

POULTRY RECIPES



BY

Canadian Chefs

RECIPE FOLDER No. 1

SPECIALLY ARRANGED
FOR
YOUR COOK BOOK

Issued by
POULTRY DIVISION
LIVE STOCK BRANCH
DEPARTMENT OF AGRICULTURE
OTTAWA

RECIPES YOU WILL LIKE—BY CANADIAN CHEFS

RISSOLE OF CHICKEN

By R. Albertella, *Chef de Cuisine, Royal York Hotel*

Chop boiled chicken in small pieces; add a few mushrooms finely chopped; cook with a little white sauce and reduce to paste; season to taste and put in pan to cool. Make semi-puff paste, roll thin, use cutter; put 1 teaspoonful of chicken Appareille (paste) on this, wet edges with beaten egg and cover with paste; glaze with beaten egg; brown in moderate oven; serve hot. (*Courtesy, Canadian Pacific Hotels.*)

ROAST STUFFED CHICKEN

By C. Scarabelli, *Chef de Cuisine, Château Laurier*

Into saucepan put 2 tablespoons butter and chicken fat, 2 oz., chopped onion, a little bacon or ham diced and fried colourless in butter; add thyme, sage, salt and pepper, chicken liver diced, about $\frac{1}{2}$ lb. bread crumbs, and 2 eggs. Stir well, stuff chicken and truss. Oven should be from 400 to 450 degrees F. Add water to fat to keep from burning. Cook 20 to 25 minutes to pound. (*Courtesy, C.N.R. Hotel Dept.*)

ROAST MILK-FED CHICKEN

By Leon Tobias, *Chef de Cuisine, C.P.S.S. "Empress of Australia"*

Make stuffing with fresh bread crumbs, chopped parsley, pork sausage and seasoning. Parci breast of bird with same and truss up; roast bird in sharp oven; serve with chicken gravy and bread sauce. (*Courtesy, Canadian Pacific Railway.*)

STUFFING FOR CHICKEN

To 1 lb. sifted bread crumbs add $\frac{1}{2}$ lb. butter, 1 lb. boiled mashed potatoes, a little sweet majoram and summer savory rubbed to fine powder; moisten with beaten egg; season with salt, pepper and nutmeg. A little sausage meat, grated ham, oyster, or chopped mushroom may be added; also a few walnuts, filberts and roasted chestnuts (ground to paste), and grated rind of lemon. Truffles may be added to dressing or served with gravy. (*Courtesy, C.N.R. Dining Car Service.*)

CHICKEN-A-LA-KING

By R. Albertella, *Chef de Cuisine, Royal York Hotel.*

Cut boiled chicken or fowl in large dices, sauté in pan adding 1 oz. butter, salt, dash of cayenne pepper, paprika, mushrooms cut in small cubes; let simmer with glass of sherry; add 2 cups cream; cook until reduced. Chicken with tablespoon of cream sauce and yolks of 2 eggs; without further cooking put in chafing dish and garnish with truffles. (*Courtesy, Canadian Pacific Hotels.*)

YOU GET WHAT YOU PAY FOR

The Grade "A" denotes a bird which is well-fatted,
well-fleshed and well-finished

IN OFFICIALLY GRADED POULTRY

CURRIED CHICKEN WITH RICE

Sauté young chicken in butter until part cooked (include onions with sauté); remove chicken and add pepper, salt, flour, curry powder, 1 cup tomato juice and white sauce to desired thickness; replace chicken; add chopped green apple and lemon juice; cook till tender; serve with Indian chutney and boiled rice. (*Courtesy, C.P.R. Dining Car Service.*)

CHICKEN OR TURKEY HASH

By Mme. Blanche L. Pagé

Cut left-overs of chicken or turkey into small pieces; add brown butter gravy to any left-over gravy, making it rich and seasoning to taste; heat meat in the gravy; serve on toast. (*Courtesy, Québec Hospitality Service*)

FRICASSEE OF CHICKEN A L'AMERICAINE

Boil 2 chickens; cut into 12 pieces; put in saucepan with 8 minced mushrooms, 1 oz. cooked salt pork diced, and 1/2 pint German sauce. Warm thoroughly, without boiling; garnish and serve. (*Courtesy, C.N.R. Dining Car Service.*)

INDIAN FRIED CHICKEN

Young chickens skinned and joints rubbed with curry powder; fried in oil; serve on bed of fried onions. (*Courtesy, C.P.R. Dining Car Service.*)

CELERY DRESSING

By Mrs. R. Lacroix, Assistant Directress, Les Ecoles Ménagères Provinciales, Montreal

To 2 tablespoons melted butter add 2 tablespoons thinly sliced onions, 2 tablespoons parsley, 1 cup finely chopped celery, add 2 cups dried bread crumbs; season with salt and pepper and add a pinch of allspice.

FRIED CHICKEN

By Miss Helen G. Campbell, Director, The Chateleine Institute

Cut chicken into pieces of convenient size; wash, dry and roll in flour; brown quickly on both sides in pan having bottom covered with melted fat; reduce heat, cover tightly, cook slowly till meat is tender (25 to 30 minutes). If further cooking required add boiling water and let simmer till tender. Where older birds are used they should be first cooked in water until almost tender.

