

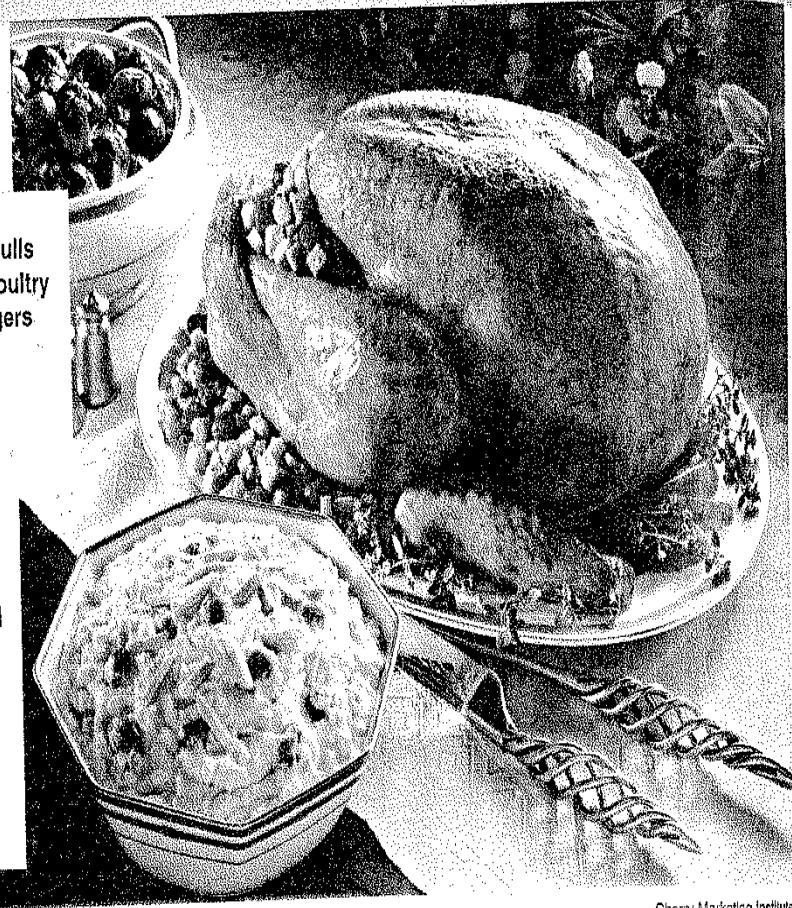
Career Path

Ask students what kinds of skills people working as poultry farmers, poultry boners, and wholesale poultry feed products sales representatives might need.

Poultry Farmer
Raises poultry to produce eggs and meat.

Poultry Boner
Cuts, scrapes, and pulls meat from cooked poultry carcasses using fingers and boning knife.

Wholesale Poultry Feed Products Sales Representative
Sells poultry feed products to farmers and retail establishments. Suggests feed changes to improve breeding of fowl.



Cherry Marketing Institute

Terms to Know

poultry
giblets

Objectives

- After studying this chapter, you will be able to
- list tips for buying poultry.
 - describe how to properly store poultry to maintain its quality.
 - describe the principles and methods for cooking poultry.
 - prepare poultry by moist and dry cooking methods.

The word **poultry** describes any domesticated bird. Chicken, turkey, goose, and duck are the types of poultry most commonly eaten in the United States. At one time, chicken and turkey were eaten only on special occasions, but today they are available year-round.

Nutritional Value of Poultry

Poultry is in the meat and beans group of the Food Guide Pyramid. Most people need only the equivalent of 5 to 7 ounces (140 to 190 g) of lean, cooked meat each day. A small chicken breast half is a typical serving size, 20-1

All poultry contains high-quality protein and is a good source of phosphorus, iron, thiamin,

riboflavin, and niacin. The amount of fat varies. Older birds have more fat than younger birds. Dark meat is slightly higher in fat than light meat.

Turkey and chicken are lower in total fat, saturated fat, and calories than many cuts of red meat. This is especially true of the light meat portions of poultry. For this reason, poultry is often included in low-cholesterol and weight reduction diets. Much of the fat in poultry is located just under the skin. Thus, you can reduce the fat content even further simply by removing the skin.

