

NATIONAL OPEN UNIVERSITY OF NIGERIA

HCM 333



**Food and Beverage
Services III
Module 3**

HCM 333 (Food and Beverage Services III)

Module 3

Course Developer/Writer

Adesuyan, A.J., National Open University of Nigeria

Course Editor

Dr. O.J. Onwe, National Open University of Nigeria

Course Coordinator

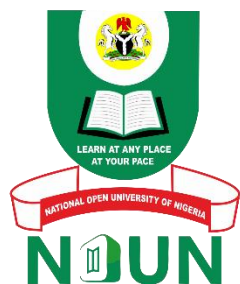
Martha Oruku

Programme Leader

Prof. N.E Mundi, National Open University of Nigeria

Credits of cover-photo: Mr. Gbenga Aiyejumo, National Open University of Nigeria.

National Open University of Nigeria - 91, Cadastral Zone, Nnamdi Azikiwe Express Way, Jabi, Abuja, Nigeria.



www.nou.edu.ng centralinfo@nou.edu.ng

oer.nou.edu.ng oerunit@nou.edu.ng OER repository

Published in 2021 by the National Open University of Nigeria

© National Open University of Nigeria 2021



This publication is made available in Open Access under the [Attribution-ShareAlike4.0 \(CC-BY-SA 4.0\) license](https://creativecommons.org/licenses/by-sa/4.0/). By using the content of this publication, the users accept to be bound by the terms of use of the Open Educational Resources repository oer.nou.edu.ng of the National Open University of Nigeria.

The designations employed and the presentation of material throughout this publication do not imply the expression of any opinion whatsoever on the part of National Open University of Nigeria concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. The ideas and opinions expressed in this publication are those of the authors; they are not necessarily those of National Open University of Nigeria and do not commit the organization.

How to re-use and attribute this content

Under this license, any user of this textbook or the textbook contents herein must provide proper attribution as follows: “First produced by the National Open University of Nigeria” and include the NOUN Logo and the cover of the publication. The repository has a version of the course available in ODT-format for re-use.

If you use this course material as a bibliographic reference, then you should cite it as follows: “NSC 106: Medical Microbiology and Parasitology, Module 6, National Open University of Nigeria, 2021 at oer.nou.edu.ng

If you redistribute this textbook in a print format, in whole or part, then you must include the information in this section and give on every physical page the following attribution: Downloaded for free as an Open Educational Resource at oer.nou.edu.ng If you electronically redistribute part of this textbook, in whole or part, then you must retain in every digital file (including but not limited to EPUB, PDF, ODT and HTML) the following attribution:

Downloaded for free from the National Open University of Nigeria (NOUN) Open Educational Resources repository at oer.nou.edu.ng

Module 3 Food and Beverages Services III

Unit I Preparation of Non-Alcoholic Drinks

1.0 Introduction

In the last unit, we discussed about savouries, sandwiches and beverages. In this unit we shall discuss how to prepare Non- alcoholic drinks. In the hospitality industry, non-alcoholic drink is very essential as guest will always request for such and it demand immediate preparation and service. Therefore, it is your responsibility to know how to do this. It can be served in the main restaurant, coffee shop bar or swimming pool bar.

2.0 Objectives

At the end of this unit, you should be able to:

- prepare Tea (China, India, Lemon, Iced Tea)
- prepare coffee (instant, pot, ground, Iced coffee)
- prepare Hot beverages
- prepare Fruit Drink
- prepare milk shakes
- prepare various types of drinks like Ginger, Paw-paw, Lemon, Pineapple etc.

3.0 Main Content

Tea: is one of the non-alcoholic beverages. It can be used for breakfast, lunch in the country where such is prepared e.g. China tea, India tea, or lemon. Although it is a very popular, how it is made is a matter of personal taste.

When preparing tea, the pot should be rinsed with boiling water before the tea is added. Boiling water should be poured onto the tea and left to infuse for three to five minutes.

Strain the tea when serving and serve with white sugar and cold milk.

3.1 Types of Tea

1. Lemon Tea

Lemon tea is served with sugar and wedges of lemon or slices of lemon.

2. Russian or Lemon Tea

It is made in the normal way but usually served with sliced lemon in the tea and few slices inside plate. It can be served separately with a small fork, serve sugar also separately.

