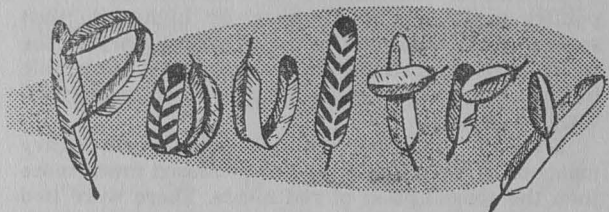
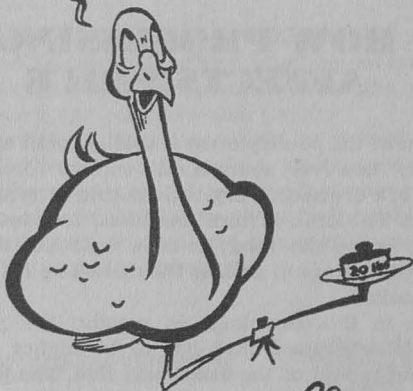
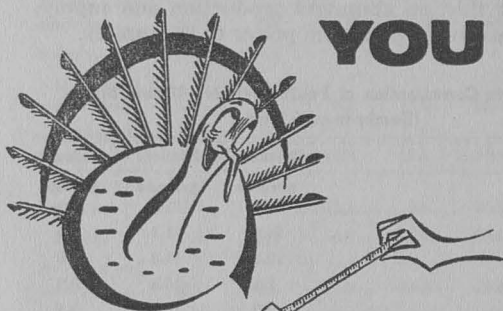


KNOW the



YOU BUY



- Eleanor Loomis
- William H. Dankers

CONSUMPTION and PRICES

Per capita consumption of both red meats and poultry meats has been materially higher the last several years than ever before. This was largely the result of comparatively full employment, favorable incomes, and high purchasing power of nonagricultural workers.

Since the late thirties, the consumption of poultry meats on a per capita basis has increased much more than the consumption of red meats. There were two reasons for this: an abundant production and supply, and comparatively favorable prices to consumers.

Per Capita Consumption of Poultry Meats—United States
(Ready-to-cook basis)

| Year | Chickens | Broilers | Turkeys |
|---------|----------|----------|---------|
| | pounds | pounds | pounds |
| 1935-39 | 12.2 | 1.0 | 2.2 |
| 1945-49 | 14.0 | 5.1 | 3.4 |
| 1950-54 | 10.3 | 11.2 | 4.6 |
| 1955 | 7.5 | 13.4 | 5.0 |
| 1956 | 7.3 | 16.1 | 5.4 |
| 1957 | 7.3 | 17.3 | 5.2 |

HOW PROCESSING AFFECTS PRICE

Most of the poultry meat is sold at retail as “ready-to-cook,” however, some is still sold as “dressed” (or New York dressed). Very little is sold at retail as live poultry. The dressed bird has blood and feathers removed, while the ready-to-cook bird has also been eviscerated (drawn) and, as the name implies, is ready to be cooked.

Due to this shrinkage in weight, the price per pound of a dressed bird has to be higher than the price per pound of the same bird live. The price of a ready-to-cook bird in turn has to be higher than the price per pound of the same bird dressed. In addition to these increases, there are other costs for labor and equipment in dressing and preparing chicken which raise the retail price of the ready-to-cook chicken over the dressed weight and over the live weight.

A hen with a live weight of 5.5 pounds would weigh approximately 4.9 pounds dressed because of the loss of blood and feathers, and in turn would weigh 3.7 pounds ready-to-cook because of the loss of the viscera, feet, and head. Because of this, a price of 18 cents for live weight would be equivalent to 20.2 cents of the dressed weight and 26.8 cents for the ready-to-cook weight. This difference in price is only the result from shrinkage in weight. It does not

Chicken--Ready-to-Cook

| Class | Description | Cooking method | Weight | Amount required for one serving | Abundant season | |
|---|---|------------------------------------|----------------|---------------------------------|-----------------|----------|
| | | | | | Fresh | Frozen |
| Broiler or fryer | Young, under 16 weeks, either sex, tender meated, soft pliable skin. Breastbone cartilage flexible | Broil or fry or barbecue | pounds 1½-3 | ¼-½ bird | June-fall | All year |
| Roaster | Young, under 8 months, either sex, tender meated, soft pliable skin. Breastbone cartilage less flexible | Roast uncovered open pan, dry heat | 2½-5 | ¼-¾ pound | Limited supply | All year |
| Hen or stewing chicken or fowl | Mature female, more than 10 months, less tender meat. Breastbone nonflexible | Stew, braise, use moist heat | 2-5½ | ¼-¾ pound | Fall | All year |
| Capon | Unsexed male chicken under 10 months, tender meated with soft skin | Roast | 5-8 | ¼-¾ pound | Fall | All year |
| Stag | Male chicken, under 10 months, coarse skin, dark flesh, hard breastbone | Stew, braise, use moist heat | 2-5½ | ¼-¾ pound | Fall | All year |
| Cock or rooster | Mature male chicken, coarse skin, toughened darkened meat and hard breastbone | Stew, braise, use moist heat | 2-5½ | ¼-¾ pound | Fall | All year |
| Chicken parts, breasts, thighs, legs, giblets, or wings | Usually young | Fry, braise, stew | | Piece | Summer to fall | All year |

"Rock Cornish game hen" or "cornish game hen" means a young, immature chicken (5-8 weeks old) weighing not more than 2 pounds ready-to-cook weight, which was prepared from a Cornish chicken or a Cornish chicken crossed with other breeds of chickens.

