**CATERING CRAFT SS2**

POULTRY

Poultry is the name given to domestic birds specially bred to be eaten and for their eggs.

Poultry is more desirable than beef because of its lower fat content and it is more digestible than beef. Examples: chicken, turkey, duck, guinea, fowl, pigeon, goose, ostrich, etc.

Nutritive value of poultry

The meat of poultry is more easily digested than other meats. It contains iron, vitamin B, riboflavin and nicotinic acid.

Poultry meat can be classified into two:

1. White meat
2. Dark meat

The white meat consists of meat from the breast and wings part of the birds. White meat is more digestible than dark meat. Dark meats are from the legs. They are tougher because the legs receive much exercise.

STRORAGE

Fresh poultry are huge by legs under chilled condition. They can also be kept in deep freezers after preparations.

FACTORS TO CONSIDER WHEN CHOOSING /BUYING POULTRY

* The birds should be lively.
* The eyes should be bright and sparkling.
* The comb and wattles should be small, bright and red in colour .
* The feet should be supple.
* The body weight should be more than the feathers.
* The leg should be smooth and pliable.
* There should be plenty of down feathers.

CUTS OF CHICKEN

The pieces of cut chicken are named as follows:

* Wing
* Breast
* Drum stick(leg)
* Thigh
* Winglet
* Carcass

**FISH**

Fish are usually obtained from natural sources e.g. (rivers) but the supply is not enough. Contamination and pollution of rivers, affected the supply and sustainability of fish, these made it necessary to have fish farms to supplement natural sources.

**Classes of fish**

There are three classes of fish

* Oily fish
* White fish
* Shell fish

**Nutritive value of fish**

* Protein
* Fat
* Vitamin
* Mineral salt
* Water

**Cuts of fish**

We have different cuts of fish, they include:

* Steak
* Goujons
* Plaited
* Fish fillets
* Fish supreme
* Fish darne

**FACTORS TO CONSIDER WHEN CHOOSING FISH**

* Fresh fish should have no unpleasant odour.
* The eye should be bright, clear and bulging
* The gills are bright red.
* Frozen fish must be bought solidly and stiff.
* The scales should be plentiful and shinning bright.
* Shell fish are bought fresh and alive.
* Frozen fish must be lightly wrapped in cellophane.

**METHODS OF COOKING FISH**

* Frying
* Grilling
* Boiling
* Stewing

**REASONS FOR COATING FOODS INCLUDE:**

* To prevent it from being in direct contacts with oil.
* To avoid breakage
* To keep in shape
* To conserve the nutrient of the food
* To make it crisp
* To make it attractive
* To make it appetizing
* To make food firm
* To prevent escape of juice
* To prevent the food from becoming soggy