

the muscle of game, so that it becomes easy of digestion, and it also develops sapid qualities which excite the appetite and therefore make some varieties of game more suited to invalids than poultry.

The following table shows the length of time which poultry and game should be kept after it has been killed, but the weather must always be taken into account. Damp, muggy days and thunderstorms should decrease the time, while an extension might be made when there is frost:—

|               | In Summer. | In Winter.   |
|---------------|------------|--------------|
| Turkey ...    | 2 days ... | 6 days.      |
| Chicken ...   | 2 days ... | 4 days.      |
| Capon ...     | 3 days ... | 6 days.      |
| Partridge ... | 2 days ... | 6 to 8 days. |
| Pheasant ...  | 4 days ... | 10 days.     |
| Hare ...      | 3 days ... | 6 days.      |

Among poultry, chicken, turkey, Guinea fowl, and pigeon are the most suited to an invalid, while, among game, pheasant, ortolan, partridge, and quail are the best.

Old birds are tough, but they form an excellent foundation for soup, and the following will be found a good method of utilising them for invalids:—

*Chicken Soup.*—Take an old fowl, and, after cleaning the body and the giblets, chop it into small pieces. Cover it with cold water, and allow it to soak for an hour. Then put the stew-pan on the fire, and bring it slowly to the boil. Allow it to boil from four to six hours, adding more water if necessary, but allowing it to reduce to a pint. Set it aside until cold, and then remove the fat. When required for use, mix a dessertspoonful of patent barley with half a pint of milk, and strain it to remove lumps. Mix half a pint of boiling chicken stock with the milk, return it to the saucepan, and stir it until it boils. Season to taste, and serve as much as is required with the powdered yolk of a hard-boiled egg on the top.

Panada is another method of utilising rather old birds. Boil the bird until it is nearly cooked, allowing from an hour to an hour and a-half, according to size. Remove the skin, and cut off the whitest parts of the flesh. Place them in a mortar with an equal quantity of crumb of white bread, and pound them into a paste. Season the paste according to the invalid's taste with salt, and a little mace or pepper, and pass it through a wire sieve. Add a little of the stock to reduce it to the consistence of thick cream, and serve thoroughly hot.

In all other methods of cooking, young birds should be chosen. The flesh of young poultry has a semi-transparent appearance, and the breast-bone is always flexible. The skin is perhaps the best test, and in young birds it is always transparent and of fine texture. Light-legged fowls are best for boiling, and black-legged ones for roasting.

No meat which is cooked for a second time should be served to an invalid, so that in preparing chicken for an invalid the whole bird should not be cooked at once. The poulterer will split the bird if it is ordered for grilling, and a half can be cooked at a time.

Boiling is the most delicate way of cooking chicken. It should be plunged into boiling water, and the saucepan placed on the stove so that it does not again thoroughly boil. To keep the flesh quite white add a piece of crumb of bread and two ounces of chopped suet. The impurities will mix with the suet and float on the top, and, if the liquor is preserved, the fat can be removed from the top when it is cold and the stock will form a good foundation for soup.

The remaining half should be cooked in a patent roaster, which has already been mentioned. By this method the meat is self-basted, and there is a minimum loss of weight.

The liver of a fowl is considered a great delicacy. It contains very little connective tissue, but a large proportion of proteid. It is not very easily digested unless it is finely divided, and this can be effected by cooking the liver and passing it through a wire sieve. Like all other liver, it should be avoided by gouty people, as the special proteid which it contains is nucleo-proteid, which yields nuclein (an important source of uric acid) on digestion.

Turkey is almost as easily digested as fowl, and slices from the breast of a well-cooked turkey are suited to invalids.

Pigeons are easily digested, and form a dainty meal. In some parts of the country it is regarded as a bad sign for a patient to ask for pigeon, as that is supposed to be their last wish. Needless to say that such a tale savours of the goodwife. For invalids the best modes of cooking are boiling, stewing, jugging, and grilling. Tame pigeons are more easily digested than wood-pigeons, but neither equal chicken or turkey.

Guinea fowls should be highly regarded, as the flesh is particularly delicate. The flavour is very suggestive of pheasant, and, as they are abundant when game is out of season, they form an excellent substitute.

The flesh of the partridge is nutritious and easily digested when young. Old birds are tough and acquire an unpleasant flavour. Careful hanging is important in bringing out a full flavour. If young, the bill is of a dark colour and the legs yellowish. In old birds the bill is white and the legs blue. Boiled partridges are the most easily digested, but as they are rather insipid they should be served with a good brown gravy.

To roast a partridge, let it hang as long as possible without becoming offensive. Pick it carefully, and singe and draw it. Wipe the inside of the body with a clean cloth, and truss it with the head

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