Buying Poultry

Poultry is sold in a variety of forms to meet consumer needs. You can buy poultry fresh, frozen, and in processed poultry products.

Inspection and Grading of Poultry

All poultry sold in interstate commerce must be federally inspected for wholesomeness. Retailers can find a round inspection seal on a tag attached to the wing of approved birds. This seal indicates the bird was healthy, processed under sanitary conditions, and labeled correctly.

Poultry can be voluntarily graded for quality. A grade shield will appear on the wing tag along with the inspection seal. Most poultry sold at the retail level is U.S. Grade A. Grade A birds are full-fleshed and meaty with well-distributed fat. Their skin has few blemishes and pinfeathers. Grade B and C birds are usually used in processed products.

All poultry that is processed and sold as canned poultry is inspected before canning. The quality depends somewhat on the brand.

Buying Fresh and Frozen Poultry

Most fresh and frozen poultry is marketed young. Young birds are tender and suitable for all cooking methods.

You can purchase chickens, turkeys, ducks, and geese fresh-chilled or frozen. Chickens can be purchased whole, cut into halves, or cut into pieces. Breasts, legs, and thighs are meatier

Vocabulary Builder

Guinea hen, Rock Cornish hen, and pigeon meet the definition for *poultry* along with the more commonly consumed domesticated birds.

Resource

Chewing the Fat, transparency master 20-1, TR. Use the transparency to help students compare the total fat and saturated fat content of various forms of poultry and meat products.

Food Science

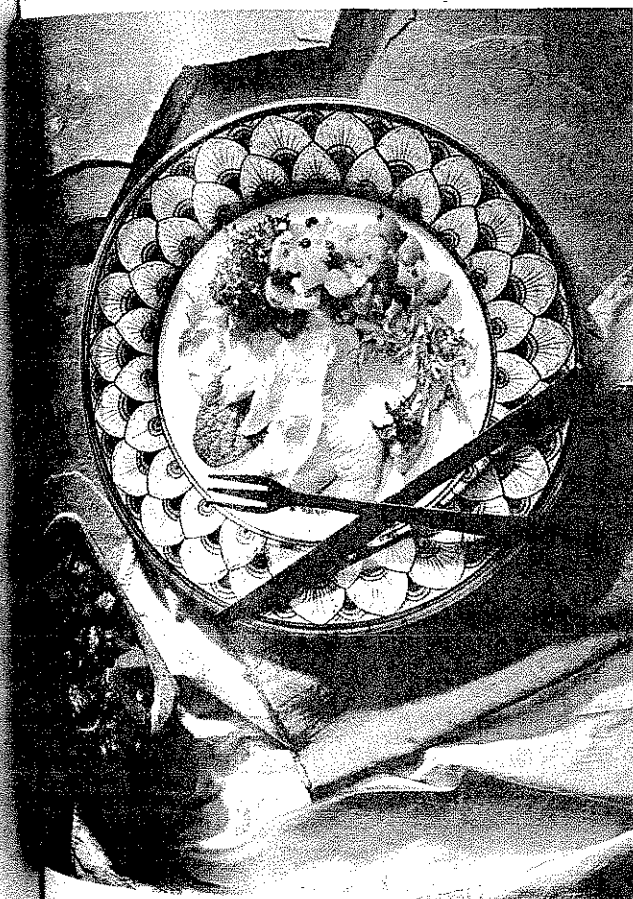
Fat Distribution in Poultry, food science master 20-2, TR. This experiment is designed to be completed over a two-day period. On the first day, students will stew two chicken breast halves, one with skin and one without. On the second day, students will compare the chilled broth from the two breast halves in terms of fat content.

FYI

Removing the skin from a chicken breast before baking it results in a 29-percent reduction in calories and a 71-percent reduction in fat.

Break It Down

Have students review the meaning of the term *poultry*. Have students answer question 1 under *Review What You Have Read* and complete activity 1 under *Build Your Thinking Skills* at the end of the chapter.



