

Do We Prepare Our Poultry Dishes Palatably?

R. M. McKee, Household Editor

DURING her attendance at the Peterboro Poultry Show held a few weeks ago, I had a short conversation with Miss M. Yates, of Port Credit, who was conducting demonstrations on killing and plucking fowl at the show. In speaking of fowl for table use, Miss Yates expressed it as her opinion that many homes in the province of Ontario would be considerably benefitted by the appearance of good poultry on their tables more frequently throughout the year. One of the main reasons why fowl is not appreciated more on our menus, is not appreciated more on our menus, is because of the indifferent way in which it is prepared. Very often a chicken is just caught, killed, prepared and put on the stove and boiled rapidly. Then it is served with hen oil floating all around. It is not attractive to the eye and is thoroughly indigestible. Even second and third year fowl makes most admirable eating. If thoroughly prepared but if not it is indigestible and unpalatable.

"I think I can cook poultry in 80 different ways," said Miss Yates. "I have always been accustomed to good food on our table, but I have never had a course in Domestic Science. Such a course is not necessary in order to cook fowl well."

The Live Stock Branch of the Department of Agriculture has gotten out a small pamphlet containing a few of the most economical methods of cooking chickens and fowls as used by Miss Yates and herewith are several of these methods:

Roast Chicken.

The very best plump, well-fattened young chickens or capons are necessary for this standard dish. If these are not available, then let some other method of cooking be employed. The "ranger" is not in place for roasting, pose. After trussing for roasting, place the birds in a dripping pan and spread liberally with butter, pouring over them a basting spoon of vinegar for each bird. Put into a very hot oven, baste frequently and turn around continually to brown evenly at a quick pace. Allow time at the rate of 20 minutes to the pound and 20 minutes extra to start cooking. Send to table with forcemeat balls, bread sauce and gravy made from neck and giblets of bird.

Bread Sauce.

Two cups bread (stale); three cups milk; one onion stuck with six cloves. Bake in oven in earthenware vessel for three hours. Beat well at frequent intervals and keep covered. To serve remove onion, add one teaspoon of salt, a drop of tabasco and two tablespoons of cream.

Forcemeat Balls.

One cup stale bread crumbs; three-quarters cup ham or lean bacon; one-half cup suet; one egg; grated rind of one-half a lemon; flavoring; one-half teaspoon each: salt, minced sweet herbs and parsley; one-quarter teaspoon each of cayenne pepper and pounded mace. Shred ham or bacon, chop the suet, add all other ingredients. Divide into six balls, roll in flour, cook 20 minutes in dripping pan with a little butter. Rather a hot oven is required.

Jellied Fowl.

An old fowl cut up into 11 pieces, pepper and salt, bay leaves and a bunch of pot herbs, water and gelatine. Rub each piece of fowl with pepper and salt, just cover the whole with water, add flavoring, put a lid on the pot and cook very slowly for three hours, then add one tablespoon powdered gelatine previously softened in two tablespoons cold water. Set aside to chill thoroughly. Completely remove the fat that will have arisen to surface and wipe up any particles of it with a clean cloth wrung out of

hot water. Set on ice a while if possible and serve with cabbage, lettuce, watercress or endive salad with cream dressing.

Browned Fowl.

Old fowls are very good if trussed for roasting and steamed one and one-half hours, then placed in roasting pan with two tablespoons of butter. Pour over the breasts and roast for one hour, basting frequently until a rich brown. Send to table with a tureen of nice brown gravy made from the giblets and one of good bread sauce. Some mashed potatoes and a dish of buttered parsnips can accompany this dish.

Fricassee Fowl.

A fowl, an onion, a carrot, pepper and salt to taste. A cup of good stock, (Continued on page 21.)



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