3. China Tea

This is made with a special blend of tea, which is more delicate in flavour and aroma than any other tea. China tea is normally drunk on its own, but may be improved upon by adding

slice of lemon in a side plate with a small fork. It is rarely served with milk although sugar may be offered

4. India Tea

Otherwise called Ceylon tea is served inside metal or china pots. It is served with milk and the sugar, offered separately.

5. Iced Tea

Make a strong tea and chill well. It may then be strained, stored and chilled until required and served in a tumbler or glass cup with a teaspoon a slice of lemon may be placed in the glass and some lemon. Serve separately like the Russian tea.

6. Herbal Tea

This is a combination of certain herbs and grasses used for medicinal purposes. They do not contain caffeine, mint, and sienna. They should always be made in China pots in order to preserve without milk or any other additions.

Tea is an evergreen plant of the camellia family, which is kept in bush for easy plucking, and only the two top leaves and bud are plucked. There are more than 1,500 blends of tea grown in more than 3 countries

7. Coffee

Instant coffee in the form of a powder or granules is very popular today, particularly as it tends to be cheaper than grounded-coffee made from fresh roasted coffee beans. Grounded coffee has more flavour but it should be bought in small quantities as it loses its flavour when stored for a long period. Keeping coffee in a refrigerator helps to keep it fresh.

Method of Preparation

- Put the coffee into the perforated holder. It should come only half way up to allow the coffee to swell and the water to percolate through it.
- Measure the water into the pot and place coffee holder in the pot. Heat slowly until the coffee can be seen percolating gently through the glass or cover.
- Boil till it is rich brown colour for ten minutes. Remove the coffee holder and serve.
- Do not reboil, as this tends to spoil the flavour of the coffee.

Other Methods

- Rinse the coffee jug, measure coffee inside.
- Add boiling water and allow to infuse for three to five minutes stirring occasionally, leave to stand for a minute allow to settle.
- Pour out carefully from the jug.
- Serve either hot or cold with or without sugar.

Cold Drinks

These are easy to make drinks that are refreshing, most especially with fresh fruit.

I Milk Shakes

- Use ice- cold milk or cold milk and natural yoghurt and mix fruit purée like strawberry, banana, and vanilla etc, which is available in syrup and bottled.
- Add sugar to taste.

- You can serve with chopped fruits, whole pieces of fruit, grated chocolate.

2 Lemon Drink

- 2 Lemon juice
- Grated lemon rings
- Iced cold water
- Add sugar

3 Fresh fruit juice

- Squeeze the fruit from any citrus fruit and sweeten to taste if required.
- Combination of juices adds variety e.g. grape and orange.
- Lemon and orange.

To Serve the Fruit Juice

- Dip the rim of the glass in egg white or water and then put in sugar before filling.
- Cut a thin slice of lemon or orange and slit it halfway then arrange it on the glass rim.
- Place the fresh mint leaves on the surface of the drink and serve with ice cubes.

1. Ginger Drink

- Wash the Ginger very well and grate or blend. Allow dry ginger to soak till it is soft and ready to ground.
- Sieve and add sugar to taste and a little cloven. Serve cold

2. Paw-paw Drink

- Wash the pack of paw-paw.
- Remove the pawpaw, sieve and add sugar if required. Serve cold.

3. Pin-Apple Drink

- Remove the back of pineapple, cut into smaller portion, blend and extract the juice. Add water and sugar to taste. Serve cold.

4 Chocolate Shake

- Use ice cold water chocolate, add egg white, milk, sugar and whisked or mix together. Serve cold. (Keep refrigerated before use).

3.2 Coffee

Coffee is produced from the beans of the coffee tree and is grown and exported from South – America, Arabia, India, West Indies, Africa, and Sumatra. Varieties of coffee are named after the areas where they are grown such as Kenya, Brazil. Coffee has no food value but the milk and sugar served with it has value.

Types of Coffee

- 5 **Express o**: steam under pressure is forced through powdered coffee.
- (1) **Cappuccino**: strong-filtered coffee with whisked hot milk added.
 - (2) **French**: contains chicory, the root is washed; dried, roasted and ground chicory gives additional flavour and appearance to the coffee.
 - (3) **Coffee Essence**: concentrated form of liquid, which may contain chicory.
 - (4) **Instant Coffee**: liquid in dried powder form.
 - (5) Decaffeinated coffee has almost all caffeine removed and is therefore, less of a stimulant.

