

Activity 1- Where in the World is Chicken?

Overview: In this activity you will become familiar with food safety and kitchen hygiene practices specific to preparing chicken. You will explore dishes from various cultural or ethnic backgrounds then prepare a delicious chicken-based meal with Japanese origins.

Food Safety at Home

Bacteria are everywhere and while most are harmless or even beneficial to humans, some can make you sick. All foods, including meat, fruits and vegetables have the potential to cause food-borne illness. While the responsibility of safe food falls on everyone in the food system, exercising safe handling practices at home will help reduce the risk for you and your family.

Keep it Clean- Wash your hands with soap and warm water for at least 20 seconds before and after handling food. Clean and sanitize your work area, cutting boards and utensils with a disinfectant or mild bleach solution (5mL in 750mL water). Wash your produce under running water to remove dirt and residue.

Separate- Improper handling of raw meat and seafood can result in bacteria spreading between foods or to other surfaces. If possible, use separate cutting boards for meat and for produce and wash them thoroughly after use. Keep raw meat sealed in a container on the bottom shelf of the refrigerator. Never place cooked food back on to a plate or cutting board that previously held raw food. Marinades used on raw meat should not be used on cooked foods.

Chill- Refrigerate or freeze within two hours to reduce the time for bacteria to grow. Defrost frozen chicken in the refrigerator, microwave or in cold water, never defrost at room temperature. Store leftovers in small, shallow containers for quick cooling and quick thawing after they have been frozen. Wrap individual pieces of chicken in plastic wrap then store wrapped pieces in a freezer bag to avoid freezer burn. Label items with the date before they are stored in the fridge or freezer. Fresh chicken can be safely stored in the fridge for up to three days or in the freezer for up to six months.

Cook- Chicken pieces should be cooked to an internal temperature of 165F/74C, whole chicken should be cooked to 185F/85C. If possible, use a food thermometer in the thickest spot to ensure chicken is cooked through. Juices should run clear and the meat should show no pink when it is cut. Keep food hot (140F/60C) prior to serving. If you are taking a dish to a gathering, keep it hot until you leave and insulate while traveling. Hot foods should not be left at room temperature for more than one hour.

Where in the World is Chicken?

Chicken is an affordable, nutritious and available food in many regions around the world. Using an app such as *Skip the Dishes* or online restaurant menus, pick a local restaurant that prepares foods from a foreign cuisine. Review a menu, noting common cooking styles or categories as well as common ingredients used.

Answer the following questions:

1. Why do you think these dishes are common in the restaurant you chose?
2. What type of meat and poultry dishes are on the menu? How do they differ from the meat and poultry dishes you are familiar with? How are they similar?
3. Explain the importance of food to a culture.
4. Describe a dish featuring poultry from your culture.

Activity: Prepare a meal featuring chicken from an international cuisine. You can choose something inspired by the menu you reviewed or try the recipe for Chicken Yakitori that we have provided.

Chicken Yakitori with Warm Carrot Salad

Ingredients

Chicken Yakitori:

0.8 kg or 1 3/4 lb boneless, skinless chicken thighs
60 mL or 1/4 cup sake
60 mL or 1/4 cup mirin
30 mL or 2 tbsp light tamari sauce
12 green onions, fresh
15 mL or 1 tbsp sesame seeds

Warm Carrot Salad:

30 mL or 2 tbsp rice wine vinegar, unseasoned
30 mL or 2 tbsp water
15 mL or 1 tbsp sugar
1 L or 4 cups carrots, fresh
10 mL or 2 tsp hot red chili pepper, fresh, minced
60 mL or 1/4 cup cilantro
15 mL or 1 tbsp mint, fresh, minced

Directions

Chicken Yakitori:

1. Cut chicken thigh into 1 inch (2.5 cm) cubes. Set aside in bowl or plastic re-sealable bag.
2. Combine sake, mirin and light tamarai in small pan over medium-high heat. Bring to a boil, reduce heat and simmer over low heat for 5 minutes or until reduced to 1/3 cup (80 mL). Cool. Pour over chicken. Place in refrigerator and leave to marinate for at least an hour and preferably overnight.
3. Remove green end from onions. Slice and reserve half for the carrot salad. Refrigerate the rest of the green tops for another use. Slice lower white part into 1 inch (2.5 cm) pieces cut across the grain on a diagonal and set aside.
4. Drain chicken and reserve marinade. Bring marinade to a boil in a saucepan and set aside for basting. Thread chicken onto skewers alternating between chicken and the white of the onion. Use 3 pieces of chicken and onion on each skewer. Set the skewers on large platter. Refrigerate skewers and marinade if you are not going to grill right away.
5. Preheat grill to medium high. Place skewers on top shelf, close lid and grill for 8 minutes. Open lid, brush with glaze and turn to ensure even cooking. Brush the other side with marinade and close grill. Cook an additional 8 minutes or until the onions begin to brown slightly and chicken reaches internal temperature of 165°F/74°C.
6. Place yakitori skewers on platter and sprinkle with sesame seeds. Serve with Warm Carrot Salad.

Warm Carrot Salad:

1. Mix rice vinegar, water and sugar in small pan. Heat over low heat for one minute, stirring to dissolve sugar. Set aside.
2. Slice carrots into ribbons length-wise using a vegetable peeler or mandolin. Alternately, coarsely grate carrots. Add to a non-reactive mixing bowl.
3. Mince the fresh red chile. Remove the seeds if you don't like your food too hot. Alternately, use sweet red pepper. Tear the fresh cilantro and mint into pieces. Toss carrots with chile, cilantro, mint and reserved sliced green onion tops.
4. Toss salad again with the dressing. Serve with the Grilled Chicken Yakitori.

Recipe courtesy of www.chicken.ca.



90 minutes,
including prep



Makes 4 servings

Presoak 12 - 7" bamboo skewers for at least 20 min to prevent them from charring during cooking.