California Apricot Advisory Board

20-1 A serving of poultry is 3 ounces (85 g) of cooked meat.

Strengthening Family Ties

Have students interview family members about their poultry-eating habits. Brainstorm a list of questions to ask. For example, have them find out which types of poultry (chicken, turkey, goose, and duck) are served in their homes, do they buy fresh or frozen poultry, how many days a week is poultry served at home, is turkey reserved for holiday meals only, and what method of preparation is used most often. Have them report back to the class.

Integrating Math Concepts

Give students several meal scenarios with various numbers of guests. Ask them to calculate how much poultry to buy for each scenario.

FYI

A 3-ounce serving of chicken is about the amount of meat in a medium breast half.

Resources

- *Purchase Forms of Poultry*, reproducible master 20-3, TR. Have students find the listed purchase forms of fresh chicken in the meat case at a grocery store. They are to complete the chart on the handout with the price per pound, servings per pound, and cost per serving. Then they are to answer evaluation questions.
- *Buying Poultry*, color transparency CT-20, TR. Use the transparency to review basic guidelines to follow when shopping for poultry.

Break It Down

Have students answer questions 2-3 under *Review What You Have Read* and complete activity 2 under *Build Your Basic Skills* at the end of the chapter.

Q: Aren't hot dogs, ham, and luncheon meats made from processed chicken and turkey lower in fat than "regular" meat products?

A: Poultry-based products are generally leaner than other meat products. However, read the Nutrition Facts panels on the products you buy. A large percentage of calories in these poultry products may still come from fat.

than wings and backs. When deciding what type of pieces to buy, compare prices in terms of servings. Chicken, like all poultry, contains more bone in proportion to muscle than does red meat. Therefore, when buying chicken, you need to allow about ½ pound (225 g) of meat per serving. You can allow a little less per serving if you are buying meaty pieces like legs and breasts. You will need to allow a little more per serving if you are buying bony pieces like backs and wings.

Whole turkeys are available in many sizes, making them popular for large gatherings. Turkey parts and ground turkey are also available, 20-2. Allow ¼ to ½ pound (150 to 225 g) of turkey per serving. Allow more if you want leftovers.

Turkeys as well as chickens have both light and dark meat. Breast meat is light and mildly flavored. The rest of the bird is dark meat, which has a stronger flavor.

Ducks and geese have all dark meat, which is tender and flavorful. Both have more fat than chickens or turkeys. Geese usually have more fat than ducks. Allow ½ pound (225 g) per serving for both duck and goose.

- When buying poultry
- Choose birds with meaty breasts and legs, well-distributed fat, and blemish-free skin.
 - Choose the type and amount of poultry that will suit your intended use.
 - Look for frozen birds that are solidly frozen.
 - Beware of dirty and torn wrappers and freezer burn (pale, dry, frosty areas).

Buying Processed Poultry Products

Turkey and chicken are available canned. Canned poultry may be whole, cut into pieces, boned, or used in items like chicken chow mein. Generally, canned poultry items are more expensive than fresh-chilled or frozen poultry.

When buying processed poultry products or food items containing poultry, read labels carefully. The ingredient list may include a poultry part, such as *turkey breast* or *chicken leg*. This indicates the fatty skin, as well as the meat, has been used in the product. However, a listing of *breast meat* or *leg meat* indicates the product contains only meat—not skin.

Storing Poultry

All poultry, except canned, is very perishable. Poultry parts are more perishable than whole birds. Poultry needs proper storage to retard spoilage. Proper storage is also important to inhibit the growth of salmonellae, an illness-causing bacteria often found in poultry.

For refrigerator storage, remove store wrapping. Rewrap the bird loosely in waxed paper. Wrap and store giblets separately. Place poultry in the coldest part of the refrigerator and use within two to three days.