Coffee is used mainly as beverages served with milk and sugar or as a flavour for cakes, icing and ice-cream

4.0 Conclusion

To be acquainted with no alcoholic drinks you must practice the aforementioned drinks at your private time and your study centre since it is a means of supplying water in the diet and also add variety and interest to all.

Tea is an evergreen plant of the Camellia family, which is kept to bush size for easy plucking and only the two top leaves and bud are plucked.

There are more than 1,500 blends of tea grown in more than 31 countries.

5.0 Summary

Non-alcoholic beverage is very important to serve with meals. Since this is served throughout the day because of its importance of supplying water in the diet, it is easy to make and not time consuming. It adds variety and interest to the people; hence it is very important to know how to make it.

6.0 Self-Assessment Exercise

- 1. List the types of beverages.
- 2. How do you prepare Russian Lemon Tea?

7.0 References/Further Readings

Anital, Tull (2003). *Food & Nutrition*: Tata McGraw-Hill Publishing Company Limited 4/12 Asaf Alli Road New – Delhi 110002.

Fosket, David, Ceserani, Victor, and Kinton Ronald, (2003). *The Theory of Catering*, 10th Edition. Book Point Limited; 130 Milton Park Abingdon Oxon OX14 45 B.

Unit 2 Types of Catering Services

1.0 Introduction

The term poultry is generally used to refer to all domestic fowls kept for breeding, which includes Turkey, Geese, Ducks, Hens, Chicken, Pigeon's etc. These days, poultry is being referred to as chicken and are classified according to its size and feeding like single baby chicken, double baby chicken, medium, large and old. No matter the size they are used for the same purpose.

2.0 Objectives

At the end of this unit, you should be able to:

- understand healthy and whole some birds
- understand how to dress poultry
- understand how to prepare chicken for cooking.

3.0 Main Content

3.1 Healthy Wholesome Birds

The signs of a healthy bird can be derived from:

- (1) Plump breast
- (2) Pliable breast bone
- (3) Flesh firm
- (4) Skin white, unbroken and with a faint blush tint.

Healthy chicken usually have plump breast the breast bone should be pliable, the flesh should be firm not sticky and the skin white it should not have faded colour or have pinkish colour with a faint bluish t

3.2 Method of Cleaning

1. Pick out any pen or down, using a small knife.
2. Singe in order to remove any hairs, take care not to scorch the skin.
3. Split the neck by gripping firmly and making a lengthwise incision on the underside, cut off the neck as close to the body as possible.
4. Cut off the head.
5. Remove the crop and loosen intestines and lungs with fore finger.
6. Cut out vent and wipe clean.
7. Loosen intestines with fore finger.
8. Draw out the innards being careful not to break the gall bladder.
9. Wipe vent if necessary.
10. Split and clean the gizzard
11. Cut off the gall bladder from the liver.
12. Keep the neck and heart.

3.3 How to Prepare Chicken

There are different methods of preparing chicken but we should be discussing about the following:

- (1) Roast chicken
- (2) Roast stuffed chicken
- (3) Grilled chicken
- (4) Sauté of chicken
- (5) Chicken sauté with mushroom or potatoes
- (6) Chicken à la king
- (7) Chicken Galantine.
- (8) Chicken volauvent
- (9) Chicken cutlets
- (10) Chicken pancakes
- (11) Fricassee of chicken
- (12) Chicken pie.
- (13) Chicken in casserole
- (14) Chicken salad.
- (15) Curried chicken
- (16) Chicken mayonnaise.

3.3.1 Roasted Chicken – for 4

1.5 kg	Chicken
125 ml	Bread sauce
25g	Game chips
50g	Dripping
125 ml	Brown stock
1	Bunch water

Preparation

- Season the chicken inside and out with salt
- Place on its side in a roasting tin
- Cover with the dripping
- Place in hot oven for about 20- 25 minutes
- Turn on to the other leg
- Cook for a further 20 – 25 minutes
- Baste frequently
- To test if cooked pierce with a fork between the drumstick and thigh and hold over a plate
- The juice issuing from the chicken should not show any signs of Blood
- Prepare roast gravy with the stock and sediment in the roasting tray
- Serve on a flat silver dish with game chips in front and the water crest at the back of the bud

