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That Roast Fowl

By VIOLA M. BELL
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Of all the delectable odors which assail the nostrils of man, that of fowl roasting is most tantalizing. It causes such hunger sensations that only participation in the great success will satisfy.

The several hours requisite in the selection of the bird from the home yard or the market make it necessary to consider the size and use. Some fat around the dressing organs that under the breast is desirable. A five to seven-pound plump bird will serve the purpose. An eight to sixteen-pound turkey roasts well. Capon, a bird from which the reproductive organs have been removed and is then fattened, makes a delicious, well-flavored, tender roast, weighing from six to ten pounds. An eleven to twelve-pound goose equals an eight-pound turkey. Ducks usually weigh from five to six pounds and like goose, when roasted on a high rack in the roaster, are very enjoyable.

It is best to buy fowl dry picked and undrawn, with head and feet on. If well prepared for market the crop is empty. In a freshly killed bird the feet feel moist, soft and limber; the flesh firm, clean, and smooth and the skin moves easily.

The proverbial test for age is to note the flexibility of the end of the breast bone farthest from the head. In a young bird it is as easily bent as the cartilage in the neck, but if a bird a year old it will be brittle; and in an old bird tough and hard to bend. The feet in a young bird are soft and smooth, becoming hard and rough as the bird grows older. The claws are short and sharp in youth, growing longer and blunter with age and use.

Turkeys up to a year old usually have black feet, which grow pink up to three years of age and then gradually turn gray and dull. In young ducks and geese many pin feathers and the flexible, elastic, white, wisps are distinguishing characteristics. Later the latter grows firm and fixed.

In a freshly killed bird, if the legs and wings are placed in the position desired for cooking they will retain the same position after cooking.

To prepare the fowl for cooking singe the hairs by slowly turning it over burning paper or a gas flame. Remove the pin feathers with the point of a knife or strawberry huller. Next wash the skin well, using a brush if necessary. Sometimes mild soaks help in the cleaning.

Cut oil bag from the tail. Next, bend the feet far back at the joint and cut crosswise, just thru the skin below the joint, exposing the silvery appearing tendons. These are left in, becoming hard and bony while cooking. The tendons may be removed by forcing a skewer or prongs of a fork beneath each tendon and pulling hard by brace the fowl well, pulling thru the skin and membrane below the breast bone, down to and around the vent. A short crosswise cut below the breast bone facilitates the next step of forcing the hand thru the opening made into the bird to loosen the intestinal organs. Carefully work them from the membranes and grasping the gizzard bring them out intact. Remove the lungs in the hollow of the ribs, and the kidneys from along the back bone.

Wash the bird well, inside and out, but do not allow it to stand in water. If you doubt the odor, a teaspoon of soda dissolved in the water will sweeten the fowl.

Cautiously cut the gizzard to its inner lining and discard the sack within. Scrape the gizzard well, cutting off the heavy muscle at the opening.

Discard the gall bladder, cutting the liver carefully from it. Remove arteries and veins from the heart. The fat from the gizzard and intestinal organs is splendid to use in the basting and cooking of the bird. The egg yolks found season the stuffing well. The "giblets"—gizzard, heart and liver, with neck and "meltas" added, may be simmered until tender to use in the gravy.

A kindly butcher will often draw the bird, but if the busy housewife has time, it is more satisfactory to do it at home.

The fowl is now ready for stuffing (suggestions recipes listed below) and putting in shape for the oven. Stuffing adds moisture to the fowl, and in return derives enhanced flavor.

How satisfying to find on the pantry shelves the many old-fashioned, dry seasonings, which when critically blended, rival the proverbial onion. Thyme, marjoram, summer savory, dried parsley, bayleaf, celery salt, sage, each in small measure, may be added to the dressing, or they may be purchased already combined in commercial form as "poultry seasoning." Pickles, olives, celery, fruits, nuts, individualize a particular roast fowl, remembered for its good flavor.