Turkey--Ready-to-Cook

| Class | Description | Weight | Amount to buy per serving | Abundant season | |
|------------------|---|----------------|---------------------------|-----------------|----------|
| | | | | Fresh | Frozen |
| Fryer or roaster | Immature under 16 weeks old, either sex, tender meated, soft pliable skin, breastbone cartilage flexible | pounds 4-10 | About ½ pound | August-November | All year |
| Young hen or tom | Young female or tom under 8 months, tender meated, soft, pliable skin, breastbone cartilage less flexible | 6-24 | About ½ pound | August-November | All year |
| Hen or tom | Mature female or male over 10 months, less tender meated than a young hen or tom, hardened breastbone, may have coarse skin and patchy areas of surface fat | 10-30+ | About ½ pound | Spring | All year |

Duck--Ready-to-Cook

| Class | Description | Weight | Amount to buy per serving | Abundant season | |
|---------------------------|---|----------------|---------------------------|-----------------|----------|
| | | | | Fresh | Frozen |
| Broiler or fryer duckling | Young, under 8 weeks, either sex, tender meated, has soft bill and soft windpipe | pounds 3-3½ | About ¾ pound | Early fall | All year |
| Roaster duckling | Young, usually under 16 weeks, either sex, tender meated, has a bill that is not completely hardened and a windpipe that is easily dented | 3-4 | About ¾ pound | Fall | All year |
| Mature duck | Mature, usually over 6 months, either sex, toughened flesh, hardened bill, hardened windpipe | 3-4 | About ¾ pound | Fall and winter | All year |

Goose--Ready-to-Cook

| Class | Description | Weight | Amount to buy per serving | Abundant season | |
|--------------|---|----------------|---------------------------|-----------------|----------|
| | | | | Fresh | Frozen |
| Young goose | Either sex, tender meated, windpipe easily dented | pounds 4-10 | About ¾ pound | Fall | All year |
| Mature goose | Either sex, toughened flesh, hardened windpipe | 10-20+ | About ¾ pound | Fall and winter | All year |

Shrinkage Table

| Kind and class | Weight | | | Shrinkage | | |
|----------------------------|--------|---------|---------------|-----------------|-----------------------|--------------------------|
| | Live | Dressed | Ready-to-cook | Live to dressed | Live to ready-to-cook | Dressed to ready-to-cook |
| | pounds | | | percent | | |
| Chickens | | | | | | |
| Hens | 5.5 | 4.9 | 3.7 | 10.5 | 32.5 | 25.0 |
| Roasters | 5.0 | 4.5 | 3.4 | 10.5 | 33.0 | 25.0 |
| Broilers and fryers | 3.0 | 2.6 | 1.9 | 11.5 | 36.0 | 28.0 |
| Average for chickens | 4.0 | 3.6 | 2.6 | 11.0 | 35.0 | 27.0 |
| Turkeys | | | | | | |
| Light hens and toms | 11.0 | 9.8 | 8.2 | 11.0 | 25.5 | 16.5 |
| Medium hens and toms | 18.0 | 16.2 | 13.9 | 10.0 | 23.0 | 14.5 |
| Heavy hens and toms | 27.0 | 24.6 | 21.2 | 9.0 | 21.5 | 13.5 |
| Fryers | 7.0 | 6.2 | 5.0 | 12.0 | 28.0 | 18.0 |
| Average for turkeys | 18.5 | 16.6 | 13.9 | 10.0 | 25.0 | 16.5 |
| Ducks | 6.0 | 5.3 | 4.2 | 11.0 | 30.5 | 22.0 |
| Geese | 14.0 | 12.4 | 10.2 | 11.5 | 27.5 | 18.0 |

allow for labor and equipment costs required in processing and eviscerating, which must be covered, and which in turn widen the spread between the price of live, dressed, and ready-to-cook poultry.

The shrinkage from live weight to dressed weight and to the ready-to-cook weight varies considerably among different classes of poultry (see above table). The approximate shrinkages given in the table were determined from large volume commercial operations and studies made in laboratories.

INSPECTION, GRADING, AND LABELING



Minnesota does not have special consumer grades for poultry meat like the Minnesota Consumer Grades for Eggs. Much of the poultry meat is sold at retail under the United States Department of Agriculture grading and inspection programs. These are voluntary programs on the part of the poultry industry. Poultry meat labeled as having been officially inspected and graded by the USDA must be wholesome and must meet the conditions of the grade indicated on the

label. *Inspection* should not be confused with *grading*. Inspection pertains to wholesomeness; and if the poultry meat has passed inspection, the consumer knows that it is wholesome food. A label on poultry meat which indicates that it has been inspected does not mean that it has been graded. After January 1, 1959, all poultry in interstate commerce must be inspected for wholesomeness.