For longer storage, rewrap the bird in moistureproof and vaporproof

wrapping and store it in the freezer. You should place poultry you buy frozen in the freezer immediately after purchase. You can store

Be a Clever Consumer

Ounce for ounce, skinless chicken breast is lower in fat than ground beef. With this in mind, some consumers will select a chicken sandwich instead of a burger at a fast-food restaurant. They think they are choosing the healthier option. Actually, if the chicken is breaded and deep-fried, it is likely to be higher in fat than the burger. Most fast-food restaurants now make a nutritional analysis of their menu items available to customers. Take the time to review this information so you can be informed about what you order.

Think Outside the Box

The oil used in deep-frying the chicken breast as well as the breading used add fat and calories to these sandwiches. Ask students what additions to a chicken sandwich would add even more fat (*condiments, cheese, bacon*). Also ask how many calories the bun might add. What alternatives do some fast-food restaurants offer customers who want a chicken sandwich that is lower in fat? (*grilled chicken sandwiches*)

poultry in the freezer for six to eight months. Once you thaw poultry, however, you should not refreeze it.

Store all canned poultry products in a cool, dry place. Store all unused portions and cooked poultry in tightly covered containers in the refrigerator. Remove stuffing from cooked poultry and store it separately. Use leftovers within two or three days.

Food Science

Principles of Cooking Poultry

Like meat, poultry is a protein food. Cooking principles for poultry are similar to those used for other high-protein foods. Low temperatures and careful timing are important. Cooking poultry for too long or at too high a temperature can make it tough, dry, and flavorless.

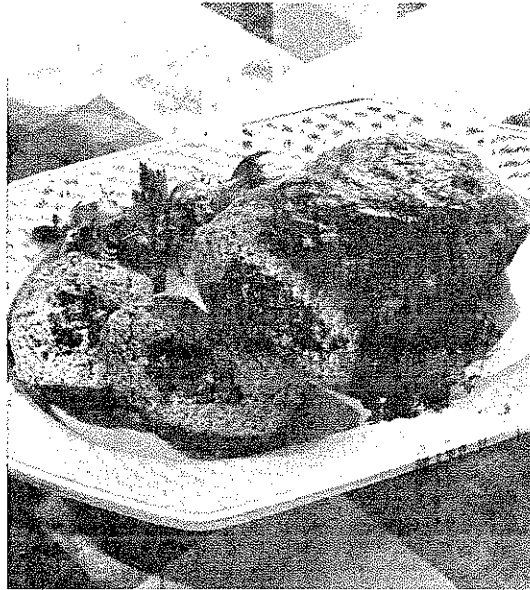
A meat thermometer is the only accurate way to test poultry for doneness. When testing a whole bird, insert the probe of the thermometer into the thickest part of the thigh. When testing poultry pieces, insert the probe into the thickest area. The probe should not touch bone. Whole birds, wings, and thighs should reach an internal temperature of 180°F (80°C), 20-3. Breast pieces should reach an internal temperature of 170°F (75°C). Due to the uneven shape of whole poultry and poultry pieces, you should check the temperature in several places.

You must cook poultry to the well-done stage, but you should not overcook it. Pink flesh does not always mean a bird is undercooked. A chemical reaction causes a pink color in cooked poultry. Gases in the oven combine with substances in the poultry and turn the flesh pink. The pink color is not harmful.

Poultry bones will sometimes turn a dark color during cooking. Blood cells in the bone that have broken down during freezing cause this discoloration. When heated, they turn a dark brown. The color has no effect on flavor, and the bird is safe to eat.

Think Outside the Box

Ask students what other steps they should take when handling poultry to avoid cross-contamination. Review the definition of cross-contamination provided in Chapter 6, "Safeguarding the Family's Health." Particularly point out the precautions cooks should take when using knives to cut raw poultry and how cutting boards, counters, towels, and utensils that come in contact with raw poultry should be washed thoroughly after each use to prevent the spread of bacteria.



photograph courtesy of The Reynolds Kitchens

20-2 Ground turkey is a tasty alternative to ground beef for making burgers, meat loaf, and many other dishes.

Methods of Cooking Poultry

You can roast, broil, grill, fry, braise, or stew poultry. The method you choose will depend mainly on your taste preferences.

