Simmer a minute to cook out any starchy taste.
10. Add the hot cream to the sauce. Season to taste.
11. Place each chicken breast, well drained, on a plate, and coat with 2 fl oz (60 mL) sauce. Garnish with 3 asparagus tips. Serve immediately.

Per serving: Calories, 330; Protein, 37 g; Fat, 17 g (47% cal.); Cholesterol, 140 mg; Carbohydrates, 6 g; Fiber, 1 g; Sodium, 140 mg.

VARIATIONS

Alternative Method: Poach the chicken as in the basic recipe. Plate immediately and coat with prepared suprême sauce. Save poaching liquid for next day's sauce.

Other sauces may be used to coat poached chicken breasts, including:

Allemande, Aurora, Hungarian, Ivory, Mushroom

Poached Chicken Breast Florentine

Poach the chicken as in the basic recipe. Place each portion on a bed of buttered spinach, well drained. Coat with Mornay sauce.
Optional: Sprinkle with parmesan cheese and brown under the broiler.



Poached Chicken Breast Princesse

Chicken Blanquette I

PORTIONS: 12 PORTION SIZE: 5 OZ (150 G)

U.S.	METRIC	INGREDIENTS
2½ lb	1.2 kg	Cooked chicken meat, 1-in. (2½-cm) dice
1 pt 4 fl oz	600 mL	Chicken velouté
		Liaison:
3	3	Egg yolks
8 fl oz	240 mL	Heavy cream
to taste	to taste	Lemon juice
pinch	pinch	Nutmeg
pinch	pinch	White pepper
pinch	pinch	Salt

PROCEDURE

1. Combine the chicken with the sauce and bring to a simmer.
2. Remove from the heat. Beat the egg yolks and cream together. Temper with a little of the hot velouté sauce, and stir into the sauce.
3. Return the pot to the heat and bring to just below the simmer. Do not boil.
4. Season to taste with a few drops of lemon juice and a pinch each of nutmeg, white pepper, and salt.

Per serving: Calories, 240; Protein, 21 g; Fat, 16 g (60% cal.); Cholesterol, 135 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 160 mg.

VARIATIONS

Chicken Blanquette II

Follow the recipe for Veal Blanquette, page 518. Use 6 lb (3 kg) disjointed chicken (raw) in place of the 5 lb (2.4 kg) veal. Use chicken stock instead of veal stock.

Chicken Blanquette à l'Ancienne (Ancient Style)

Garnish each portion with 2 cooked pearl onions and 1 cooked mushroom cap, fluted if possible (p. 304).

Chicken Blanquette Brunoise

Add to the sauce 2 oz (60 g) each carrot, celery, and leeks or onions, all cut brunoise and sautéed lightly in butter.

Chicken Blanquette Argenteuil

Garnish each portion with 3 cooked asparagus tips.

Chicken or Turkey Pot Pie

PORTIONS: 6 PORTION SIZE: 3 OZ (90 G) MEAT, 2 OZ (60 G) VEGETABLES, 4 FL OZ (125 ML) SAUCE

U.S.	METRIC	INGREDIENTS
1 lb 2 oz	550 g	Cooked chicken or turkey meat (light and dark meat)
3 oz	90 g	Potatoes, medium dice
3 oz	90 g	Carrots, medium dice
3 oz	90 g	Tiny white onions, peeled
3 oz	90 g	Peas
3 cups	750 mL	Chicken velouté
to taste	to taste	Salt
to taste	to taste	Pepper
½ tsp	2 mL	Dried tarragon
6	6	Flaky pie pastry covers (p. 994)

Per serving: Calories, 520; Protein, 25 g; Fat, 32 g (55% cal.); Cholesterol, 80 mg; Carbohydrates, 34 g; Fiber, 5 g; Sodium, 430 mg.

PROCEDURE

1. Cut the chicken or turkey into ¾-in. (1-cm) dice.
2. Cook the vegetables separately in boiling salted water. Drain and cool.
3. Season the velouté to taste with salt and pepper. Add the tarragon.
4. Prepare the pastry and cut out circles to cover the tops of casserole serving dishes. You will need about 2 oz (60 g) pastry per portion.
5. Divide the light and dark meat evenly among individual serving casseroles (3 oz/90 g per portion).
6. Divide the vegetables evenly among the casseroles (about ½ oz/15 g per portion of each vegetable).
7. Ladle about 4 fl oz (125 mL) velouté into each casserole.
8. Top the dishes with the pastry. Cut holes in the centers to allow steam to escape.
9. Place the dishes on a sheet pan. Bake at 400°F (200°C) until the crust is well browned.

VARIATIONS

Vegetable ingredients may be varied as desired. Other vegetables that may be used include celery, mushroom caps, and lima beans.

Chicken or Turkey Stew

Prepare the meat, vegetables, and velouté as in the basic recipe. Omit pastry. Combine the ingredients in a saucepot and bring to a simmer. Hold for service.

