

1919

## EC915 Delicious Poultry Recipes

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Nebraska  
COOPERATIVE EXTENSION WORK  
IN AGRICULTURE AND HOME ECONOMICS  
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating  
W. H. Brokaw, Director, Lincoln

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### DELICIOUS POULTRY RECIPES

The high esteem in which poultry meats are held is shown by the fact that chicken, duck, goose or turkey is very often used for the "big end" of the Sunday and holiday dinners. Because of its wholesomeness, popularity, and reasonable price, poultry meats will undoubtedly be used in larger amounts during the next few years than ever before.

The size of a complete poultry carcass is such that the average family can use it readily in a short time without loss. Poultry is more generally produced than any other kinds of live stock. Chickens are raised with equal success on the back yard, general farm or specialized poultry farms. The various kinds of poultry constitute the most readily available source of meat food for a large percentage of our one hundred millions of people.

Methods of canning poultry have been perfected so that now every household can pack enough poultry during the natural poultry season to supply family needs during the other months of the year. Poultry prices are usually most reasonable during the last six months of the year.

Henceforth, when a distinguished visitor comes unannounced, any one of the many palatable poultry dishes may be served.

The following recipes suggest various ways of serving chicken and other fowl attractively.

#### Baked Chicken

Dress, clean and cut up chicken. Place in dripping pan, sprinkle with salt and pepper, dredge with flour and dot over with  $1/4$  c. fat. Bake 30 minutes in a hot oven, basting every five minutes with  $1/4$  c. fat melted in  $1/4$  c. boiling water. Serve with gravy made by using fat in pan,  $1/4$  c. flour, 1 c. each of chicken stock and milk or cream. Salt and pepper.

#### Maryland Chicken

Follow the same recipe as for baked chicken, except dip in egg and soft bread crumbs. With this method older chicken can be used when the time of cooking is lengthened.

#### Fricassee Chicken

Dress, clean and cut up a fowl. Put in a kettle, cover with boiling water and cook slowly until tender, adding salt to the water when chicken is half done. Remove from the water, sprinkle with salt and pepper, dredge with flour and brown in meat drippings, chicken fat or pork fat. Reduce stock to 2 c. and make gravy using 3 T. melted fat to which is added 4 T. flour. Stir until smooth and pour on gradually 2 c. stock. Season to taste. One-half c. of thin cream may be used instead of  $1/2$  c. of the stock.

(over)



### Creamed Chicken

1 c. chicken cut in pieces	1 c. peas
2 T. butter, chicken fat or oleomargarine	1 c. celery chopped fine
2 T. flour	1 t. salt
	1 c. milk

Make white sauce, add chicken, peas and chopped celery. Serve hot on toast or croustades.

## Chicken Souffle

2 c. finely chopped chicken	2 T. flour	1 t. parsley
$\frac{1}{2}$ c. bread crumbs	$1\frac{1}{2}$ c. milk	$\frac{1}{4}$ t. paprika
2 T. butter or chicken fat	1 t. salt	$1/8$ t. pepper
		3 eggs.

Make a white suace of butter, flour and milk, add the seasonings and cook the bread crumbs in this sauce. Add the egg yolks, well beaten and let sauce cool. Add the chicken and well beaten egg whites. Bake very slowly until it springs from finger. Serve with a cream sauce.

## Chicken Pie

Dress, clean and cut up a chicken. Cook until tender and remove from bones. Reduce stock to about 4 c. Thicken the 4 c. of soup stock with 8 T. flour, 4 T. fat and 1 t. salt well blended. Place chicken in baking dish and pour as much of this over the chicken as is needed, using the remainder for gravy. Drop the batter from spoon on top. Bake until done.

### Crust for Chicken Pie

2 $\frac{1}{2}$ c. flour	2 T. shortening
2 t. baking powder	1 c. milk
1 egg	1 t. salt

## Chicken Sandwiches

Dice cold chicken. Add  $\frac{1}{4}$  as much diced celery as chicken. Moisten with any good salad dressing and put this between slices of buttered bread. A lettuce leaf makes a good addition to this sandwich.

## Chicken Curry

2 or 3 # chicken	1 c. strained tomatoes
1 onion (medium size)	1 c. hot milk
1 T. fat	2 T. flour
1 t. curry powder	1 c. water
	Salt to taste

Dress, clean and cut up chicken, season with salt, dredge with flour and fry the chicken, onion and curry powder in the fat until light brown. Add water and tomatoes, stew until tender. Thicken with the flour and add the hot milk slowly. Serve with boiled rice.

## Roast Turkey

Dress, clean and stuff turkey. Place on rack, rub entire surface with salt and cover breast, legs and wings with  $\frac{1}{3}$  c. fat rubbed until creamy and mixed with  $\frac{1}{4}$  c. flour. Place in hot oven and when flour begins to brown reduce heat and baste



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every fifteen minutes. Pour water in pan as needed during cooking to prevent flour from burning. During the cooking turn turkey frequently that it may brown evenly. Serve on large platter and garnish with parsley or celery tips. A goose may be roasted in same way.