Bread cut in uniform cubes is the usual carrier of flavor, not being as dry as cracker crumbs. Hominy, rice, oatmeal, or potatoes are agreeable and palatable substitutes. "Force meat"—sausage is a stuffing familiar to the French people. Often the giblets are run thru the meat chopper, and combined with a bread stuffing. Oysters are popular in stuffing, but the long cooking requisite for the fowl is detrimental to the flavor and color of oysters. Egg, if added to stuffing, causes it to slice well when cold.

If one decides not to stuff the bird, after thorou rubbing with salt inside and out, it is advantageous to put either fat of the fowl or butter inside the cavity.

For stuffing, salt the fowl by laying it on its back on the table before you with the opening at your right. Place in the stuffing lightly until cavity is well filled. With loose stitches of white twine or with toothpicks, gently draw the two sides of the opening together. Place a little stuffing in the skin of neck to fill out the hollow place. Next turn the wings in, so that the joints lay on the back of the bird as triangles, holding down the skin of the neck where it turned back. The drumsticks in an unstuffed fowl may be tied to the tail or passed thru incisions cut in the body under the bones near the tail. If one wishes, a three-fourths-inch circlet of the neck skin may be slipped over the ends of the legs. The whole bird is now a

(Continued on page 18).
and the elephant child pulled, but the crocodile was stronger. Then came a great Blue-Colored-Anonymous-Rocketted-Basket, which hung onto the elephant child’s legs with the other part of his body and together they pulled and pulled until the elephant child, with a flop, fell into the river. Ever afterwards all elephants have a long trunk instead of a blackish-bulgy nose.

Get Kipling’s “Just So Stories” from your public library and read this to the children tonight. Then on other evenings read how the leopard got his spots, how the rhinoceros got his skin, and the camel got his hump. These stories will do immensely much more good than sermons or scoldings, or whippings, insofar as concerned. Get from your public library W. W. Jacobs’s “What Shall We Read to the Children,” or better, buy a copy for yourself. (Published by Houghton Mifflin at $1.00.) It will give you pleasant and listless advice and other good stories to tell or read during the long winter evenings.

Probable some of you are wondering by this time what to do after the story telling age is past. In reality, it never does pass. All of us like to be told stories, if we are human. The stories you tell your children in their younger years will prepare them for a wide range of reading by their seventh or eighth year and will give them, I am sure, a higher enjoyment than will have for all of us, pleasant thoughts, high ideals of men and women, of courage, of beauty, of character, of all the things worth while in life. Who would want his children, as Channing Pollock said, to form their ideal of womanhood from Gloria Swanson? Why not give them an ideal of courage from Sydney Carter, who, in the Tale of Two Cities, gave up his life for the happiness of others? Why not let them form their ideal of womanhood from Florence Nightingale, from Clara Barton, or from the mother of Goethe. Just read how she brought up her boy: “There, every water I presented under the forms of princesses; and to all natural phenomena I gave a name, in which I almost believed more fervently than my little bearers. As we thought of paths which led from star to star, and that we should one day inhabit the stars, and thought of the great spirits we should meet there, I was as eager for the hours of story-telling as the children themselves; I was quite curious about the future course of my own improvisation, and in which manner the stars which interrupt ed these evenings was disagreeable. There I sat and there Wolfgang held me with his large black eyes; and when the father was away, in his place as the famous tailor, even if he does kill the giant! And when I made a pause for the night, promising to continue it on the morrow. To describe his face that he would, the meanwhile think it out for himself, and so he often stimulated my imagina tion.

It is sometimes difficult to know where to buy good books and what books to buy. Beware of book agents! They often times books which prove worse than useless. The best books for your children, or for yourself, for that matter, cannot be obtained unless traveling book agents.