Oyako Donburi

PORTIONS: 8 PORTION SIZE: SEE PROCEDURE

U.S.	METRIC	INGREDIENTS
1 qt	1 L	Dashi
2½ fl oz	75 mL	Soy sauce
2½ oz	75 g	Sugar
1 fl oz	30 mL	Sake (optional)
3 pt	1.5 L	Raw Japanese short-grain rice
12 oz	360 g	Boneless, skinless chicken meat
8	8	Scallions
8	8	Eggs

PROCEDURE

1. Combine the dashi, soy sauce, sugar, and sake in a saucepan. Bring to a simmer to dissolve the sugar. Remove from heat and reserve.
2. Cook the rice by following steps 1–4 in the recipe for sushi rice, page 662. Keep it hot.
3. Cut the chicken into strips 1 in. (2½ cm) wide, then slice diagonally ¼ in. (6 mm) thick.
4. Trim the roots and the coarser greens from the scallions, leaving the tender green parts intact. Cut diagonally into ½-in. (1-cm) pieces.
5. For each portion, put 1½ oz (45 g) chicken, 1 sliced scallion, and 4½ fl oz (125 mL) dashi mixture in a small sauté pan. Simmer until the chicken is nearly done.
6. Break 1 egg into a bowl. Mix lightly but do not beat.
7. Pour the egg in a stream around the chicken in the sauté pan. Continue to simmer until the egg is half set.
8. Put 1½ cups (375 mL) hot rice in a large, deep soup bowl.
9. When the egg is nearly set, give the egg and chicken mixture a light stir and pour the contents of the sauté pan over the rice.

Per serving: Calories, 570; Protein, 23 g; Fat, 8 g (13% cal.); Cholesterol, 240 mg; Carbohydrates, 98 g; Fiber, 4 g; Sodium, 600 mg.

VARIATION

Tendon

Omit the chicken, scallions, and egg in the recipe above. Reduce the dashi to 1 pt 500 mL) and double the amount of sake. Top each bowl of rice with 1 piece of shrimp tempura (p. 647) and 2 pieces of vegetable tempura. Pour about 2½ fl oz (75 mL) hot dashi mixture over the rice and serve. (The name of this dish comes from the first syllables of tempura and donburi.)

OYAKO

In Japanese, the name of this dish, *oyako*, means "parent and child," referring to the chicken and eggs. A donburi is a type of serving bowl, and the word also refers to foods served in this type of bowl, generally rice with toppings and sauce.



Oyako Donburi

Red-Cooked Chicken

PORTIONS: 16 PORTION SIZE: ⅛ CHICKEN

U.S.	METRIC	INGREDIENTS
2	2	Chickens, about 4 lb (1.8 kg) each
2 cloves	2 cloves	Star anise
3 slices	3 slices	Fresh ginger root
1 tbsp	15 mL	Sichuan peppercorns
½ pt	250 mL	Soy sauce
2 pt	1 L	Water or chicken stock
1 oz	30 g	Sugar
2	2	Scallions
2 fl oz	60 mL	Sherry or Shaoxing wine

PROCEDURE

1. Cut each chicken into eighths.
2. Tie the star anise, ginger root, and peppercorns in a cheesecloth bag.
3. Combine the soy sauce and water or stock in a pot and add the spice bag, sugar, scallions, and sherry. Bring to a boil.
4. Add the chicken. Simmer until tender.
5. Serve the chicken hot or cold. If it is to be served cold, cool it and store it in the cooking liquid. If desired, combine part of the cooking liquid with additional soy sauce to taste, reduce to a glaze, and coat the chicken.

Per serving: Calories, 260; Protein, 29 g; Fat, 14 g (49% cal.); Cholesterol, 90 mg; Carbohydrates, 3 g; Fiber, 0 g; Sodium, 990 mg.

VARIATIONS

The star anise and Sichuan peppercorns may be omitted for a simpler version of this dish.

Other meats (using cuts appropriate for simmering) may be cooked his way, including pork, beef, tripe, and duck.



Red-Cooked Chicken

COOKING STYLES IN CHINESE DISHES

A popular misconception in the Western world about Chinese cooking is that nearly all dishes are stir-fried. An important advantage of stir-frying if cooking fuel is scarce is that, although preparation times are long, due to all the required cutting and slicing, cooking times are short. Once the mise en place is done, stir-fried dishes can be sent to the table in a matter of minutes.

Although stir-frying is an important technique in China, many other cooking techniques are also used, especially simmering and steaming. Two of the recipes in this section, Tea-Smoked Duck and Red-Cooked Chicken, are typical examples of steaming and simmering.

Although both these recipes begin with whole poultry, the birds are cut into small pieces before they are served. In a typical Chinese meal, meats, fish, and vegetables are not so much main dishes as they are accompaniments to rice or, sometimes, noodles. Portion sizes of protein items are small, and the dishes are served family-style in the center of the table. Each diner takes a small quantity of the desired dishes to eat between bites of rice.

Because China is so large and has such an array of climates, there is no single cooking style. The styles of Beijing in the north, Guangdong (Canton) in the southeast, and Sichuan (Szechwan) in the interior, are perhaps as different as the styles of Germany, France, and Italy.