#### Goose Scalloped with Hominy

2 c. cooked goose

2 c. cooked hominy

1/4 c. crumbs browned in goose fat

1 1/2 c. gravy or white sauce

salt

pepper

Cover the bottom of a baking dish with hominy. Add a layer of goose meat and half the gravy, another layer of hominy, meat and gravy. Put crumbs over the top and bake until crumbs are brown.

#### Moulded Jellied Chicken

Wipe a knuckle of veal, put in soup kettle, cover with cold water and bring to boiling point; then add about 26# fowl, and cook until meat is tender, adding the last hour of cooking, 1 t. salt. Remove fowl and put aside to cook, when it should be ground in food chopper. Put lean meat from veal thru meat chopper; there should be about 1 1/2 c. Let stock simmer until reduced to 2 c. Mix chicken and veal. Add to this mixture, stock and season to taste, with salt, paprika, onion and lemon juice. Then well mixed add 1 c. celery, cut in small pieces. Put in a pan to mould. Cut in slices and serve cold.

#### Chicken Salad

2 c. left-over chicken cut in cubes

1 c. diced celery

1/4 c. diced pickles or olives

1/4 c. pimento chopped

Mix together chicken, celery, pickles and pimento, moisten with French dressing, mayonnaise or boiled dressing. Garnish with stuffed olives.

#### Creole Chicken

1 young chicken

1 green small pepper

1 1/2 c. milk

2 T. fat

1/2 c. macaroni

1 T. parsley chopped

2 T. flour

1 t. salt

2 egg yolks or 1 whole egg (well beaten)

Cook macaroni and drain. Cook chicken. Remove from bones and cut in small pieces. Melt fat, add dry ingredients, milk and cook until thickened. Add chicken, macaroni, pepper and parsley, stirring constantly. Add beaten egg gradually. Serve while hot in croustades.

#### Chicken and Rice Croquettes

1 c. boiled rice

1/2 c. milk

2 T. butter

1 t. salt

1 c. chopped chicken

1 egg well beaten

Heat milk, add chicken, seasonings and rice. When this boils, add egg and cook one minute. Spread on a platter to cool. Shape into balls. Dip in egg and crumbs. Saute in fat. Garnish with parsley.

#### Rissoles

2 c. cold cooked fowl (chopped fine)

1 T. fat

2 T. bread crumbs

1 t. chopped onion

1 egg

1 t. salt

1/8 t. grated nutmeg

black pepper



Add to the chicken, the egg, fat, bread crumbs, onion and seasonings. Put into frying pan and heat. When thoroly heated remove from fire and turn out to cool. When cool form into balls about the size of a walnut, dip first into well beaten egg, then in bread crumbs and fry in hot fat.

#### Hollandaise Turkey

2 T. fat	2 eggs
2 small onions	2 c. cold turkey
$\frac{1}{2}$ c. bread crumbs	2 stalks celery
2 c. stock or water	salt and pepper
	juice of $\frac{1}{2}$ lemon

Melt fat and fry onions in it until brown; add bread crumbs and stock. Cut turkey in cubes, also celery, add salt, pepper and lemon juice. Mix into hot stock and add beaten eggs. Cook 5 minutes.

#### Chicken Broth

Dress, clean and cut up chicken. Cover chicken with cold water and put on to cook. Season with salt. Cook very slowly until chicken is tender, adding water if necessary. Strain off the broth and let it stand until the fat comes to the top. Skim off all the fat. To this broth add 1 c. of steamed rice. Re-heat the mixture and serve.

#### Chicken Soup

6 c. chicken stock	2 stalks celery
1 T. lean raw ham	$\frac{1}{2}$ bay leaf
6 slices of carrots cut in cubes	$\frac{1}{4}$ t. pepper corns
$\frac{1}{3}$ c. hot boiled rice	1 sliced onion

Stock can be made from chicken bones. Cover with cold water, bring slowly to a boiling point and simmer two hours. Add seasonings to stock, heat gradually to boiling point and boil 30 minutes, strain and add rice.

#### Stuffing for Chicken

Dry bread enough to stuff chicken. Soak the bread in cold water, squeeze out water after bread is well soaked. To this add 2 c. chopped apples, 1 small onion,  $\frac{1}{2}$  c. celery, 1 egg, chopped giblet, salt and pepper, pinch of nutmeg and a small amount of melted butter.

#### Potato Stuffing

2 c. hot mashed potato	$\frac{1}{3}$ c. fat
$1\frac{1}{4}$ c. soft stale bread crumbs	1 egg
$\frac{1}{4}$ c. finely chopped salt pork	$\frac{1}{2}$ t. salt
1 finely chopped onion	1 t. sage

Add to potato, bread crumbs, fat, egg, salt and sage, then add pork and onion.