Roasting Poultry

Roasting is a popular choice for cooking whole birds. When preparing poultry, be sure to remove the neck and the packet of giblets found inside the cavity of the bird. **Giblets** are the edible internal organs, such as the heart and liver. People often use them in appetizers and to flavor soups and gravies.

You should truss large birds before roasting. A *trussed* bird has its wing tips turned back onto the shoulder and the drumsticks tied to the tail. Trussing prevents the wing and leg tips from overbrowning. It also



Some fresh poultry carries bacteria that can cause foodborne illness. Therefore, you should put poultry in a separate plastic bag at the store when you take it from the refrigerated poultry case. This will keep poultry drippings from getting on other items in your grocery cart and possibly contaminating them.

Resources

- *Poultry Pointers*, Activity A, SAG. Students are to fill in a word puzzle by completing sentences about poultry selection and storage.
- *Selecting and Storing Poultry*, Activity B, SAG. Students are to choose answers that best complete statements about poultry selection and storage.

Break It Down

- Have students answer questions 4-5 under *Review What You Have Read* at the end of the chapter.
- Have students answer question 6 under *Review What You Have Read* at the end of the chapter.

Discuss

Ask students why it is important to cook poultry to the well-done stage. (*Raw poultry is frequently a source of harmful bacteria, which can be killed by thorough cooking.*)

Discuss

Ask students why they think people often serve roasted whole birds for special occasions. (Because whole birds take longer to cook, many people do not want to spend the time preparing them for everyday meals. Whole birds also make a more dramatic presentation at holiday meals than other poultry cooking methods.)

For Example...

Demonstrate for students how to clean, truss, and stuff a whole chicken or turkey.

Enrich

Some farmers are now raising emus and ostriches. Have students investigate the market and preparation methods for these types of poultry.

Activity

Have students visit the National Turkey Federation Web site at turkeyfed.org. Ask each student to select a different item from the list of holiday tips and summarize the information in a poster presentation to the class.



The Pampered Chef®

20-3 Using a food thermometer to check the internal temperature is the only sure way to be certain poultry is thoroughly cooked.

makes the bird easier to handle and more attractive to serve.

Place the trussed bird breast side up in a shallow pan. Season the cavity with salt and pepper unless you will be stuffing the bird. Do not add stuffing until you are ready to put the bird in the oven. This will prevent the growth of harmful bacteria, which can cause foodborne illness. Pack the stuffing loosely into the cavity. You can bake any extra stuffing in a greased casserole.

Roast the bird in a 325°F (160°C) oven. Cook the bird until a meat thermometer reads 180°F (80°C). The temperature of the stuffing should reach at least 165°F (75°C). (For faster roasting, you can wrap poultry in aluminum foil

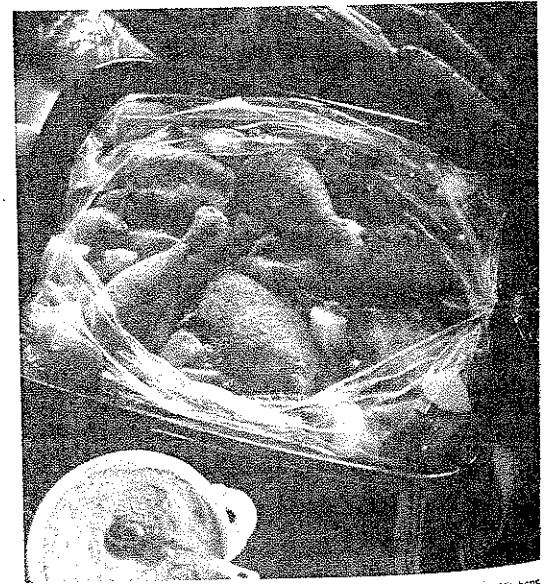
and cook it in a 450°F [230°C] oven.) If you allow poultry to stand 10 to 15 minutes after you take it from the oven, it will be easier to carve.

Sometimes the breast of a large bird will brown too quickly during roasting. To prevent overbrowning, you can make a tent out of aluminum foil. Cover the breast with the foil when the bird is about half cooked.

