

Poultry Preparation

Chicken from Farm to Table

Chicken! It's What's Cooking! — Chicken is the number ONE meat consumed by Belizeans. Belize ranks as one of the highest consumers of Chicken meat in the Western hemisphere, with a per capita consumption hovering around 110 pounds per person per year during the past five years. Source: BPA Annual report 2012.

Fresh or Frozen

The term *fresh* on a poultry label refers to any raw poultry product that has never been below 26 °F. Raw poultry held at 0 °F or below must be labeled *frozen* or *previously frozen*. No specific labeling is required on raw poultry stored at temperatures between 0-25 °F.

Dating of Chicken Products

Product dating is not required by Belizean law, but some stores and processors may voluntarily date packages of chicken or chicken products. If a calendar date is shown, immediately adjacent to the date there must be a phrase explaining the meaning of that date such as *sell by* or *use before*.

The use-by date is for quality assurance; after the date, peak quality begins to lessen but the product may still be used. It's always best to buy a product before the date expires. If a use-by date expires while the chicken is frozen, the food can still be used because foods kept frozen continuously are safe indefinitely.

Hormones & Antibiotics

No hormones are used in the raising of chickens used for meat or egg production.

Antibiotics may be used to prevent disease and increase feed efficiency. A "withdrawal" period is required from the time antibiotics are administered before the bird can be slaughtered. This ensures that no residues are present in

the bird's system.

Additives

Additives are not allowed on fresh chicken. If chicken is processed, however, additives such as MSG, salt, or sodium erythorbate may be added but must be listed on the label.

Foodborne Organisms Associated with Chicken

As on any perishable meat, fish or poultry, bacteria can be found on raw or undercooked chicken. They multiply rapidly at temperatures between 40 °F and 140 °F (out of refrigeration and before thorough cooking occurs). Freezing doesn't kill bacteria but they are destroyed by thorough cooking.

There is a zero tolerance for bacteria in cooked and ready-to-eat products, such as chicken franks or lunch meat, that can be eaten without further cooking.

Most foodborne illness outbreaks are a result of contamination from food handlers. Sanitary food handling and proper cooking and refrigeration should prevent foodborne illnesses.

Bacteria must be consumed on food to cause foodborne illness. They cannot enter the body through a skin cut. However, raw poultry must be handled carefully to prevent cross-contamination. This can occur if raw poultry or its juices contact cooked food or foods that will be eaten raw such as salad. An example of this is chopping tomatoes on an unwashed cutting board just after cutting raw chicken on it.

Following are some bacteria associated with chicken:

- *Salmonella* Enteritidis may be found in the intestinal tracts of livestock, poultry, dogs, cats and other warm-blooded animals. This strain is only one of about 2,000 kinds of *Salmonella* bacteria; it is often associated with poultry and shell eggs.
- *Staphylococcus aureus* can be carried on human hands, in nasal passages, or in throats. The bacteria are found in foods made by hand and

improperly refrigerated, such as chicken salad.

- *Campylobacter jejuni* is one of the most common causes of diarrheal illness in humans. Preventing cross-contamination and using proper cooking methods reduces infection by this bacterium.
- *Listeria monocytogenes* was recognized as causing human foodborne illness in 1981. It is destroyed by cooking, but a cooked product can be contaminated by poor personal hygiene. Observe "keep refrigerated" and "use-by" dates on labels.

Rinsing or Soaking Chicken

Washing raw poultry before cooking it is not recommended. Bacteria in raw meat and poultry juices can be spread to other foods, utensils, and surfaces. This is called cross-contamination. Rinsing or soaking chicken does not destroy bacteria. Any bacteria that might be present on fresh chicken are destroyed only by cooking.

Liquid in Package

Many people think the pink liquid in packaged fresh chicken is blood, but it is mostly water which was absorbed by the chicken during the chilling process. Blood is removed from poultry during slaughter and only a small amount remains in the muscle tissue. An improperly bled chicken would have cherry red skin and is condemned at the plant.

How to Handle Chicken Safely

- **Fresh Chicken:** Chicken is kept cold during distribution to retail stores to prevent the growth of bacteria and to increase its shelf life. Chicken should feel cold to the touch when purchased. Select fresh chicken just before checking out at the register. Put packages of chicken in disposable plastic bags (if available) to contain any leakage which could cross-contaminate cooked foods or produce. Make the grocery your last stop before going home.

At home, immediately place chicken in a refrigerator that maintains 40 °F. Use it within 1 or 2 days, or freeze it at 0 °F. If kept frozen continuously, it will be safe indefinitely.

Chicken may be frozen in its original packaging or repackaged. If freezing chicken longer than two months, overwrap the porous store plastic packages with airtight heavy-duty foil, plastic wrap or freezer paper, or place the package inside a freezer bag. Use these materials or airtight freezer containers to repackage family packs into smaller amounts or freeze the chicken from opened packages.

Proper wrapping prevents "freezer burn," which appears as grayish-brown leathery spots and is caused by air reaching the surface of food. Cut freezer-burned portions away either before or after cooking the chicken. Heavily freezer-burned products may have to be discarded because they might be too dry or tasteless.