3.3.2 Roasted Stuffed Chicken – for 4

Some methods of roasting chicken. But before trussing stuff with the following:

- 25g Chopped onions
- 50g White bread crumbs
- Chopped chicken liver
- 50g good dripping oil
- Salt
- Pepper

Preparation

- Gently cook the onion the dripping without colour
- Add the seasoning, herbs and crumbs mixed in the liver with correct seasoning

3.3.3 Grilled Chicken

- Season the chicken prepared for grilling, add salt and mill pepper.
- Brush frequently with oil or melted fat during cooking and allow for approximately 15-20 minutes each side.
- Test if cooked by piercing the drumstick with a skewer or trussing needle, there should be no sign of blood issuing from the leg.
- Serve on a silver flat dish, garnish with picked watercress and over a suitable sauce separately e.g. poulet grill, sauce diable.

3.3.4 Sauté of Chicken: 4 Portions

1.5 kg Chicken
250 ml Demi glace
Salt
Pepper
Chopped-parsley
50 g Butter

Preparation

- To prepare the chicken for sauté, remove the feet at the first joint.
- Remove the legs from the carcass
- Cut each leg in two at the joint
- Remove the wishbone
- Remove winglets and trim
- Remove the wings carefully, leaving two equal portion
- Remove the breast and cut into two
- Trim the carcass and cut into three pieces
- Place the butter in a sauté pan or a fairly low heat or stove season the pieces of chicken and place in the pan in the following order: - drumsticks, things, carcass, wings wing lets, and breast.
- Cook to golden on both sides
- Cover with a lid and cook on the stove or in the oven until tender.
- Dress neatly in an entrée dish

- Drain off all fat from the sauté pan
- Return to the heat and add the demi-glace
- Simmer for 3-4 minutes
- Correct the seasoning and skin
- Pass through a fine strainer on to the chicken
- Sprinkle with chopped parsley and serve.

3.3.5 Chicken Sauté 4 portions

1.5 kg	Chicken cut for sauté
250 ml	Demi-glace
10g	Chopped shallots
50g	Butter
60 ml	White wine
100g	Button mushroom
Chopped parsley	
Salt	
Pepper	

Preparation

- Place the butter in a sauté pan on a family hot stove
- Season on the pieces of chicken and place in the pan in the following order: drumstick, thighs, carcass, wings, wing lets and breast.
- Cook to a golden brown on both sides.
- Cover with a lid and cook on the stove or in the oven until tender. Dress neatly in an entrée dish
- Add the shallots to the sauté pan, cover with a lid, and cook on a gentle heat for 1-2 minutes without colour.
- Add the washed sliced mushroom, cover with a lid, cook gently
- Pour off the fat
- Add the white wine
- Reduce by half.
- Add the demi-glace
- Simmer for 5 minutes
- Pour over the pieces of chicken
- Sprinkle with chopped parsley.

3.3.5b Chicken Sauté with Potatoes: 4 Portions

1.5 kg	Chicken cut for sauté
250 ml	Demi-glace
200g	Potatoes
50 g	Butter
Chopped-Pastry	
Salt	
Pepper	

Preparation

- Cook and dress chicken as for sauté
- Pour off the fat.
- Add wine and reduce by half
- Add the demi-glace
- Simmer for 5 minutes
- Pass through fine strainer over the chicken breast meanwhile peel and wash the potatoes cut into 1 cm dice
- Wash well, drain and shallow fry to a golden brown in hot fat in a frying pan
- Drain, season and sprinkle with chopped parsley and serve.

3.3.6 Chicken a la King

400g	Cooked or boiled chicken
50g	Red pimento
100g	Button mushroom
30 ml	Sherry
125 ml	Cream
25g	Butter

Preparation

- Wash peel and slice the mushrooms
- Cook without colour in the butter
- If using raw pimento, discard the seeds, cut the pimento into dice and cook with the mushrooms
- Cut the chicken in escallops
- Add the sherry
- Add the veloute, bring to the boil
- Finish with the cream and correct with small strips of cooked pimento 1 or 2 egg yolks may be used to form liaison with the cream mixed into the boiling mixture at the last possible moment and immediately removed from the heat. Chicken a la king may be served in a border of golden brown duchess potato or rice.

