

lon, fruit or vegetable juice, soy sauce, sour cream, or marinade. Seasonings may be herbs, spices, and vegetables.

Cookbooks, magazines, and newspapers often feature recipes for specialty meat dishes that use braising and simmering procedures.

Exotic or foreign titles frequently hide simple recipes that use inexpensive cuts—*boeuf à la mode*, for example, is French for pot roast.

Opportunities for applying your creative abilities are especially great with braised and simmered meats. Try braised meat seasoned delicately with a sprinkling of fresh or dried herbs, such as rosemary or marjoram. Add asparagus, okra, or parsnips to a stew. Or serve a tart fruit sauce of red cherries or cranberries with ham or pork.

A meat dish with a subtle, distinctive flavor that is simply prepared can be the basis for your reputation as an excellent cook. Just select the meat, cook it properly at low to moderate temperatures, and add seasonings with ingenuity. (OLIVE M. BATCHER)

Cooking Poultry

THREE POINTERS to success in cooking poultry are:

Know the classes of poultry that are available.

Cook poultry at moderate temperatures with moist or dry heat, as may be required.

Serve poultry accented with seasonings at the peak of cooked quality.

The particular class of each kind of poultry—turkeys, chicken, ducks, geese, guineas, pigeons—is the index to the type of cooking.

The class is based on physical characteristics associated with age and sex. The classes of each kind progress from young and tender poultry to fully mature. The classes listed in the table as tender can be cooked by any method or used in any recipe. The more mature classes have less-tender flesh and require certain procedures.

THE SECOND POINTER is: Apply dry or moist cooking at moderate temperatures as required for the particular class of poultry. That is, vary the method of cooking according to the age of the poultry.

When you do this, it is easy to select the right class of poultry for a special recipe or, if necessary, to adapt a recipe to assure a tender, juicy product from a particular class of poultry.

Dry heating includes all methods in which dry air surrounds the poultry. Examples are cooking in an open pan in an oven, under the broiler, or over hot coals. Cooking poultry by hot fat also is considered to be a dry-heating method.

These methods are suitable only for the young, tender-meated classes.

The second way, by moist heating, modifies the dry methods so that the more mature classes can be cooked tender. Covering the pan to surround the bird with steam or adding varied amounts of liquids, such as water, sauces, or vegetable juices, and heating with moderate temperatures assures moist heating.

As basic cooking methods representative of dry heating you should know how to roast, fry, and broil. Modifications of these methods to moist heating methods, such as oven and pan braising or simmering, follow easily.

If you know of the basic cooking methods for dry and moist heating, you can extend your skill to more elaborate recipes.

A bird you select with a knowledge of its age can be dipped into the right seasonings or coating and roasted, fried, or simmered so that every time it is done to perfection.

ROASTING is a popular way to prepare 10- to 15-pound turkeys, but turkeys can also be roasted in sizes as small as 4 pounds or as big as 25 pounds or more.

Think of roasting as just placing the poultry in an open pan in an oven set at 325° F.

Then add to this a few preparation steps, some tips to follow during roasting, and important points when poultry is stuffed. With this, you can place roasting on your list of basic poultry cooking methods.

The steps in preparing poultry for roasting are: Rinse the bird with cool water; then pat it dry. Season the cavities with salt or fill with stuffing. Bind or truss the bird to assure even cooking by pinning the wings to the sides of body and tucking the drumsticks under the band of skin at the tail.

During roasting, keep the skin moist and tender by basting occasionally with pan drippings or melted fat. Cover the breast and drumsticks with a piece of foil when the skin is a rich, golden-brown color. This prevents overbrowning them while the other parts, such as the lower thighs, cook.

Although 325° is the best temperature for roasting all sizes of poultry, broiler chickens and small turkey halves or quarters can be roasted

quickly and successfully at temperatures as high as 375° or 400°.

Most people like stuffing in roasted poultry.

A word of caution: Always combine the ingredients just before roasting. Place the stuffing into poultry neck and body cavities lightly, so it will heat rapidly. Choose an oven temperature for roasting (325°) that will let the stuffing pass quickly through the temperature range of 50° to 120° at which food-poisoning organisms, if present, grow and multiply. Be sure stuffing reaches a final temperature of 165° to assure destruction of any harmful organisms.