Tea-Smoked Duck

YIELD: 1 DUCK

U.S.	METRIC	INGREDIENTS
3 tbsp	45 mL	Coarse salt
1 tbsp	15 mL	Sichuan peppercorns
1	1	Duck, about 5 lb (2.3 kg)
6	6	Scallions, trimmed
4 slices	4 slices	Ginger root
3 oz	90 g	Raw rice
½ cup	125 mL	Brown or black tea leaves
2 oz	60 g	Sugar

PROCEDURE

1. Toast the salt and peppercorns in a dry skillet over moderate heat, until peppercorns are fragrant.
2. Cool the mixture, then crush with a rolling pin.
3. Clean the duck well, removing excess fat. Flatten the duck slightly by pressing down on the breastbone to break it.
4. Rub the duck inside and out with the salt and peppercorn mixture.
5. Put the duck in a hotel pan, weight it, and refrigerate 1–2 days.
6. Rinse the duck.
7. Put the scallions and ginger slices in the cavity.
8. Steam the duck 1–1½ hours, or until tender.
9. Line a large wok or other heavy pan with aluminum foil.
10. Mix together the rice, tea leaves, and sugar. Put the mixture in the bottom of the wok.
11. Put the duck on a rack over the tea mixture and cover the pan tightly.
12. Set the pan over high heat 5 minutes, then over moderate heat 20 minutes. Turn the heat off and let stand another 20 minutes without uncovering.
13. Cool the duck. Chop it into pieces measuring 1–2 in. (3–5 cm), bones and all. Alternatively, bone it out and cut the meat into strips 1 in. (2.5 cm) wide. This dish is normally served at room temperature.

Per 1/6 recipe: Calories, 520; Protein, 30 g; Fat, 43 g (75% cal.); Cholesterol, 130 mg; Carbohydrates, 2 g; Fiber, 1 g; Sodium, 2969 mg.

VARIATIONS

For spicier duck, add 1 tsp (5 mL) five-spice powder to the dry marinade after toasting.

Crispy Duck

This variation may be made with smoked duck or with steamed but unsmoked duck (step 8). When the duck is cool, cut it into quarters. You may bone it if desired, but try to keep it in its original shape. Deep-fry until the skin is crisp. Drain, cut up, and serve at once. (Optional step: Rub cornstarch into the skin before deep-frying.)

Mole Poblano de Pollo *or* de Guajolote



PORTIONS: 16 PORTION SIZE: 3 FL OZ (90 ML) SAUCE, CHICKEN OR TURKEY QUANTITY VARIABLE

U.S.	METRIC	INGREDIENTS
15	15	Mulato chiles (see *Note*)
1½ oz	45 g	Sesame seeds
4 oz	125 g	Almonds
3	3	Tortillas
6 oz	175 g	Lard or rendered chicken, turkey, or pork fat
¼ tsp	1 mL	Ground cloves
½ tsp	2 mL	Cinnamon
½ tsp	2 mL	Black pepper
¼ tsp	1 mL	Ground coriander
8 oz	225 g	Tomatoes, canned or fresh
4	4	Garlic cloves, chopped
1 oz	30 g	Bitter (unsweetened) chocolate, grated or broken into pieces
10–14 lb	4.5–6.5 kg	Chicken (pollo) or turkey (guajolote), disjointed
6 oz	175 g	Onion, chopped
2 oz	60 g	Carrot, chopped
1	1	Garlic clove
8	8	Peppercorns
4 tsp	20 mL	Salt
as needed	as needed	Water
as needed	as needed	Lard
to taste	to taste	Salt

PROCEDURE

1. Remove and discard the seeds and stem ends of the chiles. Grind the chiles to a powder.
2. Grind the sesame seeds in a spice grinder or with a mortar and pestle. Set them aside and grind the almonds in the same way.
3. Fry the tortillas in the fat about 30 seconds. Drain and reserve the fat for step 6. Break the tortillas into pieces.
4. Put the ground sesame, ground almonds, tortillas, cloves, cinnamon, pepper, and coriander into the container of a blender.
5. Peel the tomatoes if they are fresh. Add the tomatoes and the garlic to the blender. Blend to a smooth purée. If the mixture is too thick to blend, add a little chicken or turkey broth or water.
6. Heat the reserved fat from step 3 in a saucepot over moderate heat. Add the powdered chiles and cook about 30 seconds. Be careful not to let the chile powder burn.
7. Add the purée from the blender. Cook 5 minutes, stirring constantly. The mixture will be very thick.
8. Add the chocolate. Stir constantly until the chocolate is completely blended in. The sauce may be prepared to this point 1–2 days ahead of time and held in the refrigerator.
9. Put the poultry, onion, carrot, garlic, peppercorns, and salt in a large pot. Add water to cover.
10. Simmer until the poultry is tender.
11. Remove the poultry from the broth and set aside to keep warm.
12. Strain the broth. Measure 3 pt (1.5 L) broth and stir it into the chile sauce base. Simmer slowly 30–45 minutes, or until the flavors are blended and the mixture has the consistency of a light sauce. (Reserve the remaining broth for another use.)
13. Heat the lard in a sauté pan and brown the cooked poultry pieces lightly. (This step is optional.)
14. Add the poultry to the sauce and simmer a few minutes until quite hot.
15. Adjust the seasoning with salt, if necessary, and serve.

Per serving: Calories, 510; Protein, 38 g; Fat, 36 g (63% cal.); Cholesterol, 120 mg; Carbohydrates, 9 g; Fiber, 4 g; Sodium, 420 mg.