Grading follows inspection, and is in addition to it. All poultry meat which has a *grade* label has been inspected. The USDA poultry meat grades are Grade A, Grade B, and Grade C, which indicates the degree of quality, meatiness, fat, shape, and the general appearance of the bird. Birds of Grade C are rarely available on the retail market. Consumers should note all labels carefully before buying poultry meat so that they can make decisions on the basis of the information provided, and the prices of the grades offered.

U. S. Grade A

Poultry of A quality is well fleshed, has a full breast, and meaty legs. It has no defects, such as a crooked breastbone or broken bones. There is a good layer of well distributed fat under the skin. The bird was well bled, well picked, and is free of pin feathers. The skin has no tears or bruises.

U. S. Grade B

Poultry of B quality is fairly well fleshed, and has a fair covering of fat. This bird was fairly well bled and fairly well picked; there are no pin feathers. Minor tears, bruises, and deformities are allowed in B quality birds.



WHAT TO BUY

Chicken



Consumers can buy chicken meat fresh, frozen, or canned. There are seasons and times when more chicken is available and the price per pound is lower.

When buying chicken, consider the class, how you plan to cook it, and your food budget. For broiling

or frying select a broiler or fryer; for roasting select a large young chicken or a capon which can be baked in an uncovered pan. Fowl, or stewing chicken, is a mature hen which needs long slow cooking in moist heat. Don't try to roast mature fowl because they will never become tender. They should be cooked, then fried, or first fried and then braised in moist heat.

How much to buy is the next question. The larger the chicken the more edible meat per pound of meat purchased regardless of the class. In a roaster or fowl there may be a higher percentage of fat; however, chicken fat is excellent for cooking and can be used like shortening.

Three pounds of ready-to-cook stewing chicken will give about 1 pound of cooked and boned meat. Allow 1½ to 2 ounces of cooked meat for a sandwich.

To get 1 pound of cooked edible meat, you will need the following amounts of uncooked meat: 2.40 pounds of backs, 2 pounds of wings, 1.88 pounds of legs, 1.58 pounds of breasts, or 1.50 pounds of either livers or hearts and 1.71 pounds of gizzards.

You may prefer white meat and may want to buy only cut-up chicken breasts. Others who prefer dark meat may want to buy only thighs and legs.

Turkey



Consumers can buy whole turkeys fresh or frozen. In some markets turkey is also available in halves, quarters, or as steaks. A limited number of food stores sell canned and smoked turkey. A turkey with a ready-to-cook weight of 12 pounds will give about 5½ pounds of ready-to-serve meat. The usual allowance of one-half pound of ready-to-cook turkey per person, provides 3 to 4 ounces of cooked meat per person.

There is more edible meat per pound of bird purchased on a large turkey than on a small one. It is usually the best buy for large quantity cooking. In addition, large birds often cost less per pound than small birds.

If turkeys are sold on grades, the grades are A, B, or C. The A quality bird is well fleshed throughout and the breastbone is not prominent. In young toms there may be a slight thickening or slight pouchiness of the skin on the forepart of the breast. The tom may have less fat than a hen. A young turkey fryer or roaster may also have a smaller percentage of fat

because it is younger. A ready-to-cook A quality bird is almost free from protruding and nonprotruding pin feathers, especially on the breast. It is free from skin tears and cuts on the breast and legs and from bruises and discoloration of the flesh on the breast and legs.

Weight of Turkeys in Various Forms and Number of Servings*

| Dressed weight | Ready-to-cook weight | Cooked yield | Number of servings† | | |
|----------------|----------------------|--------------|---------------------|----------|----------|
| | | | 2 ounces | 3 ounces | 5 ounces |
| pounds | pounds | pounds | | | |
| 12.0-14.0 | 10.5-12.0 | 5-6 | 44 | 29 | 17 |
| 16.0-18.0 | 13.5-15.5 | 7.5-8.5 | 62 | 41 | 25 |
| 20.0-22.0 | 17.5-19.0 | 9.5-10.5 | 78 | 52 | 31 |
| 30.0-32.0 | 27.0-28.5 | 15.5-16 | 128 | 85 | 51 |

* Data from the National Turkey Federation, Mount Morris, Illinois.

† Cooked meat.

Duck and Goose



Duck and goose meat does not constitute a large share of the poultry meat consumption in Minnesota. These meats are still the favorite of some people for special occasions. Retail prices of duck and goose meat have been comparatively favorable in recent years.

The USDA grades for both ducks and geese are A, B, and C. For the A quality, the bird has a well developed, moderately long and broad breast, well fleshed throughout the entire length of the bird, and the breastbone is not prominent. The legs are well covered with flesh. Breast and back are well covered with fat. The bird is practically free from pin feathers. It is free from skin tears and cuts on the breast and legs. The wing tips may have been removed.

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