Some people prefer to roast poultry in oven cooking bags. Cooking bags shorten cooking time because they use steam to help cook the bird. Because steam is a form of moist heat, this method is not true roasting. See 20-4.

Broiling Poultry

You can broil turkeys and chickens. To broil poultry, split the bird into halves or quarters. Place pieces on a broiler pan and brush lightly with melted margarine, if desired. Broil 4 to 5 inches (10 to 12 cm) from the heat source until done. Cooking time depends on the size of the bird. Chicken usually will take about 40 minutes. Turkey will take about 80 to 90 minutes. Thinner pieces will cook faster than thicker pieces. Remove pieces from the broiler when they are cooked and keep them warm until ready to serve.



photograph courtesy of The Reynolds Kitchens

20-4 Cooking bags speed time in the oven and result in poultry that is moist and tender.

Community Interactions

Have students prepare a brochure about the importance of using a thermometer to check the doneness of poultry at holiday meals. The brochure should also discuss how to properly store and reheat leftovers. Place stacks of the brochures in your local library or community center before an upcoming holiday.



National Chicken Council

20-5 Fried chicken has a crispy texture and a golden brown color.

Grilling Poultry

Grilling is a popular way to cook whole birds and poultry pieces, especially during the summer. Grill poultry with bones using indirect heat. Grill boneless poultry pieces over direct heat. Grilling times depend on the size of pieces. Shorten grilling times by partially cooking poultry in a microwave oven immediately before placing it on the grill. Partial cooking also ensures grilled poultry is thoroughly cooked. Use an instant-read thermometer to test the internal temperature of grilled poultry for doneness.

Frying Poultry

You can cut chickens and turkeys into pieces and fry them. **20-5** To fry poultry, first roll the pieces in flour, egg, and bread crumbs or dip them in a batter. Then brown the pieces in

about ½ inch (1.5 cm) of hot fat. (The fat should not be so hot that it smokes.) Turn poultry pieces with tongs as they brown. After browning, the bird can finish cooking in the skillet over low heat. You can also complete the cooking in a moderate oven.

Oven-Frying Poultry

Oven-frying is sometimes called baking. You can oven-fry chicken pieces by coating them with seasoned flour. Place them on a baking sheet. Cook in a moderate oven until done. Brushing chicken lightly with melted margarine will produce a crisp golden crust.

Braising Poultry

To braise turkey or chicken, brown individual pieces in a small amount of fat. Add a small amount of water to the skillet and cover tightly. Cook the poultry over low heat until tender, about 45 minutes to 1 hour. You can braise poultry on top of the range or in the oven. For a crisp crust, uncover the pan for the last 10 minutes of cooking.

Stewing Poultry

To stew poultry, put the bird in a big kettle and cover it completely with water. You can add carrots, celery, and seasonings for flavor. Cover the kettle tightly and simmer over low heat until the bird is tender. (You should never allow the

FYI

More information about grilling can be found in Chapter 25, "Food and Entertaining."

Reflect

Ask students to name their favorite way for poultry to be cooked.

Discuss

Ask students how the nutritional value of oven-fried chicken compares with fried chicken. (*Oven-fried chicken would be lower in fat and calories.*)

Q: Can eating chicken soup help me feel better when I have a cold or flu?

A: Chicken soup has no medicinal properties to rid you of illness-causing microorganisms. However, steam from the warm liquid may help relieve a stuffed up nose. The warm feeling you get from eating a hot bowl of soup may bring you emotional comfort. Soup will also provide you with nutrients needed to restore your health.

Strengthening Family Ties

Have students prepare poultry dishes for their families. Have them use cookbooks from the classroom or local library to find interesting recipes to try, or do an online search for a recipe. Encourage students to try ethnic recipes reflecting cultures other than their own. Have each student prepare the poultry dish at home and report back to the class as to how well the recipe was received. Did family members like it? Was it easy to prepare? Was it tasty and appetizing? Compile the best recipes and share with classmates.

For Example...