Note: Instead of mulato chile peppers, you may use ancho or pasilla chiles or a mixture of different kinds. If none of these is available, you may substitute about 1 cup (125 g) chili powder.

MOLE POBLANO

The most internationally well known examples of Mexican cooking—enchiladas, burritos, tacos, and tamales—represent only a small part of the varied cooking styles of Mexico. Beyond these few dishes, mole poblano is one of the few dishes widely known outside its home.

The Spanish word *salsa* means, literally, "sauce," and includes a wide variety of cooked and uncooked sauces and condiments. In Mexican cuisine, a mole (mo-lay) is a more specific kind of sauce, one that is cooked, contains chiles in addition to spices, and is usually thickened with corn, ground seeds, or nuts. It is a more complex preparation than most salsas. The best-known mole, mole poblano, meaning mole from the town of Puebla, contains bitter chocolate in addition to its other seasonings.

Mole does not mean chocolate sauce, and simply putting chocolate in a sauce does not make it a mole. In addition, many moles contain no chocolate.

Stuffed Chicken Roulade Sous Vide

YIELD: APPROX. 1½ LB (720 G)

U.S.	METRIC	INGREDIENTS
		Chicken sausage:
8 oz	240 g	Boneless, skinless chicken thigh meat, diced
4 oz	120 g	Fatback or fatty bacon, diced
¾ tsp	3 mL	Salt
¼ tsp	1 mL	Pepper
1 tsp	5 mL	Garlic, chopped fine
½ tsp	2 mL	Fennel seed
⅛ tsp	0.5 mL	Red chile flakes
2 tbsp	30 mL	Chopped parsley
1 fl oz	30 mL	Cold water
1	1	Double chicken breast, boneless, skin on
to taste	to taste	Salt
to taste	to taste	Pepper
1 tbsp	15 mL	Vegetable oil

Per 1 oz (28.35 g): Calories, 70; Protein, 4 g; Fat, 6 g (77% cal.); Cholesterol, 20 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 90 mg.

PROCEDURE

1. Review sausage forcemeats on pages 882–884.
2. Keeping the mixture cold at all times, grind the sausage ingredients together finishing with the small die of the grinder.
3. Transfer the mixture to the cold bowl of a mixer and mix together at medium speed until smooth and slightly sticky.
4. Chill the mixture until you are ready to fill the chicken breast.
5. Place the chicken breast skin side down between two sheets of plastic wrap and pound lightly until the meat is of even thickness all over.
6. Remove the top piece of plastic wrap. Form the sausage meat into a log shape the length of the chicken breast. Place it down the middle of the breast and roll up. (See the illustrations of chicken galantine on p. 873 for the procedure.)
7. Wrap tightly in plastic wrap.
8. Place in a vacuum bag. Vacuum on high and seal.
9. Cook for 50–60 minutes in an immersion circulator heated to 160°F (71°C).
10. Remove from the bag and dry with paper towels.
11. Heat the oil over medium heat and brown the roulade well on all sides.
12. Let rest 10 minutes before slicing.



Chicken Roulade with an herbed velouté and root vegetables paysanne on a root vegetable purée

BRAISING

A moist-heat cooking method, braising may be used to tenderize tough poultry products. Also, as for veal and pork, it can be used to provide moistness and flavor to tender poultry items. Coq au vin, the well-known braised chicken in red wine, was originally made with a tough old rooster (coq), but today the same recipe is applied to tender young chicken.

The braising method is explained in detail in Chapter 15. Review pages 447–450 before beginning this section. Poultry products are braised using the same procedures as for meats, except that mirepoix is frequently omitted. Other flavoring ingredients may be used instead, depending on the recipe. Method 1 of the basic braising procedure is used more often than Method 2.

A variation on the second braising method is used for making white stews called ***fricassees***. The recipe for Chicken Fricassée in this section illustrates the following basic procedure. Note that this procedure is the same as the second braising method (p. 450) except that the meat and roux are not browned.

BASIC PROCEDURE for Making Classic Fricassées

1. Collect all equipment and food supplies.
2. Prepare the meat for cooking, as required.
3. Add the fat to the pan and heat over moderated heat.
4. Add the meat to the fat and sear it gently on all sides, but do not brown it.
5. Remove the meat from the pan (if required). If mirepoix or other aromatic vegetables are used, add them to the fat in the pan and sweat them without browning.
6. Add flour to the fat in the pan. Make a blond roux.
7. Add stock to make a thickened sauce. Add seasonings and flavorings.
8. Return the meat to the pan. Cover and simmer in the oven or on the range until the meat is tender.
9. Adjust the sauce as necessary (strain, season, reduce, dilute, etc.).

BRAISED "SAUTÉS"

If you review the procedure for sautéing meats (p. 434), you will see that if the product is not completely cooked when browned in step 6 and then finished by simmering it in the sauce in step 11, the result is a braised item. This procedure is sometimes used for classical "sautés," which then become braises rather than true sautés. The recipe for Chicken Chasseur on page 587 is an example. (An alternative method is to finish cooking the chicken or meat in a covered pan in the oven while you are making the sauce. This is also braising because the cover holds in moisture.)



