
Professional Certificate in Culinary Medicine and Nutrition

Poultry

Poultry is the term used to describe domestic birds that are raised for their meat, eggs, or feathers. In the context of the Professional Certificate in Culinary Medicine and Nutrition, poultry refers to chicken, turkey, duck, goose, and other domesticated birds. Here are some key terms and vocabulary related to poultry:

1. **Broiler:** A young chicken that is raised for its meat. Broilers are typically slaughtered at around 6-8 weeks of age and are known for their tender and juicy meat.
2. **Fryer:** A young chicken that is suitable for frying. Fryers are typically between 4-7 weeks old and have a higher ratio of meat to bone than older birds.
3. **Roaster:** A chicken that is between 8-12 weeks old and is suitable for roasting. Roasters have a higher proportion of dark meat and a more pronounced flavor than younger birds.
4. **Capon:** A castrated male chicken that is raised for its meat. Capons are known for their plump, tender, and flavorful meat.
5. **Hen:** A female chicken that is over a year old and has started laying eggs. Hen meat is leaner and has a more pronounced flavor than younger birds.
6. **Stewing hen:** An older hen that is raised for its meat. Stewing hens are typically over 2 years old and have a higher proportion of tough connective tissue, making them ideal for slow-cooking methods like stewing and braising.
7. **Turkey:** A large domesticated bird that is native to North America. Turkeys are raised for their meat, which is leaner and has a milder flavor than chicken.
8. **Duck:** A domesticated waterfowl that is raised for its meat, fat, and feathers. Duck meat is richer and fattier than chicken and turkey.
9. **Goose:** A domesticated waterfowl that is similar to a duck but larger. Goose meat is rich and flavorful, with a high fat content that makes it ideal for roasting.
10. **Poussin:** A young chicken that is between 4-6 weeks old and weighs less than 1.5 pounds. Poussin are known for their tender and delicate meat.
11. **Cornish game hen:** A small chicken that is between 4-5 weeks old and weighs around 1.5-2 pounds. Cornish game hens are known for their tender and succulent meat.
12. **Free-range:** A term used to describe poultry that is raised in a cage-free environment and has access to the outdoors. Free-range poultry is often considered to be more humane and may have a better flavor than conventionally raised poultry.
13. **Organic:** A term used to describe poultry that is raised without the use of hormones, antibiotics, or genetically modified feed. Organic poultry is also raised in a cage-free environment and has access to the outdoors.
14. **Kosher:** A term used to describe poultry that has been processed in accordance with Jewish dietary laws. Kosher poultry is slaughtered in a specific way and is inspected for defects before being sold.

15. Halal: A term used to describe poultry that has been processed in accordance with Islamic dietary laws. Halal poultry is slaughtered in a specific way and is inspected for defects before being sold.
16. Yield: The amount of edible meat that is obtained from a whole bird or a specific cut of poultry. Yield can vary depending on the age and size of the bird, as well as the cooking method.
17. Marinade: A mixture of ingredients that is used to flavor and tenderize poultry before cooking. Marinades can include ingredients like oil, vinegar, citrus juice, herbs, and spices.
18. Brine: A solution of salt and water that is used to soak poultry before cooking. Brining can help to add moisture and flavor to poultry, especially when roasting or grilling.
19. Truss: A technique used to tie a whole bird together with kitchen twine before roasting. Trussing helps to ensure even cooking and can also make the bird more visually appealing.
20. Spatchcock: A technique used to butterfly a whole bird by removing the backbone and flattening it out. Spatchcocking can help to reduce cooking time and ensure even cooking.

Practical Applications:

- * When buying poultry, look for labels like "free-range" or "organic" to ensure that the birds were raised in a humane and sustainable way.
- * When preparing poultry, consider using marinades or brines to add flavor and moisture.
- * When cooking poultry, use a meat thermometer to ensure that the meat reaches a safe internal temperature. For chicken and turkey, the recommended temperature is 165°F (74°C).
- * When carving poultry, be sure to slice the meat against the grain to ensure tenderness and juiciness.

Challenges:

- * Poultry can be prone to drying out during cooking, so it's important to use moist cooking methods like braising or stewing whenever possible.
- * Poultry can also be prone to foodborne illness, so it's important to handle and store it properly to reduce the risk of contamination.
- * When cooking a whole bird, it can be challenging to ensure that the dark meat and white meat cook evenly. Consider using techniques like spatchcocking or trussing to help ensure even cooking.

Examples:

- * A simple marinade for chicken might include olive oil, lemon juice, garlic, and herbs.
- * A basic brine for turkey might include salt, sugar, and water.
- * To truss a chicken, use kitchen twine to tie the legs together and tuck the wings underneath the body.
- * To spatchcock a chicken, use kitchen shears to remove the backbone and then flatten the bird out on a baking sheet.

In conclusion, poultry is a versatile and nutritious protein source that can be prepared in a variety of ways. Understanding key terms and vocabulary related to poultry can help to ensure that you are using and preparing it in a safe and delicious way. Whether you are a seasoned chef or a beginner cook, learning

about poultry can help you to create healthy and flavorful meals for yourself and your family.