

Name _____

Study Guide: Poultry
Problem – The First Thanksgiving

References:

- b. Understanding Food Principles & Preparation
- chapter 15 Poultry

Questions

1. What class(es) of turkey is(are) most frequently sold in grocery stores? What is the age of this/these turkey(s)?
Young hens and toms; under 6 mos. (14 1/2 weeks and 17 1/2 weeks)
2. Why is poultry white meat white & dark meat dark?
Depends on amount of myoglobin in the muscle; myoglobin is a red pigment and is found in muscles that are used more frequently e.g. legs; breast muscle not used as turkeys really do not fly
3. True or False* Explain your answer.
All poultry is required by law to be inspected and graded.
Interstate and intrastate shipments of poultry must be inspected (1968 Wholesome Poultry Products Act) for wholesomeness and sanitary processing conditions- USDA inspection stamp
Grading is voluntary by the producer – relates to appearance; are federal standards and individual packinghouse standards
4. Differentiate between dressed poultry and eviscerated ready-to-cook poultry.
Dressed – blood, feathers, crop has been removed
Eviscerated, ready-to-cook – free of blood, feathers, head, feet and entrails; ready-to-cook means that the internal organs have been cleaned and fat removed
5. What is a suggested rule to follow for the amount of poultry to buy per serving?
1/2# or slightly more, except for ducks (need 1#) and geese (have more fat)
6. Will a 20lb or 12lb turkey provide more meat per pound? Explain.
A 20lb turkey due to the higher bone-to-meat ratio in birds under 16 lbs so need to allow 1# per person
7. How long does it take to thaw a frozen 20lb turkey in the refrigerator?
24 hours for every 5lbs of turkey = 4 days

8. Identify the 4 ways of determining when poultry is cooked.
 - Internal temp – thermometer*
 - Color changes – golden brown color, juices run clear, bit of bone showing on tip of legs*
 - Touch – will feel firm, not soft when pressed with 1 or 2 fingers; drumstick joint moves easily*
 - Time/weight charts – are approximate; found on turkey packages*
9. Why are chicken and turkeys basted during oven roasting?
 - To prevent drying out of the skin and meat; cracking of skin allows moisture loss*
10. What is the difference between dressing and stuffing?
 - Stuffing is anything placed inside the cavity of the bird; dressing is heated separately in a casserole*
11. List all the safe food handling techniques to be used when preparing and serving **turkey** (purchased frozen) and stuffing as well as dressing at home for your Thanksgiving dinner.
 - a. safe preparation (handling and cooking, not storing) (*hint: there are 5*)
 - *wash and sanitize anything that comes in contact with raw turkey: hands, cutting boards, sinks, utensils, dishes and counters*
 - *thaw in refrigerator*
 - *wash inside and out and dry with paper towels (no dish towels)*
 - *prepare and cook stuffing separately or cook to internal temp of 165 deg F*
 - *use a thermometer to determine doneness(180 deg-185 deg F) – thickest part of the breast or inner thigh*
 - b. safe serving (*hint: there are 3*)
 - *remove all stuffing from cavity ASAP*
 - *allow 20 min stand time before carving*
 - *refrigerate leftover turkey promptly*