



St. Vincent's College Incorporated
Basic Education Campus
Junior High School Department
LEARNING MODULE



TLE 10
3rd QUARTER
(Poultry dishes)



Name: _____
Grade and Section: _____
Address: _____
Contact number: _____

Prepared by:

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TLE - Teacher

Quarter 3

Content Standard:

The learner demonstrates an understanding basic concepts and underlying theories in preparing poultry and game dishes.

Performance Standard:

The learners prepare a variety of poultry and game dishes found in different cultures

Learning Competencies:

<u>TLE HECK9-12PGD-IIIe-25</u>	1. Performs mise en place
<u>TLE HECK9-12PGD-III f-h-26</u>	2. Cook poultry and game bird dishes
<u>TLE HECK9-12PGD-IIIi-27</u>	3. Plate/present poultry and game bird dishes
<u>TLE HECK9-12PGD-IIIj-28</u>	4. Store poultry and game bird

Module Overview:

In this lesson deals with the selection, preparation, cooking, presentation, and storage of poultry and game birds in a commercial kitchen or catering operation. As you have move a step higher you are now going to prepare, present and store poultry and game birds. We will also talk about the difference of poultry from game birds, the types of cuts and the proper ways of handling poultry products.

Lessons and Coverage:

Lesson 1: Performs mise en place

- Prepare the tools, equipment and ingredients based on standards
- Identify the market forms of poultry
- Determine poultry cuts in accordance with prescribed dish

Lesson 2: Cook poultry and game bird dishes

- Prepare poultry and game birds hygienically to minimize risk of food spoilage and cross-contamination
- Cook various poultry and game bird dishes appropriately

Lesson 3: Plate/present poultry and game bird dishes

- Identify the type of service ware to be utilized in serving poultry and game bird dishes
- Present plated poultry and game bird dishes with appropriate sauces, gamishes and accompaniment

Lesson 4: Store poultry and game bird

- Store and maintain poultry and game bird according to standards

Name: _____ Date: _____
Grade & Section: _____ Score: _____

Pre- Assessment:

Let us know how much you know about mise en place for poultry dishes.

Directions: Read and analyse each ask. Write your answers on the space provided.

A. Give the important steps in preparing live poultry for cooking.

1. _____
2. _____
3. _____
4. _____
5. _____

B. Give three market forms of poultry.

6. _____
7. _____
8. _____

C. Give two cuts of poultry.

9. _____
10. _____



EXPLORE

Name: _____ Date: _____

Activity 1: Identify

Learning Competency: Prepare tools, equipment and ingredients based on standards (TLE_HECK9-12PGD-IIIe-25)

Directions: Identify each picture shown below and write you answer on the blanks provided.

 <p>1. _____</p>	<p>6.</p>  <p>_____</p>
 <p>2. _____</p>	<p>7.</p>  <p>_____</p>
 <p>3. _____</p>	<p>8.</p>  <p>_____</p>
 <p>4. _____</p>	<p>9.</p>  <p>_____</p>
	

5. _____



10 _____

FIRM UP

Mise en place - for poultry dishes include collecting the needed tools and equipment and getting ready with the appropriate ingredients.

TOOLS AND EQUIPMENT FOR POULTRY DISHES



1. Chopping board

6. Tong



2. Paring knife



7. Griller

3. Measuring spoons



8. Chef's knife





What is Poultry?

Poultry refers to domesticated birds such as chicken, duck, goose, turkey, pigeons and quails used as food. Games are birds and other animals hunted for food.

Poultry refers to several kinds of fowl that are used as food and the term includes chicken, turkey, duck, pigeon, and quail. These are usually domesticated raised mainly for meat and/or eggs. Birds such as smites that are hunted for food are games.

Chickens and other poultry may be divided into classes which are essentially of the same physical characteristics associated with age, sex, live weight and/or breed.

1. Broiler or Fryer. A broiler or fryer is young chicken, usually 9 to 12 weeks of age, of either sex, is tender-meat with soft, pliable, smooth-textured skin.
2. Roaster. A roaster is usually 5 to 6 months of age.
3. Capon. A capon is a surgically desexed male chicken usually under 8 months of age.
4. Stag. A stag is a male chicken, usually under 10 months of age, with coarse skin, with somewhat toughened and darkened flesh.
5. Hen or Stewing Chicken. It is a mature female chicken which is usually more than 10 months of age. It can also be a culled layer.
6. Cock or Rooster. It is a mature male chicken with coarse skin, toughened and darkened meat and hardened breastbone tip.
7. Jumbo Broiler. This is a large chicken about 4 kg. dressed weight which are on sale especially during the Christmas holiday.