KEY POINTS TO REVIEW

- What poultry items are best for sautéing?
- What is the difference between sautéing and pan-frying, when applied to poultry?
- What poultry items are best for deep-frying? At what temperature should they be fried?
- What are the differences between simmering and poaching? Describe each procedure as it is applied to poultry items.
- What is a classical sauté, and why does it sometimes become a braised item rather than a sautéed one? How would cook the item if you wanted it to be a true sauté rather than a braise?
- What are the steps in the basic procedure for making classic fricassees?

Chicken Fricassée

PORTIONS: 12 PORTION SIZE: ¼ CHICKEN, 3 FL OZ (90 ML) SAUCE

U.S.	METRIC	INGREDIENTS
3	3	Chickens, 2½–3 lb (1.1–1.4 kg) each
to taste	to taste	Salt
to taste	to taste	White pepper
3 oz	90 g	Butter
6 oz	175 g	Onion, cut brunoise
3 oz	90 g	Flour
3 pt (approximately)	1.5 L (approximately)	Chicken stock
		Sachet:
1	1	Bay leaf
1	1	Small piece of celery
4	4	Parsley stems
¼ tsp	1 mL	Thyme
		Liaison:
3	3	Egg yolks, beaten
8 fl oz	240 mL	Heavy cream
1 tbsp	15 mL	Lemon juice
to taste	to taste	Salt
to taste	to taste	White pepper
to taste	to taste	Nutmeg

PROCEDURE

1. Cut the chickens into 8 pieces each. Season with salt and white pepper.
2. Melt the butter in a brazier over moderate heat.
3. Add chicken and onion. Sauté very lightly so the chicken is seared on all sides, but do not brown.
4. Add the flour and stir so it combines with the fat to make a roux. Cook another 2 minutes, without browning. (To simplify making the roux, you can remove the chicken from the pan before adding the flour, then return the chicken to the pan in step 5.)
5. Gradually stir in enough stock to cover the chicken. Bring to a simmer, stirring, until the sauce thickens.
6. Add the sachet.
7. Cover and place in a slow oven (300°F/150°C) or over very low heat on the range. Cook until tender, 30–45 minutes.
8. Remove the chicken from the sauce and keep it warm in a covered pan.
9. Degrease the sauce. Reduce it over high heat to proper thickness. You should have about 1 qt (1 L) sauce. Strain through cheesecloth.
10. Combine the egg yolks and cream. Temper with a little hot sauce, and add the liaison to the sauce. Bring to just below the simmer. Do not boil.
11. Season to taste with lemon juice, salt, white pepper, and nutmeg. Pour the sauce over the chicken.

Per serving: Calories, 440; Protein, 39 g; Fat, 27 g (56% cal.); Cholesterol, 175 mg; Carbohydrates, 8 g; Fiber, 0 g; Sodium, 180 mg.

VARIATIONS

Chicken Fricassée with Tarragon

Add 1½ tsp (7 mL) dried tarragon to the sachet.

Chicken Fricassée à l'Indienne

Add 2 tbsp (30 mL) curry powder when making the roux.

Fricassée of Turkey Wings

Prepare as in the basic recipe, using 1 or 2 turkey wings per portion, depending on size. Cut large turkey wings into 2 pieces.

Veal Fricassée

Prepare as in the basic recipe, using 5 lb (2.3 kg) boneless veal shoulder, cut into large dice. Use white veal stock.

Pork Fricassée

Use 5 lb (2.3 kg) boneless, diced pork and pork, veal, or chicken stock.

Fricassée à l'Ancienne
Fricassée Brunoise
Fricassée Argenteuil

} Use the same garnishes as for the corresponding Chicken Blanquette variations (p. 579).



Chicken Fricassée Brunoise with Cauliflower Press

Chicken Chasseur

PORTIONS: 10 PORTION SIZE: ½ CHICKEN, 3 FL OZ (90 ML) SAUCE

U.S.	METRIC	INGREDIENTS
5	5	Chickens, 2–2¼ lb (0.9–1 kg) each (see *Note*)
to taste	to taste	Salt
to taste	to taste	Pepper
2 fl oz	60 mL	Oil
2 oz	60 g	Shallots or onions, cut brunoise
8 oz	250 g	Mushrooms, sliced
8 fl oz	250 mL	White wine
1½ pt	750 mL	Demi-glace
8 oz	250 g	Tomato concassé, fresh
		or
4 oz	125 g	Drained, chopped canned tomatoes
to taste	to taste	Salt
to taste	to taste	Pepper
2 tbsp	30 mL	Chopped parsley

PROCEDURE

1. Cut the chickens into 8 pieces. Season with salt and pepper.
2. Heat the oil in a brazier or large sauté pan. Brown the chicken well on all sides.
3. Remove the chicken pieces from the pan. Cover and keep them hot.
4. Add the shallots and mushrooms to the pan and sauté lightly without browning.
5. Add the white wine and reduce by three-fourths over high heat.
6. Add the demi-glace and tomatoes and bring to a boil. Reduce slightly. Season with salt and pepper.
7. Place the chicken in the sauce. Cover and simmer slowly on the stove or in the oven at 325°F (165°C), 20–30 minutes, or until done.
8. When the chicken is done, remove it from the pan and reduce the sauce slightly over high heat. Add the chopped parsley and check the seasonings.
9. Serve ½ chicken (2 pieces dark meat and 2 pieces light meat) per portion. Cover with 3 fl oz (90 mL) sauce.