- **Ready-Prepared Chicken:** When purchasing fully cooked rotisserie or fast food chicken, be sure it is hot at the time of purchase. Use it within two hours or cut it into several pieces and refrigerate in shallow, covered containers. Eat within 3 to 4 days, either cold or reheated to 165 °F. It is safe to freeze ready-prepared chicken. For best quality, flavor and texture, use it within 4 months.

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Safe Thawing

Three ways to thaw chicken are recommended (FSIS): in the refrigerator, in cold water and in the microwave. Never thaw chicken on the counter or in other locations. It's best to plan ahead for slow, safe thawing in the refrigerator. Boneless chicken breasts, bone-in parts, and whole chickens may take 1 to 2 days or longer to thaw. Once the raw chicken thaws, it can be kept in the refrigerator an additional day or two before cooking. During this time, if chicken thawed in the refrigerator is not used, it can safely be refrozen without cooking it first.

Chicken may be thawed in cold water in its airtight packaging or in a leak-proof bag. Submerge the bird or cut-up parts in cold water, changing the water every 30 minutes to be sure it stays cold. A whole (3 to 4-pound) broiler-fryer or package of parts should thaw in 2 to 3 hours. A 1-pound package of boneless breasts will thaw in an hour or less. Cook immediately after thawing.

Chicken thawed in the microwave should be cooked immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn't have been destroyed. Foods defrosted in the microwave or by the cold water method should be cooked before refreezing.

Do not cook frozen chicken in a slow cooker or in the microwave; thaw it before cooking). However, chicken can be cooked from the frozen state in the oven or on the stove. The cooking time may be about 50% longer.

Stuffed Chicken

It is not recommended to buy retail-stuffed fresh whole chicken because of the highly perishable nature of a previously stuffed item. Consumers should not pre-stuff whole chicken to cook at a later time. Chicken can be stuffed immediately before cooking.

- To home stuff a whole chicken, cook any raw meat, poultry, or shellfish ingredients for the stuffing to reduce the risk of foodborne illness from bacteria that may be found in raw ingredients. The wet ingredients for stuffing can be prepared ahead of time and refrigerated. However, do not mix wet and dry ingredients until just before spooning the stuffing mixture into the chicken cavity. Immediately cook the stuffed, raw chicken in an oven set no lower than 325 °F.

Do not microwave a stuffed chicken because food cooks so quickly in a microwave oven, the stuffing might not have enough time to reach the safe minimum internal temperature needed to destroy

harmful bacteria.

Marinating

Chicken may be marinated in the refrigerator up to 2 days. Boil used marinade before brushing on cooked chicken. Discard any uncooked leftover marinade.

Safe Cooking

It is recommended to cook whole chicken to a safe minimum internal temperature of 165 °F as measured using a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. For reasons of personal preference, consumers may choose to cook poultry to higher temperatures.

For approximate cooking times to use in meal planning, see the following chart compiled from various resources.

APPROXIMATE CHICKEN COOKING TIMES

Approximate Chicken Cooking Times				
Type of Chicken	Weight	Roasting 350 °F	Simmering	Grilling
Whole broiler-fryer+	3 to 4 lbs.	1 1/4 - 1 1/2 hrs.	60 to 75 min.	60 to 75 min*
Whole roasting hen+	5 to 7 lbs.	2 to 2 1/4 hrs.	1 3/4 to 2 hrs.	18-25 min/lb*
Whole capon+	4 to 8 lbs.	2 to 3 hrs	Not suitable	15-20 min/lb*
Whole Cornish hens+	18-24 oz.	50 to 60 min.	35 to 40 min.	45 to 55 min*
Breast halves	6 to 8 oz	30 to 40 min	35 to 45 min	10 - 15 min/side

bone-in Breast half, boneless	4 ounces	20 to 30 min.	25 to 30 min.	6 to 8 min/side
Legs or thighs	8 or 4 oz.	40 to 50 min.	40 to 50 min.	10 - 15 min/side
Drumsticks	4 ounces	35 to 45 min.	40 to 50 min.	8 to 12 min/side
Wings or wingettes	2 to 3 oz.	30 to 40 min.	35 to 45 min.	8 to 12 min/side

+ Unstuffed. If stuffed, add 15 to 30 minutes additional time.

* Indirect method using drip pan.

Microwave Directions:

- Microwave on medium-high (70 percent power): whole chicken, 9 to 10 minutes per pound; bone-in parts and Cornish hens, 8 to 9 minutes per pound; boneless breasts halves, 6 to 8 minutes per pound.
- Place whole chicken in an oven cooking bag or in a covered pot.
- Do not microwave a stuffed chicken because food cooks so quickly in a microwave oven, the stuffing might not have enough time to reach the safe minimum internal temperature needed to destroy harmful bacteria.
- When microwaving parts, arrange in dish or on rack so thick parts are toward the outside of dish and thin or bony parts are in the center.
- For boneless breast halves, place in a dish with 1/4 cup water; cover with plastic wrap.
- Allow 10 minutes standing time for bone-in chicken; 5 minutes for boneless breast.
- It is recommended to cook whole poultry to a safe minimum internal temperature of 165 °F as

measured using a food thermometer. Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast. When cooking pieces, the breast, drumsticks, thighs, and wings should be cooked until they reach a safe minimum internal temperature of 165 °F. For reasons of personal preference, consumers may choose to cook poultry to higher temperatures.