Classification of Poultry and Games

Birds	Uses
Chicken	Meat, eggs
Duck	Meat, eggs, feathers
Goose	Meat, feathers, egg
Turkey	Meat
Quail	Meat, eggs
Pigeon	Meat
Guinea fowl	Meat
Wild duck	Meat, feather

Pheasant	Meat
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Other

- a. Their head, feet and viscera are still intact.
- b. They are clean, well fleshed.
- c. They have moderate fat coverings.
- d. They are free from pin feathers and show no cuts, scars or missing skin.

poultry

1. Peking duck
2. Duck Itik

or

3. Squab

Steps in cooking

- a. The skin is smooth and yellow in color
- b. The breast is plump
- c. The thighs are well-developed
- d. It has no objectionable odor
- e. It is heavy and the skin is not watery

the preparation of poultry for done at home

1. Slaughter and bleeding
2. Scalding

3. Defeathering

4. Evisceration

- a. dark meat – drumsticks, thighs, wings, neck, backs, and rib cage
- b. white meat – breasts
- c. giblets – gizzard and heart

5. Cutting into parts according to types of meat

Market

1. Live

Forms of Poultry

--

2. Whole poultry -

3. Dressed poultry -

4. Ready to cook --

- a. It has clear eyes.
- b. A young chicken has fine and soft feet. If it is old, the feet are thick and scaly.
- c. The bone at the tip of the breast is soft in younger chicken and thick in older one.
- d. Small feathers indicate that the chicken is young.

5. Drawn poultry -

- a. Chilled or frozen deceased poultry
- b. Usually available in groceries or supermarkets



Whole Chicken

Whole Chickens are marketed either fresh or frozen.



Halves

The bird is split from front to back through the backbone and keel to produce 2 halves of approximately equal weight.



Breast Quarters

Halves may be further cut into which include the wing. A breast quarter, including portions of the back, is all white meat.



Split Breast

A breast quarter with the wing removed.



Split Breast without Back

A breast quarter with wing and back portion removed.



Boneless, Skinless Breast

Split breast that has been skinned and deboned.

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Nutritional Value/Components of Poultry and Game



Different Cuts of Poultry



Like meat, poultry contains high quality proteins. Chicken, the most consumed among the fowls, has 22.6% protein, 76.3% water and traces of fat, vitamins and minerals.

Poultry meat consists of dark and white muscles. **Dark muscles** are those found in parts of fowl's body which are always used. These are the legs, thigh, wings, neck and rib cage. These are richer in fat, have more connective tissues, and have higher riboflavin and myoglobin content. Most people prefer the dark meat than white meat (from the breast) because of its juiciness and flavor. **Variety** meats refer to the meat of such organs as the gizzard, heart, kidneys and liver.



For a more detailed information read your TLE book in Cookery pages 198-199.
Study the suggested chicken recipe found on your TLE book pages 199-204.
Answer self-check 8.2 (a&b) pages 205-206 respectively.

Steps in Fabricating the Chicken:

1. Cut along the center of breast bone



2. Here you can view the cut made



3. Cut along one side of the breast bone base of the chicken.

to the

4. Separate skin that is attached to breast from leg quarter.



5. With your thumb under the wing joint press upward and out to separate joint.



6. With knife, cut between joint to remove and cut any skin not separated by the carcass yet.



7. Here is the picture of a detached breast and wing.



8. Cut around wing joint to remove wing.



9. A small thin piece of meat located on underside of breast that can be removed pulling the tenderloin, good for chicken tenders. Repeat steps 3-9 for the other side the breast.



by
of

10. Cut around leg quarter going up high towards backbone then circling down toward other side.

11. Halfway through you will hit joint.



12. Using your thumb push up and out to snap apart joint.



13. Finish cut through joint to remove leg quarter. Repeat steps 10-13 for other leg quarter.



Deboning a Chicken:



STEP 1: Place the chicken, breast side up, on a clean cutting surface. Stretch out each wing flat against the board by pulling the tip. With a boning knife, cut the wing tip and next joint, leaving the largest wing bone still attached.

STEP 2: At the neck, cut out the wishbone by pulling the skin up and out of the way and sliding the knife along the underside of the wishbone.



off

Continue cutting around and under the wishbone until it is free and can be pulled out with your fingers.

STEP 3: Turn the bird over, and with breast side down, cut along the backbone from the neck to the tail.

STEP 4: With short sharp strokes of your knife, keeping the knife close to the bones cut the flesh and skin, carefully using your fingers to pull the flesh away from the carcass.