Per serving: Calories, 780; Protein, 76 g; Fat, 47 g (55% cal.); Cholesterol, 250 mg; Carbohydrates, 72 g; Fiber, 1 g; Sodium, 290 mg.

Note: Large chickens may be used, if desired. For 3½-lb (1.6-kg) chickens, use ¼ chicken per portion (1 piece dark meat and 1 piece light meat).

VARIATIONS

Alternative Method: Brown chickens as in the basic recipe. Drain excess fat. Add 1 qt (1 L) prepared chasseur sauce and finish cooking the chickens as in the basic method.

Chicken Bercy

Method 1: Prepare as in the basic recipe, but omit the mushrooms and tomato.
Method 2: Brown chickens as in the basic recipe. Add 1 qt (1 L) prepared Bercy sauce and simmer the chickens until done.

Chicken Portugaise

Method 1: Prepare as in the basic recipe, but omit the mushrooms and wine. Use 4 oz (125 g) onions, cut brunoise, and add 1 tsp (5 mL) chopped garlic. Substitute tomato sauce for the demi-glace.
Method 2: Brown chicken as in the basic recipe. Add 1 qt (1 L) portugaise sauce and simmer the chicken until done.

Chicken Hongroise

Prepare as in the basic recipe, but sauté chicken only lightly. Do not brown. Omit mushrooms and wine. Use Hungarian (hongroise) sauce instead of demi-glace. When the chicken is cooked, add 4–6 fl oz (125–175 mL) heavy cream (tempered or heated) to the sauce. Omit parsley garnish. Serve with rice pilaf.



Chicken Chasseur

Coq au Vin

PORTIONS: 12 PORTION SIZE: ¼ CHICKEN, 2½ FL OZ (75 ML) SAUCE

U.S.	METRIC	INGREDIENTS
12 oz	350 g	Salt pork or slab bacon
1 fl oz	30 mL	Oil
3	3	Chickens, 3½ lb (1.6 kg) each, cut into 8 pieces
24	24	Tiny white onions, peeled and parboiled
1½ lb	700 g	Small mushroom caps
1 qt	1 L	Dry red wine
1 pt	500 mL	Chicken stock
		Sachet:
½ tsp	2 mL	Dried thyme
1	1	Bay leaf
4	4	Large garlic cloves, crushed
		Beurre manié:
2 oz	60 g	Butter, softened
2 oz	60 g	Flour
to taste	to taste	Salt
as needed	as needed	Chopped parsley

PROCEDURE

1. Cut the salt pork or bacon into bâtonnet shapes, 1 × ¼ × ¼ in. (2 × ½ × ½ cm).
2. Place the bacon pieces in a saucepan. Cover with cold water. Bring to a boil and drain.
3. Add the oil to a large sauté pan and place over moderate heat. When hot, add the blanched bacon. Sauté until lightly browned. Remove with a slotted spoon and set aside.
4. Increase the heat to high. Add the chickens to the fat remaining in the pan and brown well on all sides. Remove the chicken from the pan.
5. Add the onions and mushrooms to the pan and sauté until browned. Remove with a slotted spoon and set aside with the bacon pieces. Pour off the fat from the pan.
6. Add the wine and stock to the pan and bring to a boil.
7. Add the sachet.
8. Return the chicken to the pan. Bring the liquid back to a boil. Cover and cook in a 300°F (150°C) oven or over very low heat on top of the stove until chicken is done, 30–40 minutes.
9. Remove the chicken from the cooking liquid and place in a heated pan or on a serving platter. Garnish with the mushrooms, onions, and bacon pieces.
10. Degrease the cooking liquid carefully.
11. Place over high heat and boil until the liquid is reduced to about 1 qt (1 L).
12. Mix the butter and flour to make beurre manié. Beat in the beurre manié a little at time, just enough to thicken the sauce lightly.
13. Add salt to taste.
14. Strain the sauce over the chicken and garnish.
15. At service time, sprinkle each portion with a little chopped parsley.

Per serving: Calories, 690; Protein, 50 g; Fat, 41 g (54% cal.); Cholesterol, 165 mg; Carbohydrates, 10 g; Fiber, 2 g; Sodium, 480 mg.



Coq au Vin

Chicken Couscous

PORTIONS: 8 PORTION SIZE: 9 OZ (270 G) STEW, 4½ OZ (135 G) COUSCOUS

U.S.	METRIC	INGREDIENTS
1 lb	480 g	Couscous, regular or instant
1 oz	30 g	Oil or clarified butter
3 lb 8 oz	1.7 kg	Chicken, cut into eighths (Fig. 18.5)
12 oz	360 g	Onions, sliced
½ tsp	2 mL	Ground ginger
½ tsp	2 mL	Turmeric
1	1	Cinnamon stick
2 tsp	10 mL	Salt
½ tsp	2 mL	Pepper
1 pt	0.5 L	Water
3 oz	90 g	Raisins
1 lb	480 g	Carrots, peeled and sliced
1 lb	480 g	Zucchini, in 1-in. (2.5-cm) slices
1 lb 8 oz	720 g	Tomatoes, peeled and quartered
1 oz	30 g	Butter
to taste	to taste	Salt

Per serving: Calories, 620; Protein, 38 g; Fat, 21 g (30% cal.); Cholesterol, 95 mg; Carbohydrates, 70 g; Fiber, 8 g; Sodium, 730 mg.