I would suggest that first you go to your public library—everyone in Iowa has one—and the graded list of books, and ask the librarian to let you look over some of the children’s books. Ask her for Frances Ocolott’s “The Children’s Reading,” published by Houghton Mifflin, from which I have quoted some of these illustrations. You will find lists of all sorts of books for children of all ages. Then you can go for a list of books for children published by the American Library Association and prepared by the Elementary School Library Committee of the National Educational Association. You will find books arranged in various sections for the first three grades, grades four to six, and grades seven to nine. Ask your librarian the best place in your section to buy books. The book dealer in your town may not have many of the better class of books, but he can obtain them for you.

I am listing just a few titles of books which I have bought for my boys. These few titles make up a short list which will make a beginning. The first four titles will show you what to read and what to buy. Stop in at your public library and look over these books. Ask your librar ian also to give you or loan you a sixteen-page leaflet published by the American Library Association and entitled, “Gifts for Children.”

My best wish for you is that you will take as much pleasure out of your children’s enjoyment of these stories and of their books as I have.

FOR YOU TO READ:

Haggard—What Shall We Read to the Children. Houghton Mifflin Company.


FOR MY BOYS UP TO SIX:

Brooks—The Golden Goose Book. Warne. $3.00. (Contains stories of The Three Bears, Three Little Pigs, and Tom Thumb.)

Brooke—Johnny Crow’s Garden. Warne. $1.75.

Brooke—Johnny Crow’s Party. Warne. $1.75.

Lang—Little Red Riding Hood. Longmans. 68c.

Lang—Cinderella. Longman’s. 68c.


Carroll—Alice’s Adventures in Wonderland and Through the Looking-Glass. Macmillan. $1.75.

Poems of Childhood, by Eugene Field and Illustrated by Maxfield Parrish. Scribner.

Child’s Garden of Verses, by Stevenson and illustrated by Jessie Wilcox Smith. Scribner’s. $3.50.

I read aloud selections from these two books and am still reading them.

FOR CHILDREN FROM 6 OR 7 TO 12 AND OLDER:

Alcott—Little Women. Illustrated by Stephens. Little Brown Company. $2.50.

DePoe—Robinson Crusoe. Houghton Mifflin. $2.75, or Harper $1.75.

Twain—Adventures of Tom Sawyer. Houghton Mifflin. $2.75, or Harper $1.75.

Stevenson—Treasure Island. Scribner’s. $3.50.

Merry Adventures of Robin Hood. Scribners. $3.50.

Arabian Nights Entertainment. Illustrated by Maxfield Parrish. Scribner’s. $3.50.

Dodge, Mrs. Mary M.—Hans Brinker. Scribner’s. $3.50.

Seton—Wild Animals I Have Known. Grosset. $1.00.

Spy—Held. Glinn. 68c.

Cooper—The Last of the Mohicans. Scribner’s. $3.50.

Tarkington, Booth—Penrod. Grosset. $1.00.

Glimpses in a Christmas Shop

(Continued from page 4)

The Roast Fowl

(Continued from page 5)
the pan, over the bird. If a thick crust is desired a paste of four tablespoons of butter and four tablespoons of flour may be rubbed over the bird before placing it in the oven. Basting with fat on the plain surface, however, makes a caramelized thin brown crust.

The fowl is sufficiently roasted when the joints separate easily and when the juice flows readily when the skin is pierced.

Water to moisten taste. Egg yolks often found in fowl until just consistency to pack well. Will stuff one fowl, duck or goose.

Onion 2 cups bread crumbs or soft cubes
A. Fruit
B. Nut
C. Meat
D. Oyster
E. Vegetable

Time Table

Chicken—25 to 30 minutes per lb.
Goose (9-lb.)—Total, 2 1/4 hours.
Duck (domestic)—Total, 1 to 2 1/2 hours.
Duck (wild)—Total, 1/2 to 3/4 hours.
Turkey (9 to 16 lbs.)—Three hours.