3.3.7 Chicken Galantine – And Portions

This is a basic recipe which may be garnished with strips of tongue, truffle, fat pork and pistachio nuts.

2.5 kg	Chicken
¼	Lite-cream
2	Egg white
Salt	
Pepper	

Preparation

- Bone out the chicken whole, taking care to leave the skin unbroken.
- Remove all the flesh from the bone and pass the flesh two or three times through the mince.
- Place in pan in a bowl of ice water using a wooden spoon, beat in the egg white and season.
- Gradually beat in the ice-cold cream.
- Spread out the chicken skin
- Lay on the prepared mixture
- Mould into a neat roll.
- Roll securely in a cloth
- Tie at each end and in the centre
- Simmer gently in chicken stock, made from the bones, for approximately 1-1½ hours.
- When thoroughly cold remove cloth.
- Cut in slices serve on silver flat dish and garnish with salad.

3.3.8 Chicken Volauvent – 8 Portions

2 kg	Boiled chicken
½ litre	Chicken veloute
400g	Puff paste
	Tablespoon cream.

Preparation

- Prepare the puff pastry using ½ kg flour and ½ kg margarine and ¼ litre water.
- Roll out sufficiently to cut eight rounds 6cm in diameter.
- Turn upside down on a lightly greased, dampened baking sheet.
- Using a smaller plain cutter, make incisions halfway through each leaving approximately ½ cm border.
- Egg wash and take in a hot oven (230°-250°c) 15-20 minutes.
- When cool, remove the lids carefully.
- Empty out the raw pastry from the centre.
- Cook the chicken as for boiled chicken
- Make a velouté and cook out, correct seasoning and pass through a fine strainer, finish it with cream.
- Remove skin and bone from the chicken
- Cut into neat pieces, mix with the sauce
- Fill the warm puff pastries to overflowing serve on a silver dish.
- Add the lids and garnish with picked parsley

3.3.9 Chicken Cutlets – 4 Portions

200g cooked chicken free from bones and skin
1 egg yolk
125 ml thick béchamel or chicken velouté

For Coating

1	Egg
25g	Flour
50g	White crumbs

Preparation

- Cut the chicken into 2mm dice
- Boil the béchamel in a thick –bottom pan
- Add the chicken and mix with a wooden spoon
- Boil and season
- Add the egg yolk, mix very well
- Correct the seasoning, and remove from fire
- Turn out on to a buttered tray.
- Cover with a greased paper and allow getting cold.
- Pass through flour, egg and breadcrumbs
- Insert a small piece of macaroni, to golden brown
- Drain and serve on a dish paper on a silver dish
- Garnish with fried or picked parsley

3.3.10 Chicken Pancakes – 4 Portions

100g	Flour
¼	Liter milk
50g	Lard
10g	Melted butter
200g	Boiled chicken free from bone and skin
125 ml	Thick béchamel or chicken veloute
Salt	
Pepper	
Chopped	

Preparation

- Sieve flour into a bowl and make a well in the centre.
- Add the egg salt, pepper, parsley and milk.
- Gradually incorporate the flour from the sides of the bowl and whisk to a smooth batter
- Heat the pancake pan, clean thoroughly.
- Add 5g lard and heat until smoking.
- Cook for a few seconds until lightly brown.
- Turn on to a plate.
- Wipe pan clean if necessary and make a total 8 small or 4 large pancakes.
- Prepared the filling by boiling the sauce.

- Cut the chicken in neat small pieces and add to the sauce
- Mix with correct the seasoning.
- Divide the mixture between the pancakes, roll up each one and place in an earthenware dish.
- Re-heat in a hot oven and place on a silver flat dish and serve.

3.3.11 Fricassee of Chicken – 4 Portions

1. 5 kg chicken

35g flour

50g butter

½ litre chicken stock

1.2 egg yolk

Chopped parsley

Preparation

- Cut the chicken as for sauté and season with salt and pepper
- Place the butter in a sauté pan and heat gently.
- Cover with a lid, cook gently on both sides without colouring
- Mix the flour.
- Cook out carefully without colouring
- Gradually mix in the stock
- Bring to the boil and skim
- Allow to simmer gently till cooked.
- Mix yolks and cream in a basin
- Pick out the chicken into a clean pan.
- Pour a little of the boiling sauce on to the yolks and cream mixing very well
- Pour all the black into the sauce, combine thoroughly correct the seasoning
- Pour over the chicken, re-heat without boiling.
- Dress in a entrée dish
- Sprinkle with chopped parsley.