Chicken salad, chicken and rice casserole, and chicken noodle soup are all made with cut up, cooked chicken.

Discuss

Ask students why partial cooking of poultry in a microwave oven should not be done hours before the poultry will finish cooking by another method.

Resources

- *Poultry Recipes*, recipe master 20-4, TR. Have students use the recipe master to plan a poultry lab. Have each lab group complete a *Market Order Sheet* (TR) and a *Time-Work Schedule* (TR). After preparing their recipe and sampling their poultry product, have each group complete a *Lab Evaluation Sheet* (TR).

- *Cooking Poultry*, Activity C, SAG. Students are to answer questions about poultry cookery.

Break It Down

Have students review the meaning of the term *giblets*. Have students answer questions 7-10 under *Review What You Have Read*. Have them complete activity 1 under *Build Your Basic Skills* and activity 2 under *Build Your Thinking Skills* at the end of the chapter.

liquid to boil.) If desired, you can easily remove cooled stewed meat from the bone for use in soups and casseroles.

Microwaving Poultry

You can use a microwave oven to defrost or partially cook poultry that you are preparing by another method. You can also fully cook chicken and turkey in a microwave oven for poultry that comes out tender and juicy. Poultry generally microwaves in much less time

Healthy Living

Choose fried chicken for an occasional treat. For lower fat eating, choose roasted, baked, broiled, and grilled chicken most often. Also, be sure to remove the skin, which is high in fat. When making chicken soup, chill the broth and skim off the fat before serving the heated soup.

than poultry cooks in a conventional oven. However, when roasting large birds, you may save little or no time by using a microwave oven. In addition, most microwave ovens are not big enough to hold very large birds.

To ensure even cooking in a microwave oven, arrange poultry pieces with the bony

portions to the center. Arrange drumsticks like the spokes of a wheel. Place the meaty ends toward the outside of the dish. On whole birds, the breast area and wing and leg tips may cook faster than the rest of the bird. To prevent overcooking, you can cover these areas with foil shields.

Frozen Poultry

You should thaw frozen poultry before cooking. (If the bird is commercially stuffed, you should cook it without thawing.) To thaw, leave the bird in its original wrapping and let it thaw in the refrigerator.

For quicker thawing, wrap frozen poultry in a tightly closed plastic bag. Place it in a sink full of cold water. Change the water about every 30 minutes to keep it cold until the bird defrosts.

Boning Chicken

Many recipes call for boneless chicken breasts and thighs, 20-6. Boneless chicken pieces cost more than pieces with bones. You may be able to save money by boning chicken at home. Be sure to thoroughly wash cutting boards, knives, and other utensils after preparing raw poultry. This helps avoid the possibility of transferring harmful bacteria that may be in the poultry to other foods.



National Chicken Council

20-6 Use boned chicken to make dishes like these tasty kabobs.

Think Outside the Box

Discuss side dishes students might serve with chicken that would be low in fat. Have each student plan a lowfat menu featuring a chicken entrée that is low in fat. Have students explain why their menus would be low in fat. Did they choose a cooking method that uses less fat? Did they use other cooking techniques that reduced the fat? Did they substitute highfat ingredients with lowfat ingredients? As an extension of this activity, have students find actual recipes for their menus that have a nutritional analysis that includes the amount of fat and calories each serving provides. Total the amount of fat and calories the entire menu would provide for each person.

Summary

Poultry is a good source of protein and B vitamins. Most poultry is marketed young. When buying poultry, look for meaty birds with well-distributed fat and blemish-free skin.

All poultry is perishable. Store it in the coldest part of the refrigerator and use it within two to three days. You can carefully wrap poultry and place it in the freezer for longer storage.

You should always be sure poultry is thoroughly cooked before you serve it. However, use moderate cooking temperatures and careful timing to avoid overcooking. Overcooking can result in meat that is tough and dry.

Because most poultry is tender, it is suitable for any cooking method. You might choose roasting, broiling, grilling, frying, braising, stewing, or microwaving.

Review What You Have Read

Write your answers on a separate sheet of paper.