Some recipes for stuffing: Calculate the amount of stuffing needed by allowing one-half cup of bread cubes for each pound of poultry.

STUFFING

- 3 tablespoons butter, margarine, or poultry fat
- ¼ cup chopped celery
- 3 tablespoons chopped parsley
- 2 tablespoons chopped onion
- 1 quart bread cubes (2- to 4-day-old bread)
- ½ teaspoon savory seasoning
- ½ to ¾ teaspoon salt
- Pepper to taste

TENDERNESS OF DIFFERENT CLASSES OF POULTRY

<i>Kind</i>	<i>Class</i>	<i>Type of meat</i>
Turkey	Fryer or roaster	Tender.
	Young hen or tom	Tender.
	Yearling hen or tom	Reasonably tender.
	Mature or old	Less tender.
Chicken	Fryer or broiler (includes Cornish Game hen)	Tender.
	Roaster	Tender.
	Capon	Tender.
	Stag	Reasonably tender.
	Hen or stewing chicken	Less tender.
Ducks	Cock or old rooster	Less tender.
	Fryer or broiler	Tender.
	Roaster duckling	Tender.
Geese	Mature or old duck	Less tender.
	Young	Tender.
Guinea	Mature or old	Less tender.
	Young	Tender.
Pigeon	Mature or old	Less tender.
	Squab	Tender.
	Pigeon	Less tender.

Melt the fat in a frypan; add celery, parsley, and onion; and cook a few minutes. Add to the bread with seasoning. Mix lightly.

For variety:

Oyster stuffing—omit celery, and reduce parsley and onion to 1 tablespoon each. Add 1 cup oysters, heated in their own liquid and drained.

Nut stuffing—omit parsley and savory seasoning, and add $\frac{1}{2}$ cup chopped nut meats (pecans, roasted almonds, filberts, or cooked chestnuts).

To change roasting to oven braising, just cover the poultry during heating.

Oven braising surrounds the poultry with moistness from the cooking drippings or from a small amount of added liquid, and assures a tender, juicy product, particularly from mature poultry. It is possible to increase the oven temperature to 350° and speed up the cooking time. To give a golden-brown exterior, remove the cover during the last 30 to 45 minutes of braising.

Braising is an excellent way to cook game birds, such as grouse, quail, partridge, and pheasant, when the age is not known.

THE REMAINING basic methods are especially suitable for cut-up poultry—halves, quarters, or parts.

For frying, a type of dry heating, choose a young, tender bird. The poultry is cut up into serving-size pieces. Season the pieces with salt and pepper, then roll in flour, or dip pieces in a batter made by mixing 1 cup flour, 1 egg, $\frac{3}{4}$ cup milk, and $\frac{1}{2}$ teaspoon salt.

To panfry, place the pieces skin-side down in about one-fourth inch of fat preheated in a heavy skillet. Cook uncovered 15 to 25 minutes on each side.

Oven frying is done in the same way by placing the fat and poultry in a shallow pan in an oven set at 425° for 30 minutes, then turning the pieces and cooking 20 to 30 minutes longer.

For french-frying or deep-frying poultry, place the coated poultry

pieces in enough hot fat to cover. The poultry is cooked in 10 to 15 minutes.

Broiling is a quick and easy way to cook poultry pieces. The pieces are seasoned beforehand, or seasonings can be basted on during broiling along with melted fat, which keeps the skin from becoming tough and dry.

The pieces are placed on a broiler pan at a distance from the preheated broiler unit or hot coals so that it takes about 15 minutes for the pieces to begin to brown. The pieces should be golden brown and ready to turn after 25 minutes so the other side is cooked in about 15 minutes.

For moist heating, fry or broil poultry pieces just enough to brown. Then cover the pan and cook pieces gently on the top of the stove or in the oven at 350° for about 20 minutes. This additional step brings about moist heating and is a useful adaptation of frying or broiling to include all classes of poultry.

Many of the favorite United States regional recipes, like southern fried chicken, chicken Hawaiian, or chicken Maryland style, are combinations of frying to brown the outside and then cooking in a covered pan to tenderize and blend in seasonings.