3.3.12 Chicken Pie – 4 Portions

1.5 kg Chicken

100g button mushroom

1 chopped onion

¼ litre chicken stock

100g streaky bacon

200g puff paste

Punch of chopped parsley

Preparation

- Cut the chicken as for sauté or bone –out completely and cut into pieces 3x1 cm.
- Season with salt and pepper
- Place in a pie dish.
- Add the washed sliced mushrooms
- Add remainder of the ingredients
- Cover and cook as for steak pie 1- ½ hours
- Serve on an oval silver flat dish with a pie collar.

3.3.13 Chicken in Casserole – 4 Portions

1 ½ kg	chicken
50g	Onion
50g	carrot
¼ litre	demiglace
50g	butter
50g	celery
Bouquet garnish	
Chopped parsley	

Preparation

- Prepare the chicken and truss for entrée
- Slice the onion, carrot and celery, place in the bottom of the casserole with bouquet garnish.
- Spread the butter on the bird.
- Cover with a lid and place in a hot oven (230°-250°c)
- Baste occasionally, and cook for ¼ - 1 hour remove when cooked.
- Pour off the fat from the casserole, remove the bouquet garnish.
- Deglazed the casserole with the demiglace
- Pour the sauce into a sautés, boil, skin and correct the seasoning and consistency.
- Clean the casserole, remove the string from the birds and place in the casserole.
- Pass the sauce thoroughly in a fine strainer on to the bird.
- Sprinkle with chopped parsley
- Place the casserole with the lid on a silver flat dish and serve.

3.3.14 Chicken Salad – 4 Portions

400g	cooked chicken free from bone and skin
2	tomatoes
10g	anchovies
5g	capers
1	lettuce
1	hard boil egg
10g	olives
4	spoon vinaigrettes.

Preparation

- Remove the heat from the lettuce
- Shred the remainder
- Place in a glass salad bowl
- Cut the chicken in neat pieces and place on the lettuce
- Decorate with quarters of tomato, hard-boiled egg, anchovies, and olives, heat of lettuce and capers.
- Serve on a doily on a silver flat dish,

3.3.15 Curried Chicken – 4 Portions

1.5 kg	chicken
1 clove	garlic
10g	curry powder
10 g	tomato puree
10g s	sultanas
25g	chopped chutney
50g	fat
200g	onion
10g	flour
5g	desiccated coconut
¼	litre chicken stock
50g	chopped apple.

Preparation

- Cut the chicken as for sauté, season with salt
- Heat the fat in a saucepan, add the chicken.
- Lightly brown on both sides
- Add the chopped onion and garlic
- Mix in the tomato puree powder
- Moisturise with stock
- Boil and skin
- Add the remainder of the ingredients
- Simmer till cooked
- Finish the sauce with 30 ml cream
- Serve in an entrée dish.

3.3.16 Chicken Mayonnaise

- Use same method as chick salad but instead of vinaigrette use mayonnaise
- Remove heat from lettuce
- Shred the remainder
- Place in a glass of salad bowl
- Cut the chicken in neat pieces and place on the lettuce
- Decorate with quarters of tomato, hard-boiled egg, anchorites' olives, heat of lettuce and capers.
- Serve on a silver flat dish mayonnaise separately

4.0 Conclusion

So far, you should be able to prepare varieties of chicken dish which could be served either alone or along with other food like fried rice, boiled potato, potato chips etc. You can also prepare turkey or any other kind of bird in the same manner with the examples given to you above e.g. Turkey mayonnaise etc

5.0 Summary

Varieties of dishes give the producer more experience and make the customer have interest in eating. Since a particular style can be monotonous, the different kinds of dishes, how to dress them, and the quality of the chicken can encourage people to eat such dishes

6.0 Self-Assessment Exercise

How can you determine a healthy bird?

7.0 References/Further Readings

Anita Tull (2000). *Food and Nutrition*. Oxford University Press.

Ceserani and Kinton (1980). *Practical Cookery: 4th Edition*. Hong Kong: Wing King Tong Co. Ltd.