1. Name the four kinds of poultry most commonly eaten in the United States.
2. True or false. Most poultry is tender and can be cooked by dry heat methods.
3. Why do you need to allow more weight per serving when buying poultry than when buying red meat?
4. Within what time period should refrigerated poultry be used?
5. True or false. Stuffing should be left inside a poultry carcass for refrigerator storage.
6. What is the recommended internal temperature for cooked poultry?
7. Turning back the wing tips and tying the drumsticks to the tail of the bird before roasting is known as _____.
8. What are two advantages of partially cooking poultry in a microwave oven immediately before placing it on a grill?

9. How should poultry pieces be arranged in a microwave oven to ensure even cooking?
10. Why is it important to thoroughly wash cutting boards and utensils after preparing raw poultry?

Build Your Basic Skills

1. **Writing/verbal.** Write three questions about poultry selection, storage, and preparation. Then contact the U.S. Department of Agriculture's Meat and Poultry Hotline for answers to your questions.
2. **Math.** Compare the price per pound of boneless, skinless chicken breasts with the price per pound of bone-in, skin-on chicken breasts. Calculate the price per ounce of each chicken product. Remove the bone and skin from the bone-in, skin-on breasts. Weigh the bone and skin on a scale. Determine the percentage of waste in the bone-in, skin-on product. Then calculate the cost per ounce of the meat portion of this product. How does this cost compare with the cost of the product sold without bone and skin?

Build Your Thinking Skills

1. **Compare.** Roast chicken, turkey, duck, and goose. Compare the appearance, flavor, and texture of the various meats.
2. **Create.** Find at least three recipes for stuffing. Note what ingredients the recipes have in common and which ingredients are unique to each recipe. Also note the ingredient proportions. Use this analysis to create your own recipe for stuffing. Prepare and sample the recipe. Explain why you would or would not choose to serve it with poultry.

Resources
• *Chapter 20 Study Sheet*, reproducible master 20-5, TR. Have students complete the statements as they read the chapter.
• *Chapter Review Games CD*. Have students play the chapter review game according to the instructions that appear on the screen.

Career Path

Have students reread the career descriptions of a poultry farmer and a poultry boner that appear at the beginning of the chapter. Ask students why people working in these occupations might need skill in interpreting and communicating information.

Apply Technology

1. Investigate new techniques being studied to reduce salmonella contamination in poultry. Share your findings in a brief oral report.
2. Research the production procedures used to manufacture poultry-based luncheon meats. Prepare a poster presentation illustrating the procedures.

Using Workplace Skills

Calvin is a sales representative for the Better Bird Feed Company. He sells feed products to poultry farmers all over the Midwest. Each time the company introduces a feed product, someone from the research department gives a presentation to the sales group. The researcher describes the new product's features. Then Calvin receives stacks of detailed handouts about the product. The handouts show lists of ingredients, charts of research results, and graphs comparing Better Bird's feed with other brands.

To be an effective worker, Calvin needs skill in interpreting and communicating information. In a small group, answer the following questions about Calvin's need for and use of these skills:

- A. Why wouldn't Calvin simply let his customers read copies of the research handouts to learn about new products?
- B. How might Calvin's customers be affected if he does not adequately interpret and communicate information about new products?
- C. How might Calvin's company be affected if he does not adequately interpret and communicate information about new products?
- D. What is another skill Calvin would need in this job? Briefly explain why this skill would be important.

Answer Key to Review What You Have Read questions

1. chicken, turkey, goose, duck
2. true
3. Poultry contains more bone in proportion to muscle than red meat.
4. two to three days
5. false
6. 180°F for whole birds, wings, and thighs; 170°F for breast pieces
7. trussing
8. Partial cooking shortens grilling time and ensures that grilled poultry is thoroughly cooked.
9. Place bony portions to the center, arrange drumsticks like the spokes of a wheel, and shield wing and leg tips of whole birds.
10. Poultry may contain harmful bacteria that can get on the cutting board and utensils. Thoroughly washing the cutting board and utensils can help avoid the possibility of transferring these harmful bacteria to other foods.