Cut through the ball-and-socket joints connecting the wing and thigh bones to the carcass, so that they are separated from the carcass but still attached to the skin. When step is completed on both sides, meat will be attached only along the ridge of the breastbone. Gently (the skin tears easily) pull to separate the breastbone and carcass from the flesh.

STEP 5: Cut the flesh from the curved (saber) bone near the wing and remove the bone.

STEP 6: The partially-boned bird with leg and wing bones left in, is now ready for stuffing.

STEP 7: While holding the wing bone from inside the bird, cut through the tendons and scrape the meat from the bone with the knife. Pull out the bone, using the knife to free it.

STEP 8: Cut off end of the leg bone using a cleaver or thick-bladed cook's knife. Note: The use of a cook's knife for chopping through chicken bone is acceptable for this application but not recommended for cutting through other bone.

STEP 9: Repeat step #7 to remove the leg bone. Reposition wing and leg meat so skin side is out.

STEP 10: The whole chicken is now completely deboned, with the skin intact and ready to be stuffed, rolled, and roasted.

Principles of Poultry Cookery

1. The fat distribution and maturity of the fowl affect the quality of the product. Mature birds are best cooked using moist heat. Dry heat is suitable for young birds.
2. The best cooking temperature for poultry is at low to moderate heat. This temperature range produces a more flavorful and tender product. This also minimizes nutrient loss and shrinkage of meat.
3. To prevent the risk of microbial contamination, stuffing of turkey and chickens should be done immediately before roasting. It is best not to fill the cavity completely as this will prevent the poultry from being thoroughly cooked.
4. Because of its susceptibility to microbial growth, cooked poultry should be eaten immediately or refrigerated if not consumed. Leftover stuffing should be stored separately to prevent contamination.
5. Because poultry meat is pale-colored, it is best to employ dry heat cooking with fat for a brown color.
6. When roasting chicken, cuts should be placed with the breast-side down to produce a juicier and tenderer product.
7. To improve the palatability of lean poultry meat, basting can be done.

Causes of Food Spoilage and Contamination

All food should be safe and free from contamination and spoilage at all points in its journey from its source until it reaches the consumers. However, food contamination is a serious public health problem resulting in foodborne diseases that affect many people every year. Hence, awareness of potential sources of food contamination is an important component of good nutrition and good health.

Food may be contaminated by different microorganisms or by chemicals that can cause health problems for anyone who eats it.

The common causes of food contamination and food spoilage are:

1. Failure to properly refrigerate food
2. Failure to thoroughly heat or cook food
3. Infected employees/workers because of poor personal hygiene practices
4. Foods prepared a day or more before they are served
5. Raw, contaminated ingredients incorporated into foods that receive no further cooking
6. Cross-contamination of cooked foods through improperly cleaned equipment
7. Failure to reheat foods to temperature that kills bacteria
8. Prolonged exposure to temperatures favorable to bacterial growth

Portion Control for Cooked Poultry and Game

Chicken

- Meat shrinks about 25% when cooked. A quarter-pound hamburger (4 oz.) will actually yield a 3 ounce portion after cooking. An 8 ounce steak will yield about 6 ounces of cooked meat.
- A chicken breast is generally 3 - 4 ounces.
- A chicken thigh is usually 2 ounces, while a leg is 1 - 2 ounces.
- Chicken wings are high in fat. It takes 2 wings to equal a 1 ounce choice (or exchange) with that.

How to Do Control Portion Sizes – Portion Control Secrets

It's not always what you eat, but how much you eat - It's the size of your servings that really counts! Most of us tend to underestimate the amount of food we eat and tend to overestimate the recommended portion sizes for many foods. Almost everyone underestimates the amount of calories they consume, and people who weigh more do so, to a greater degree.

Portion: A —portion‖ is how much food you choose to eat at one time (breakfast, lunch, dinner, or snack), whether in a restaurant, from a package, or in your own kitchen. Portions can be bigger or smaller than the recommended food servings. There is no standard portion size and no single right or wrong portion size.

Serving: A —serving‖ size is the amount of food listed (and recommended) on a product's Nutrition Facts (panel of packaged food) or the amount of food recommended in the Food Guide Pyramid and the Dietary Guidelines* for Americans. Sometimes, the portion size and serving size match; sometimes they do not. A serving is a standard amount used to help give advice about how much to eat, or to identify how many calories and nutrients are in a food.