Unit 3 Types of Catering Services: Garnishing, Flavourings, Stuffing for Poultry Game

1.0 Introduction

This unit will attempt to clearly explain the following; garnishing, flavouring, and stuffing for poultry game. In the last unit, we discussed about healthy games, and methods of cooking game i.e. poultry game which could be in Chicken, Turkey, Geese, Birds etc. In this unit you are expected to know what you will use for garnishing etc.

2.0 Objectives

At the end of this unit, you should be able to:

- understand how to prepare poultry and games
- explain portion production in poultry games
- learn how to poultry
- understand cutting and boning
- learn the types of cutting.

3.0 Main Content

3.1 Roasting Chicken

- Clean the legs by dipping in boiling water for a few seconds, and remove the scales with a cloth.
- Cut off the outside claws leaving the centre ones; trim these to half their length. To facilitate carving, remove the wishbone.
- Place the bird on its back.
- Hold the legs back firmly
- Insert the trussing needle through the bird, mid-way between the leg joints
- Turn on to its side.
- Pierce the winglet, the skin of the neck, the skin of the carcass and the other winglet.
- Tie the ends of string securely
- Secure the legs by inserting the needle through the carcass and over the legs, taking care not to pierce the breast.

3.2 Boiling and Pot Roasting

- Proceed as for roasting
- Cut the leg sinew just below the point
- Bend back the legs so that they lie parallel to the breast and secure when trussing or insert the legs through incisions made in the skin at the rear end of the bird and secure when trussing.

3.2.1 Cutting for Sauté, Fricassee Pies etc.

- Remove the feet at the first joint
- Remove the legs from the carcass
- Cut each leg in two at the joint.
- Remove the wishbone.
- Remove the winglets and trim.
- Remove the wings carefully, leaving two equal portions on the breast.
- Remove the breast and cut in two.
- Trim the carcass and cut into three pieces.

3.2.2 Preparation for Grilling

- Remove the wishbone
- Cut off the claws at the first joint.
- Place the bird on its back.
- Insert a large knife through the neck – end and out of the vent.
- Cut through the backbone and open out.
- Remove the back and rib bones.

3.2.3 Preparation for Supremes

A supreme is the wing and half the breast of a chicken, with the trimmed wing bone attached. The white meat of one chicken yields two Supremes.

- Use a chicken weighing 1.5 kg
- Cut off both the legs from the chicken
- Remove the skin from the breast.
- Remove the wishbone.
- Scrape the wing bone bare adjoining the breasts.
- Cut off the winglets near the joints, leaving 1 ½ cm of bones bare bone attached to the breasts.
- Cut the breasts close to the breastbone and follow the bone down to the wing joint.
- Cut through the joint.
- Lay the chicken on its side and pull the supreme off, assisting with the knife.
- Lift the fillets from the supreme open and place the fillets inside.
- Close tightly, flatten with a bat moistened with water and trim if necessary.

3.2.4 Preparation for Balloting

A balloting is a boned stuffed leg of bird.

- Using a small sharp knife remove the thighbone.
- Scrape the flesh off the bone of the drumstick towards the claw joint.
- Sever the drumstick bone leaving approximately 2 – 3 cm at the claw joint end.
- Fill the cavities in both the drumstick and thigh with savoury stuffing.
- Neaten the shape and secure with string using a trussing needle

Balloting of chicken may be cooked and served using any of the recipes for chicken sauté.

3.2.5 Cutting of Cooked Chicken

- Remove the legs and cut in two (drumstick and thigh).
- Remove the wings.
- Separate the breast from the carcass and divide in two.
- Serve a drumstick with a wing and the thigh with the breast

3.3 Portion Production in Poultry Games

Poultry games can be portioned into:

- **Whole chicken.** This is the whole chicken but without head and legs and the intestines.
- **Half portion:** This consists of one leg and one arm.
- **Quarter portion:** This is made of either a leg, or an arm portion of the chicken.
- This can be cube shape.

3.3.1 Carving and Boning

- **Carving** is when a chicken or turkey has been boned i.e. bone removed completely from the meat part. Rolled and tied before roasting.
- **Boning:** when the bone in the chicken or turkey is removed or separated from the meat.

3.3.2 Different Types of Cutting

- (1) Drumstick
- (2) Thigh
- (3) Wing
- (4) Breast
- (5) Winglet
- (6) Carcass.