CHICKEN CROQUETTES

By Mme. Blanche L. Pagé

Take 4 cups chopped cooked chicken; 2 cups mashed potatoes, chopped green peppers, mushrooms and onions, 1 tablespoon butter and salt and pepper to season. Toss up onions in butter adding other ingredients; thicken with cream gravy; shape in croquettes and fry in butter. Use cream, in place of milk or water in making cream sauce.

The Grade "B" denotes a bird reasonably well-fleshed but lacking the fat and finish of Grade "A"

DON'T GUESS ABOUT QUALITY

LOOK FOR THE GRADE TAG

CHICKEN SALAD

Cut cold chicken in small dice; mix with $\frac{1}{2}$ celery diced; salt and pepper to taste, add salad oil and vinegar; serve on lettuce masked with mayonnaise; garnish with hard boiled eggs and capers. (*Courtesy C.P.R. Dining Car Dept.*)

CHICKEN A LA CASSEROLE

Mme. Blanche L. Pagé

Place chicken in hot butter, season with salt and pepper and cover; cook over slow fire (14 hours); turn chicken over from time to time, letting it lie over the legs which are the hardest part to cook.

BOILED CHICKEN WITH SALT PORK AND PARSLEY SAUCE

Put chicken to boil with piece of lean salt pork, an onion stuck with cloves, carrots, and celery; when tender take up; remove breast and legs; serve on platter garnished with vegetables, slices of pork and parsley sauce. Parsley sauce is made from liquor chicken boiled in; flour, butter and chopped parsley being added. (*Courtesy, C.P.R. Dining Car Service.*)

BROILED CHICKEN

By Mrs. R. Lacroix

Prepare chicken by opening a long back and dividing in halves; wipe well, sprinkle with salt and pepper and place on well-buttered broiler; keep flesh side to heat to avoid burning but turn frequently to insure even cooking—takes about 20 minutes over open fire, gas jet, or electric ring full on.

CHICKEN EN CASSEROLE BOURGEOISE

By R. Albertella, Chef de Cuisine, Royal York Hotel

Cook chicken the same way as for roast; add garnish consisting of small onions, carrots, mushrooms, and a few potatoes (small sized—olive); also add bacon cut in small cubes and let simmer with chicken; when cooked place in casserole, garnish and serve. (*Courtesy, Canadian Pacific Hotels.*)

CHICKEN PATTEE

By Mme. Blanche L. Pagé

Bone a cooked chicken; cut in small pieces and add to brown butter sauce. Make pastry shell by covering bottom of frying pan or small dish with paste and baking in oven; add chicken with gravy (or cream sauce), cover with paste and cook in hot oven. Mushrooms and olives may be added to the gravy

THE TAG TELLS THE GRADE

The Grade "C" denotes birds lacking the fat, fleshing and finish required by the higher grades

Facts about Poultry Quality

"The better the quality of the bird the more satisfactory will be the results from its use," states R. Albertella, Chef-de-Cuisine of the Royal York Hotel, an outstanding Canadian authority on gastronomics.

The quality of dressed poultry depends directly upon the manner in which it has been fed and finished. The fine soft texture of skin and fleshing, and the fine white fat of the milkfed bird is produced only through special feeding in crates for a sufficient length of time to soften, or kill-out, the stringy toughness of muscular fibre; and to build up tiny fat particles all through the muscular tissue, literally building up that tender succulence and fine delicacy of flavour so hard to find, and always in demand by the discriminating Chatelaine.

While the Grade A in the class Selected represents the same degree of fat, fleshing and finish as in the class Milk-fed, the basic difference is in the colour and texture of the fat. While the Milk-fed bird is usually the choice for roasting and sandwich use, and for frying, the bird of the Selected class is often preferred for fricassée, casserole and general "pot" or "Top o' the Stove" use. There is something about chicken that gives it a distinctive appeal. It is highly nutritious, easily assimilable, convenient of preparation, and amenable to an ever changing variety of uses.

The respective grades are designated by "official" tags in "official" colours, as follows: SPECIAL—purple; GRADE A—red; GRADE B—blue; and GRADE C—yellow. The SPECIAL is a commercially perfect specimen, as yet produced in quantities too limited to be generally available. The GRADE A represents the bulk of supply of well-finished birds, and ensures complete satisfaction for all occasions and purposes.

Special mention should be made of turkeys. The turkey is no longer "Monarch of the Menu" alone, the feature of holiday feasts, but is now available generally throughout the year. There is no choicer poultry meat than turkey, and it is rapidly growing in popular favour for its economy, as well as for its other fine qualities.

When poultry is offered for sale by Government, otherwise "official," grade, you can be sure of getting absolute value for your money. Look for the grade tag when buying poultry, and be sure of satisfaction. Where individual birds are not tagged, the official grade mark may be seen on the boxes in which the poultry is displayed for sale. Don't guess about quality.

Buy by Government Grade

Dressed Poultry is Graded Under Official Standards

WHERE poultry is offered for sale on government grades the grading must conform to the Canadian standards for dressed poultry, as set out in the regulations for the grading and marking of dressed poultry made under the provisions of the Live Stock and Live Stock Products Act (Chap. 120, R.S.C. 1927).

Grading is done by qualified employees of producers' organizations, wholesalers, or distributors of dressed poultry, in accordance with these standards. The federal government, through a staff of inspectors operating under the supervision of the Poultry Division of the Department of Agriculture at Ottawa, maintains a check inspection service to ensure that grading is done in accordance with these standards.

The Grade Tag is Your Guide When Buying Dressed Poultry

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