Recipes for Stuffing

Poultry Stuffing

2 cups bread crumbs or soft cubes 1/4 cup butter or melted poultry fat 1/4 tsp. salt 1/4 tsp. pepper 1/4 tsp. poultry seasoning Water to moisten

Variations of Poultry Stuffing

A. Fruit Stuffings. Suitable for duck or goose.
1. Prunes, 1/2 cup; soak, pit, add to stuffing.
2. Raisins, 1/2 cup; wash, add to stuffing.
3. Apple (raw), 1/2 cup; cut in small pieces, add to stuffing.

B. Meat Stuffings.
1. Giblets—from turkey or fowl. Grind giblets fine; add to stuffing.
2. Sausage. Suitable for roast goose.
3. Links (small, 2 lbs.).
4. Apples (chopped), 1/3 cup. Chop, blend with stuffing.

C. Nut Stuffings. Suitable for turkeys.
1. Chestnuts. Chestnuts, 1/2 cup. Shell, blanch and cook until tender in boiling salted water. Drain mash and add to stuffing.
2. Peanuts. Suitable for goose. Peanuts (hulled), 1/2 cup. Chop, add to stuffing and season well.

D. Oyster Stuffing. Suitable for turkeys or chicken.
Oysters, 1 cup. Wash oysters, blend with seasonings in stuffing.

E. Vegetable Stuffing
Chopped celery, 1/4 cup Parsley

Chop and add to stuffing.

Giblet Gravy

Boil together for 5 minutes:
2 c. sugar
2 c. water
2 heaping T. shortening
1 lb. seeded raisins

When cool, add 1 t. soda (heaping), sift together 3 c. flour, 1 t. salt, 1/4 t. cloves, 1 t. cinnamon, and 1 t. nutmeg. Add to first mixture. Bake in moderate oven for 45 minutes.

The final effect may be produced if you carry the holly-decked pudding to the table enveloped in flames, the result of

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Christmas Festivities in Foreign Lands

(Continued from page 8)

are exchanged—these only between the closest of relatives, as a mother to her child.

"After the Saturday night festivities, about one o'clock in the morning, everyone goes to church. The church is gorgeously decorated, and there is much beautiful singing. Holy oil made by the Pope and Monks at "Echmiadzin," the Pope's home, is in large golden bird shaped vessels. The holy oil drops from the beaks of the birds and as the people pass, they moisten their hands and touch their faces with it. This holy oil is made from the blossoms of thousands of beautiful flowers, by pouring olive oil over them. This is let stand for many days in golden jars while the Pope and Monk pray over it.

"The priest blesses and gives bread to each house he visits. Then he receives a gift in return. As he leaves, everyone kisses the Bible and the priest blesses each one individually.

"Food and good red wine is served and everyone is very happy," and here Mr. Sarkison smiled, for he said, "Where there is wine, there is much singing and happiness."

Mr. Malca, of Peru, South America, also a student at Iowa State College, told me that in his country, Christmas is a very sacred affair.

"We do not try to have a good time," he said, "for it is a religious holiday. We go to services all day long, high mass, beginning as early as four o'clock in the morning. The women always attend the services dressed in black, with large shawls thrown over their head and shoulders.

"The churches are beautifully decorated and there is much singing. Nearly half of every church is devoted to a raised monument to represent the birth of Jesus Christ. This monument shows the Virgin and Christ, and is made as nearly as possible like the stable in which Christ was born. The three wise men, who came with gifts for the new born Christ are also shown. After the services are over at one church, the congregation goes to all the other churches to see their monuments and decorations.

Christmas Dinner for Two

(Continued from page 9)

Economy Fruit Cake (2 loaves)

Boil together for 5 minutes:
2 c. sugar
2 c. water
2 heaping T. shortening
1 lb. seeded raisins

When cool, add 1 t. soda (heaping), sift together 3 c. flour, 1 t. salt, 1/4 t. cloves, 1 t. cinnamon, and 1 t. nutmeg. Add to first mixture. Bake in moderate oven for 45 minutes.

THE IOWA HOMEMAKER 19