3.3.3 Dressing Poultry

Chicken supreme with asparagus and truffle: -
Supreme chicken in cream sauce: 4 portions

50 g	butter or margarine
25 g	flour
4	chickens
30 ml.	Sherry or white wine
125 ml.	Double milk
Salt	
Cayenne pepper	

Preparation

- Heat the butter in a sauté pan and lightly flour the Supremes.
- Cook the supreme gently on both sides (7–9 minutes) with the minimum of colour.
- Place the supreme in an earthenware serving dish, cover to keep warm.
- Drain off the fat from the pan.
- Deglaze the pan with the sherry or white wine.
- Add the cream, bring to the boil and season.
- Allow to reduce to lightly thickened consistency, correct the seasoning.
- Pass through a fine strainer on to the Supreme serve.
- Dress with Asparagus and truffle.

3.3.4 Coronation Chicken

This is a popular dish usually served on buffets and sandwich filler. It consists of pieces of cooked chicken bound with curry flavoured mayonnaise. There are a number of variations, a dice of fresh pineapple and sultanas may be added to the chicken. The curried mayonnaise may be finished with lightly whipped cream.

Yoghurt	
800 g	dice chicken
100 g	fresh pineapple
250 ml	mayonnaise
1 tsp	curry paste or curry powder
2 tsp	olive oil
50 g	chopped onion

Preparation

- Either mix any of the paste in mayonnaise or sweet onion in olive oil. Add the curry powder and sweet for 2 – 3 minutes. Allow to cool, add the mayonnaise.
- Add the pineapple to the chicken, bind with the curried mayonnaise. Serve on fresh lettuce leaves Garnish with strips of fresh in pimento
- Alternatively, decorate with flakes of fresh coconut. You can also use Yoghurt instead of mayonnaise.

3.3.5 Ducking with Orange Sauce: 4 – Portions

50 g	Butter	Duckling
50 g	Carrot	
25 g	Celery	
1	Bay Leaf	
1	Small Spring Thyme	
10 g	Arrow Root	
1	Oranges	
1	Lemon	
2 lbs	Vinegar	
25 g	Sugar	

Preparation

- Clean and truss the duck, use a fifth of the butter to grease a deep pan. Add the mirepoix (vegetable and herbs)
- Season the duck. Add the mix pox
- Coat the duck with a tight fitting cover.
- Place the pan in oven at 200 – 230°C
- Baste occasionally, cook for approximately 1 hour.
- Remove the cover and continue cooking the duck baking frequently until tender for 30 minutes.
- Remove the duck, cut out the string and keep the duck in a warm place. Drain off all the fat from the pan.
- Deglaze with the stock, boil and simmer for a few minutes.
- Thicken by adding the arrowroot diluted in a little cold water.
- Re-boil, correct the seasoning, degrease and pass through a fine strainer.
- Thinly remove the zest from one orange and lemon and cut into fine julienne.
- Blanch the julienne of zest for 3 – 4 minutes and refresh.
- Place the vinegar and sugar in a small sauté and cook to a light caramel stage.
- Add the juice of the oranges and lemon.
- Add the sauce and boil.
- Correct the seasoning and pass through a strainer.
- Remove the legs from the duck, bone cut and cut in thin slices.
- Carve the duck breast into thin slices and neatly dress.
- Coat with the sauce and serve.

3.5 Garnishes for Poultry

- Tomatoes
- Onions
- Shallots
- Carrots
- Pimento
- Sherry
- Oranges
- Red pepper
- Cucumber
- Egg
- Ketchup

3.6 Stuffing's for Poultry

- (1) Tomatoes
- (2) Onion
- (3) Egg yolk
- (4) Red pepper

4.0 Conclusion

Generally, garnishing, stuffing, carving, boning and dressing are very essential in making poultry products. They make food more attractive, presentable and palatable.

5.0 Summary

In this unit, you have been greatly exposed to different types of garnishing, and stuffing and how to bone poultry and poultry preparations.

6.0 Self-Assessment Exercise

1. List the different types of garnishing used for poultry products.
2. List the different types of cuttings.

7.0 References/Further Readings

Anita, Tull (2000). *Food and Nutrition*. Oxford University Press.

Ceserani and Kinton (1980). *Practical Cookery*: 4th Edition. Hong Kong: Wing King Tong Co. Ltd.