Some recipes call for cooked and boned poultry—which may be meat remaining from roasted or braised poultry or meat from poultry that has been simmered whole or in pieces in water until tender.

Remove the meat from the bones and save the stock for use in a sauce or soup. Simmering is a moist-heating method and is a good way to cook mature birds. The meat can be smothered with vegetables in a sauce or combined with sour cream with paprika, orange-almond, or barbecue sauces.

THE FINAL POINTER: Serve poultry accented with seasonings at the peak of cooked quality.

Seasonings may be sprinkled on poultry before or during cooking.

For simple seasoning, use salt with a

little pepper. Add paprika, garlic or onion salt, tarragon, or rosemary to accent the bland flavor of poultry. Heat sauces with the poultry during the final 15 to 30 minutes of cooking to blend flavors. White or tomato sauces or sour cream are pleasing.

Cookbooks contain many variations: Add cheese and toasted crumbs; vegetables like onions, shallots, or celery; ingredients such as soy sauce and ginger to give an oriental touch; or an Indian influence with curry and chutney.

When is poultry cooked enough? Timetables that you see in cookbooks or often attached to the poultry when purchased are good guides.

For large birds that are cooked by roasting or oven braising, place a meat thermometer in the center of the inside thigh muscles. When they reach a temperature of 185°, the poultry usually is done to the peak of cooked quality.

Another way is to grasp the end of the drumsticks and see if drumstick and thigh joints move easily. Press the thickest part of the drumstick meat with protected fingers to see if it is soft.

For the other methods of cooking poultry, the time given on the recipe is the best guide. The meat should seem soft and tender when probed with a fork, and the joints should move easily. Meat will no longer adhere tightly to the bone. (IRMA M. HOKE)

For further reading, consult the following Department of Agriculture publications:

Cheese Buying Guide for Consumers, Marketing Bulletin No. 17; *Conserving the Nutritive Values in Foods*, Home and Garden Bulletin No. 90; *Family Food Budgeting for Good Meals and Good Nutrition*, Home and Garden Bulletin No. 94; *Freezing Combination Main Dishes*, Home and Garden Bulletin No. 40; *Freezing Meat and Fish in the Home*, Home and Garden Bulletin No. 93; *Home Care of Purchased Frozen Foods*, Home and Garden Bulletin No. 69; *Home Freezing of Poultry*, Home and Garden Bulletin No. 70; *Shopper's Guide to U.S. Grades for Food*, Home and Garden Bulletin No. 58; *Storing Perishable Foods in the Home*, Home and Garden Bulletin No. 78; *Tips on Selecting Fruits and Vegetables*, Marketing Bulletin No. 13; *U.S. Grades for Beef*, Marketing Bulletin No. 15.

Basic Breads

SUCCESS IN BAKING yeast breads begins with the flour, the main ingredient in all kinds of bread.

White flour generally is used, but whole-wheat, rye, oatmeal, and other kinds of flour may replace part or all of the white flour in a bread recipe.

All-purpose, enriched flour is the type usually sold in American retail stores.

Standards established for enrichment per pound of flour of white flour (*Code of Federal Regulations*, Title 21, Part 15) are: Thiamine, 2.0-2.5 mg; riboflavin, 1.2-1.5 mg; niacin, 16-20 mg; iron, 13-16.5 mg.

In northern regions of the United States, all-purpose flours generally are blends of hard wheats. In the South and some States of the West, all-purpose flours usually are blends of soft wheats.

Hard-wheat flour absorbs more moisture, requires more mixing, and withstands more fermentation than soft-wheat flour.

The gluten of the hard-wheat flour tends to be more cohesive and elastic. The gluten of the soft-wheat types is more delicate and less elastic. That is why hard-wheat flour makes the best yeast breads, and soft-wheat flour the best muffins and biscuits. You can use all-purpose flour for making yeast bread successfully at home, however.

All-purpose flours contain enough of the gluten-forming proteins to make good yeast bread. Gluten, a protein complex that is gummy, cohesive, and elastic, develops as a colloidal network throughout batters and doughs as a result of beating, stirring, and kneading.