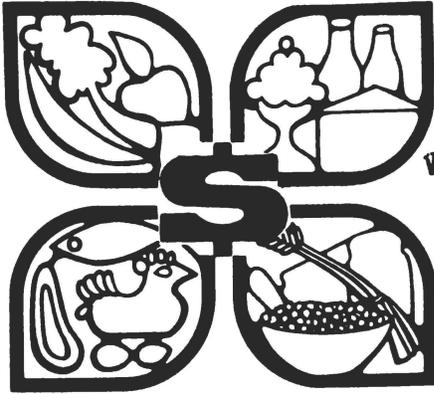


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FOODS AND NUTRITION

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CHICKEN

Chicken is a favorite main dish. Chicken is popular because it can be served in so many ways--fried, baked, stewed, barbecued, in casseroles, and in salads. Its low cost is another reason for its popularity.

Broiler-fryer chickens are young and tender. Whole broiler-fryers which you cut up usually cost several cents a pound less than those which are cut up at the store. A 5-cents-a-pound difference in price would mean 15 cents savings on a 3-pound chicken.

A broiler-fryer chicken, cut at home, normally provides 10 serving pieces, not counting the giblets. The pieces are 2 drumsticks, 2 thighs, 2 wings, 2 backs (cut crosswise), and 2 breasts (divided lengthwise). Chickens cut at the store may be cut differently. Drumsticks and thighs may not be separated, or wings or ribs may be attached to the breast.

It is tempting to buy just the pieces the family likes best. But are you getting the most for your money by doing that? You may be if your family refuses to eat the other pieces, or if some pieces would spoil before you could use them. You could probably get more meat for your money by buying a whole broiler-fryer. This is true even though the cost per pound for some pieces may be less than for the whole chicken, because some pieces have less meat than others.

The table below can help you decide if chicken parts are as good a buy as whole chicken. Underline the price per pound for whole chickens. Follow that line across the page to see at what price chicken pieces would be an equally good buy. The differences in the amount of meat have been figured in.

If whole fryers, ready-to-cook, are selling for (price per pound)	Chicken parts are an equally good buy when the price per pound is			
	Breast half		Drumstick and Thigh	Wing
	With ribs	Without ribs		
\$0.35	\$0.46	\$0.48	\$0.38	\$0.28
0.39	0.52	0.53	0.42	0.31
0.43	0.57	0.59	0.46	0.35
0.49	0.65	0.67	0.53	0.39
0.55	0.73	0.75	0.59	0.44
0.59	0.78	0.80	0.63	0.48
0.63	0.83	0.86	0.68	0.51
0.65	0.86	0.89	0.70	0.52
0.67	0.89	0.91	0.72	0.54
0.69	0.91	0.94	0.74	0.56
0.71	0.94	0.97	0.76	0.57
0.73	0.97	1.00	0.78	0.59

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For example, if whole chicken is selling for 43¢ per pound, a breast half with ribs attached would be as good a buy at 57¢ a pound, drumsticks and thighs at 46¢ per pound, and wings at 35¢ per pound. Can you buy them for that price in your store?

How can you get the most for your money? One way is to buy several whole fryers, cut them up and package like pieces together. Two chickens would yield 4 breast pieces, 4 drumsticks, 4 thighs, and several wings and pieces of back. Fry or barbecue the meaty pieces--the breast, drumsticks, and thighs. The 12 meaty pieces should make enough for 2 meals if there are 4 to 6 people in your family.

Frying chicken is one of the simplest ways of preparing it. You can fry good chicken--you don't have to buy it already fried. Here's how.

### Fried Chicken

Broiler-fryer, 1½ to 3 pounds  
Salt, pepper, flour  
Fat or oil

Season chicken with salt and pepper and roll in flour. Heat fat (about ½-inch deep) in a heavy fry pan. Put the thickest pieces of chicken in the fat first. Do not crowd--leave enough space for the fat to come up around each piece.

Cook slowly, turning often. Do not cover pan. The thickest pieces will take from 20 to 35 minutes to cook.

The flour gives a crisp surface and helps to hold in the moisture. Crushed cereal flakes, fine bread or cracker crumbs, or a batter can also be used to coat foods for frying.

You may develop your own blend of herbs and spices. Thyme, marjoram, oregano, paprika, celery salt, and garlic powder are some you might try. Start with a small amount--a fourth of a teaspoon--until you see how you like it.

How do you use the bony pieces? Boil them in a pot of water with seasonings until tender--30 to 45 minutes. Take the chicken out of the pan and let it cool for a few minutes. Pull all of the meat from the bones and cut into small pieces. Use for chicken salads or a chicken casserole.

### Chicken Divine

1 10 oz package frozen broccoli spears  
2 cups cooked chicken, cut into bite-size pieces  
1 can condensed cream of chicken soup\*  
2 tablespoons buttered bread crumbs

Cook broccoli according to package directions. Drain and spread in the bottom of a greased baking dish. Spread the chicken on the broccoli. Pour chicken soup over the top. Sprinkle with bread crumbs. Bake at 350°F for 15 to 25 minutes or until hot. Makes 4 servings.

\*You could use cream of celery, cream of mushroom, or cheddar cheese soup instead. Or make a sauce using 1 tablespoon butter or margarine, 1 tablespoon flour, ¼ teaspoon salt, and 1 cup of the chicken broth. Melt fat over low heat; blend-in flour and salt. Heat and stir until bubbly. Add broth slowly, stirring constantly. Cook over low heat, stirring constantly until thickened.

The broth? Pour into a jar or bowl; cover and store in the refrigerator. Use as a starter for soup, or cook noodles, dumplings, or rice in it.

Rich Rice. Add enough hot water to the broth to make 4 cups. Bring to a boil. Add 2 cups of rice (not the instant kind) and stir. Cover and turn the heat down to low. Cook about 20 minutes or until rice is tender.