Partial Cooking

Never brown or partially cook chicken to refrigerate and finish cooking later because any bacteria present wouldn't have been destroyed. It is safe to partially pre-cook or microwave chicken immediately before transferring it to the hot grill to finish cooking.

Color of Skin

Chicken skin color varies from cream-colored to yellow. Skin color is a result of the type of feed eaten by the chicken, not a measure of nutritional value, flavor, tenderness or fat content. Color preferences vary in different countries, so growers use the type of feed which produces the desired color.

Dark Bones

Darkening around bones occurs primarily in young broiler-fryers. Since their bones have not calcified completely, pigment from the bone marrow can seep through the porous bones. Freezing can also contribute to this seepage. When the chicken is cooked, the pigment turns dark. It's perfectly safe to eat chicken meat that turns dark during cooking.

Pink Meat

The color of cooked chicken is not a sign of its safety. Only by using a food thermometer can one accurately determine that chicken has reached a safe minimum internal temperature of 165 °F throughout. The pink color in safely cooked chicken may be due to the hemoglobin in tissues which can form a heat-stable color. Smoking or grilling may also cause this reaction, which occurs more in young birds.

Color of Giblets

Giblet color can vary, especially in the liver, from mahogany to yellow. The type of feed, the chicken's metabolism and its breed can account for the variation in color. If the liver is green, do not eat it. This is due to bile retention. However, the chicken meat should be safe to eat.

Fatty Deposits

Chickens may seem to have more fatty deposits or contain a larger "fat pad" than in the past. This is because broiler-fryer chickens have been bred to grow very rapidly to supply the demand for more chicken. Feed that is not converted into muscle tissue (meat) is metabolized into fat. However, the fat is not "marbled" into the meat as is beef or other red meat, and can be easily removed. Geneticists are researching ways to eliminate the excess fat.

Storage Times

Since product dates aren't a guide for safe use of a product, how long can the consumer store the food and still use it at top quality? Follow these tips:

- Purchase the product before the date expires.
- Follow handling recommendations on product.
- Keep chicken in its package until using.
- Freeze chicken in its original packaging, overwrap or re-wrap it according to directions in the above section, "How to Handle Chicken Safely".

Home Storage of Chicken Products			
Product	Refrigerator 40 °F or below	Freezer 0 °F or below	
Fresh Chicken	1 to 2 days	1 year	

whole		
Fresh Chicken, parts	1 to 2 days	9 months
Giblets or Ground Chicken	1 to 2 days	3 to 4 months
Cooked Chicken, Leftovers	3 to 4 days	4 months
Chicken Broth or Gravy	3 to 4 days	2 to 3 months
Cooked Chicken Casseroles, Dishes or Soup	3 to 4 days	4 to 6 months
Cooked Chicken Pieces, covered with broth or gravy	3 to 4 days	6 months
Cooked Chicken Nuggets, Patties	3 to 4 days	1 to 3 months
Fried Chicken	3 to 4 days	4 months
Take-Out Convenience Chicken (Rotisserie, Fried, etc.)	3 to 4 days	4 months
Restaurant Chicken Leftovers, brought	3 to 4 days	4 months

immediately home in a "Doggy Bag"		
Store-cooked Chicken Dinner including gravy	3 to 4 days	2 to 3 months
Chicken Salad	3 to 5 days	Do not freeze if it contains mayonnaise
Deli-sliced Chicken Luncheon Meat	3 to 5 days	1 to 2 months
Chicken Luncheon Meat, sealed in package	2 weeks (but no longer than 1 week after a "sell-by" date)	1 to 2 months
Chicken Luncheon Meat, after opening	3 to 5 days	1 to 2 months
Vacuum-packed Dinners, Commercial brand with USDA seal	Unopened 2 weeks; Opened 3 to 4 days	1 to 2 months
Chicken Hotdogs, unopened	2 weeks (but no longer than 1 week after a "sell-by" date)	1 to 2 months
Chicken Hotdogs, after	1 week	1 to 2 months

opening			
Canned Chicken Products	2 to 5 years in pantry	Do not freeze.	

Trisodium Phosphate

Food-grade trisodium phosphate (TSP) is among several antimicrobial agents that have been approved by FDA. It is "generally recognized as safe" (GRAS) and has been safely used for years, particularly in processed cheese. TSP is used in poultry slaughter as an antimicrobial agent for raw poultry carcasses. When immersed in and/or sprayed in a dilute solution on chickens, it can significantly reduce bacteria levels.

Source: United states Department of agriculture (USDA)/Food Safety and Inspection Service

http://www.fsis.usda.gov/fact_sheets/Egg_Products_and_Food_Safety/index.asp