PROCEDURE

1. Review the procedures for preparing couscous on page 403. If you are using instant couscous, do not prepare until just before serving. If you are using regular couscous, do step 1 of the couscous procedure. *(In the rest of this recipe, couscous preparation is distinguished from the chicken stew preparation by being printed in italics.)*
2. In the bottom of a couscousière (p. 403) or large, heavy saucepan, heat the oil over moderate heat.
3. Add the chicken, onions, ginger, turmeric, cinnamon stick, salt, and pepper. Cook over moderate heat, stirring occasionally, 15 minutes, taking care not to let any ingredients scorch.
4. Add the water. Cover and simmer 45 minutes.
5. *If you are using standard couscous, prepare it for steaming by performing steps 2 and 3 of the procedure on page 403.*
6. Soak the raisins in hot water until soft. Drain and set aside.
7. Add the carrots to the chicken stew.
8. *If you are using standard couscous, perform steps 4 and 5 of the procedure on page 403 while the stew is simmering. Steam the couscous in the top section of the couscousière or in a colander set over the stew.*
9. Add the zucchini, tomatoes, and raisins to the stew. Simmer an additional 20 minutes.
10. *If you are using standard couscous, steam it for the last time (step 6 in procedure for steaming couscous on p. 403). If you are using instant couscous, prepare it following the procedure on page 403.*
11. Turn out the couscous onto a serving platter or into a hotel pan. Toss with the butter.
12. Taste the stew and add more salt if necessary. Remove the cinnamon stick.
13. For platter presentation, make a well in the center of the couscous and spoon the stew into the center. For single portions, make a ring of couscous on a plate and spoon a portion of stew into the center.



Chicken Couscous

Duck Confit

PORTIONS: 8 (SEE *NOTE*)

U.S.	METRIC	INGREDIENTS
8 lb	3.6 kg	Duck parts, preferably legs
1 oz	30 g	Salt
1 tsp	5 mL	White pepper
½ tsp	2 mL	Nutmeg
½ tsp	2 mL	Powdered bay leaf
pinch	pinch	Ground cloves
as needed	as needed	Extra duck fat

PROCEDURE

1. Trim off excess fat from the duck and reserve.
2. If you are using duck legs (the ideal part for this preparation), leave the thigh attached to the drumstick.
3. Rub the duck pieces with the salt and spices. Refrigerate overnight.
4. Render the trimmed fat plus as much extra fat as needed. You will need enough rendered fat to completely cover the duck pieces.
5. Put the duck and the rendered fat in a brazier, large saucepan, or casserole. Simmer gently in the fat over low heat or in a 300°F (150°C) oven until very tender, 1½–2 hours.
6. Remove the cooked duck from the fat and pack into a clean crock or other container. Pour the melted fat over the meat so it is completely covered, but be careful not to pour in any of the juices. Refrigerate. (The degreased juices may be used for another purpose, such as cooking beans.)
7. Remove duck pieces and use as needed. For best storage, remaining pieces must be kept covered by the fat. For serving, the confit is usually browned in a little of the fat until it is heated through and the skin is crisp. Serve with such accompaniments as braised cabbage, cooked white beans, or sautéed potatoes with garlic, or on a bed of salad greens.

Per serving: Calories, 620; Protein, 35 g; Fat, 52 g (77% cal.); Cholesterol, 155 mg; Carbohydrates, 0 g; Fiber, 0 g; Sodium, 1480 mg.

Note: The exact weight of the finished confit can vary considerably.

CONFIT OF DUCK AND GOOSE

Confit means "preserved." Confit of duck and goose originated as a byproduct of the production of foie gras, as a way to make use of and preserve the meat of birds raised and fed for their enlarged, fattened livers. After the parts are cooked by the procedure in the recipe on this page, they are packed in crocks and enough fat is poured over them to seal them from the air, thus preserving them for a time.

Today, of course, refrigeration makes this method of preserving unnecessary. But confit is more popular than ever because of the tenderness and flavor the cooking method yields. In the case of ducks, the legs are usually made into confit, while the boneless breasts are reserved for pan-frying and serving rare. A special breed of duck called *moulard*, with a large, meaty breast, is used for foie gras production. It is this duck whose legs are traditionally made into confit. However, the legs of any domestic duck can be used in this recipe.



Duck Confit with walnut mesclun salad

ADDITIONAL RECIPES

These additional recipes may be found on your CulinarE-Companion recipe management program:

Arroz con Pollo
Braised Duck Legs
Braised Duckling with Sauerkraut
Chicken alla Cacciatora
Chicken Braised with Vinegar
Pheasant en Cocotte
Salmis of Partridge

DRESSINGS AND STUFFINGS

Stuffing chickens and turkeys is usually not practical in production kitchens. Baking the stuffing separately gives better results, for these reasons:

1. **Safety.**
   Stuffing inside a bird is an ideal breeding ground for bacteria that cause food poisoning.
2. **Quality.**
   Additional roasting time is needed to heat the stuffing through. The result is often overcooked poultry.
3. **Efficiency.**
   Filling poultry with stuffing and removing it after roasting is impractical, time consuming, and messy.