How to Control Portion Sizes:

Eating smaller portions of food is one of the easiest ways to cut back on calories— but it can also be one of the most challenging, with the current trend of super-sizing. How do you know a reasonable portion of food when you see it? Visualize the objects mentioned below when eating out, planning a meal, or grabbing a snack.

Store Poultry and Game Bird

Techniques in Storing Poultry

Poultry may be frozen whole, in halves, cut into pieces, or parts after they are dressed. Parts can be packed separately, ready to cook, or for easy meal preparation and thawing.

Handling and Storage of Poultry

Poultry spoils very quickly unless it is properly handled and stored. After being brought home from the market, it should be unwrapped as quickly as possible and wiped off with a damp cloth. Then it should be lightly covered with waxed paper, placed in shallow utensils and stored in a cold part of the refrigerator near the freezing unit or ice. Cooked poultry should be cooled as quickly as

possible, covered to prevent drying and refrigerated. Removing the bones saves space. Frozen poultry must be kept in the freezing unit until it is thawed for cooking.

Freezing and Thawing Poultry

To prepare poultry properly for freezing, it should be wrapped tightly in a moisture-vapor proof film, foil or paper and then frozen at -170oC (0o F) or lower. Although there are no abrupt changes in quality during the first few months of poultry storage, it has always been a good practice to use these chickens first which have been in storage longest and those with torn wrapper.

Storage Time for Poultry and Game

Product	Refrigerator (35-40°F)	Freezer (0°F)
Chicken and turkey (Whole)	1 – 2 days	12 months
Chicken (pieces)	1 – 2 days	9 months
Turkey (pieces)	1 – 2 days	6 months
Duck and Goose (whole)	1 – 2 days	6 months
Giblets	1 – 2 days	3 – 4 months
Wild duck, pheasant. Goose (whole)	1 – 2 days	6 months
Cooked poultry dishes	2 – 4 days	4 – 6 months
Canned poultry, opened	1 day	NR

Essential Question:

“Why is it important to know the methods of cooking and preparing poultry dish?”

Enduring Understanding:

It is important to know the methods in cooking and preparing poultry dish to be able to produce a good quality recipe and to also select the proper cut, size and part of the poultry or game bird. Understanding the ways of preparing and cooking poultry will give you a versatile and delicious dish that can be displayed for the other places to know.

Name: _____ Score: _____
Grade & Section: _____ Date: _____

Post- Assessment

Directions: Read and understand the statements/questions below. Choose and circle the letter of the correct answer.

1. As a chef of a fine dining restaurant, Genie simmers meat, fish, and vegetables. Which of the following liquids is a by-product after the different food stuffs have been simmered?

- A. glaze
- B. sauce

- C. stock
- D. water

- A. Hollandaise sauce
- B. savory butter
- C. veloute sauce
- D. white sauce

17. Which of the following is not a thickening agent?

- A. dairy cream
- B. egg
- C. flour
- D. spice

18. What do you call birds that are hunted for food?

- A. game
- B. livestock
- C. poultry
- D. swine

19. Which of the following poultry originated from China and is noted for its tender and flavorful meat?

- A. chicken
- B. goose
- C. itik
- D. pecking duck

20. What do you call to young immature pigeon of either sex with extra tender meat is called_____.

- A. duck
- B. fryer
- C. rooster
- D. squab



Glossary:

Contamination - unintended presence of harmful substances or disease causing microorganisms in food

Damp - moist slightly wet

Dark meat- the dark meat parts which include the legs, drumstick, wings and neck.

Dressed - slaughtered birds that have been bled, defeathered and the organs are removed

Entrails- the animal's internal organs such as liver, heart and gizzard

Entrees - main course

Food handling - any operation in the production, preparation, processing, packaging, storage, transport, distribution and sale of food

Freeze- to preserve meat by refrigeration below freezing point frozen - subject to long and serve cold, chilly or cold manner

Fumet - the savoury colour of meat while cooking

Games - birds that are hunted for food.

Pheasant- long tailed domesticated bird

Slaughter - to butcher an animal for food.

Tender cut- part of meat that requires less period of cooking

Tough cut- part of meat that requires longer period of cooking

White meat- includes the white, fleshy part of the chicken such as the breast.

Resources and References:

TLE Cookery 10 Book- The Library

K-12 DepEd Learners Manual in Cookery 10

TLE book 10- Phoenix Book publishing

K-12 DepEd Learners Manual in Commercial Cooking 7/8

Online Sources and Images:

<https://panlasangpinoy.com/chicken-afritada-recipe/#recipe>

<https://www.slideshare.net/grinsoda/lm-cookery-g10-49655339>

Google images for images.