Stuffing that is baked separately is usually called ***dressing***.

Is poultry ever stuffed? Yes. Small birds served whole as one or two portions can be stuffed, and often are. Stuffed Cornish hens or small game birds such as quail are popular items.

BASIC INGREDIENTS OF DRESSINGS

1. Starch base, such as bread or rice.
2. Aromatic vegetables, generally onions and celery.
3. Fat, such as butter or chicken fat, for sautéing the vegetables and for providing richness. Dressings for chicken and turkey, which are lean, may require more fat than dressings for duck and goose, which are fatty.
4. Liquid, usually stock, to provide moisture.
5. Seasonings, herbs, and spices.
6. Eggs, sometimes added as a binder but not always necessary.
7. Other ingredients for flavor, character, and bulk, such as:

Sausage	Chestnuts
Oysters	Fruits
Giblets	Nuts

GUIDELINES for Making Dressings

1. All ingredients that require cooking must be completely cooked before combining with other dressing ingredients. They will cook very little more during baking or roasting.
2. Cool all ingredients before combining to avoid growth of dangerous bacteria.
3. Never let baked or unbaked dressing stay in the Food Danger Zone (p. 17) longer than 1 hour.
   - Refrigerate unbaked dressing if it is not to be baked immediately.
   - Hold baked dressing above 135°F (57°C) for service, or chill as rapidly as possible.
   - Reheat baked dressing rapidly in oven or steamer to an internal temperature of 180°F (82°C).
4. Bake dressing in shallow pans (2 in./5 cm deep) for rapid cooking, to get it above the Danger Zone quickly.
5. Do not overmix bread dressings, or they will become pasty. Toss ingredients together lightly.
6. For light texture, do not pack dressings into baking pans; instead, spoon loosely.
7. If you stuff poultry instead of baking the dressing separately, fill the birds loosely. Do not pack. Stuffings expand during cooking.



KEY POINTS TO REVIEW

- What are three reasons that "stuffing" is best baked in a separate pan rather than inside a bird?
- What are the basic ingredients of a basic poultry dressing or stuffing?
- What precautions should you take to ensure that poultry dressings or stuffings are safe to eat?

Basic Bread Dressing

YIELD: ABOUT 4 LB (2 KG)

U.S.	METRIC	INGREDIENTS
1 lb	500 g	Onion, small dice
½ lb	250 g	Celery, small dice
½ lb	250 g	Fat such as butter, chicken fat, or bacon fat
2 lb	1 kg	White bread, 2 days old
1 oz	30 g	Chopped fresh parsley
1 tsp	5 mL	Sage
½ tsp	2 mL	Dried thyme
½ tsp	2 mL	Dried marjoram
½ tsp	2 mL	White pepper
2 tsp	10 mL	Salt
1–2 pt	0.5–1 L	Chicken stock, cold

Per 1 ounce: Calories, 70; Protein, 1 g; Fat, 3.5 g (47% cal.); Cholesterol, 10 mg; Carbohydrates, 8 g; Fiber, 0 g; Sodium, 175 mg.

PROCEDURE

1. **Sauté the onion and celery lightly in the fat until tender but not browned. Cool thoroughly.**
2. **Cut the bread into small cubes. If desired, crusts may be trimmed first.**
3. **Combine the bread and cooked vegetables in a large stainless-steel bowl. Add the herbs and seasonings and toss gently until all ingredients are well mixed.**
4. **Add the stock a little at a time, and mix the dressing lightly after each addition. Add just enough to make the dressing slightly moist, neither dry nor soggy. Adjust the seasonings.**
5. **Place in a greased baking pan and bake at 375°F (190°C), until hot at the center, about 1 hour.**

VARIATIONS

Sausage Dressing

Cook 1 lb (500 g) crumbled pork sausage meat, drain, and cool. Use some of the drained fat to cook the vegetables for the dressing. Add the cooked sausage to the dressing before adding the stock.

Chestnut Dressing

Reduce the bread to 1½ lb (750 g). Add 1 lb (500 g) cooked, coarsely chopped chestnuts to the dressing before adding the stock.

Mushroom Dressing

Cook 2 lb (1 kg) sliced mushrooms with the onion and celery. Proceed as in the basic recipe.

Giblet Dressing

Add ½ lb (250 g) cooked, chopped chicken or turkey gizzards and hearts to the dressing before adding the stock.

Cornbread Dressing

Substitute cornbread for all or part of the white bread in Basic Bread Dressing or Sausage Dressing.

QUESTIONS FOR DISCUSSION

1. Describe the three roasting methods discussed in this chapter: low-temperature roasting, searing, and high-temperature roasting. When is each used?
2. True or false: Chicken should be broiled at a lower temperature than steaks. Explain your answer.
3. What is meant by the term ***presentation side***?
4. Why is it difficult to cook large chicken pieces by deep-frying? How can this problem be solved?
5. What are the differences between simmering and poaching as applied to poultry?
6. Give three reasons for baking dressing in a separate pan rather than stuffing it into roast poultry.