



Traditional African street cuisine is making its way into the world of food and it's slowly becoming the next big thing. Up-market restaurants around the world are serving meals that range from head to toe, or rather 'beak to claw'.



Pinky Maruping

Regional Customer Chef,
Unilever Food Solutions

Chefs and cooks are becoming more aware of their food usage and lack of variety when it comes to the well-loved 'bird'. This trend of 'beak to claw' means more variety and less food wastage because every part of the chicken is getting used.

Unilever Food Solutions is offering you the opportunity to create original township dishes with ease and convenience. Allow your meals to talk the talk and walk the walk. With the use of our trusted products, you can recreate traditional dishes and capture the flavour of African culture. By trying these new recipes and cooking methods, it introduces a world of new flavours and textures.

With the rise of the new 'beak to claw' trend, Unilever Food Solutions helps you expand your knowledge and offer more to your customers. We are offering you a chance to create new and bold dishes with cost-effective methods.

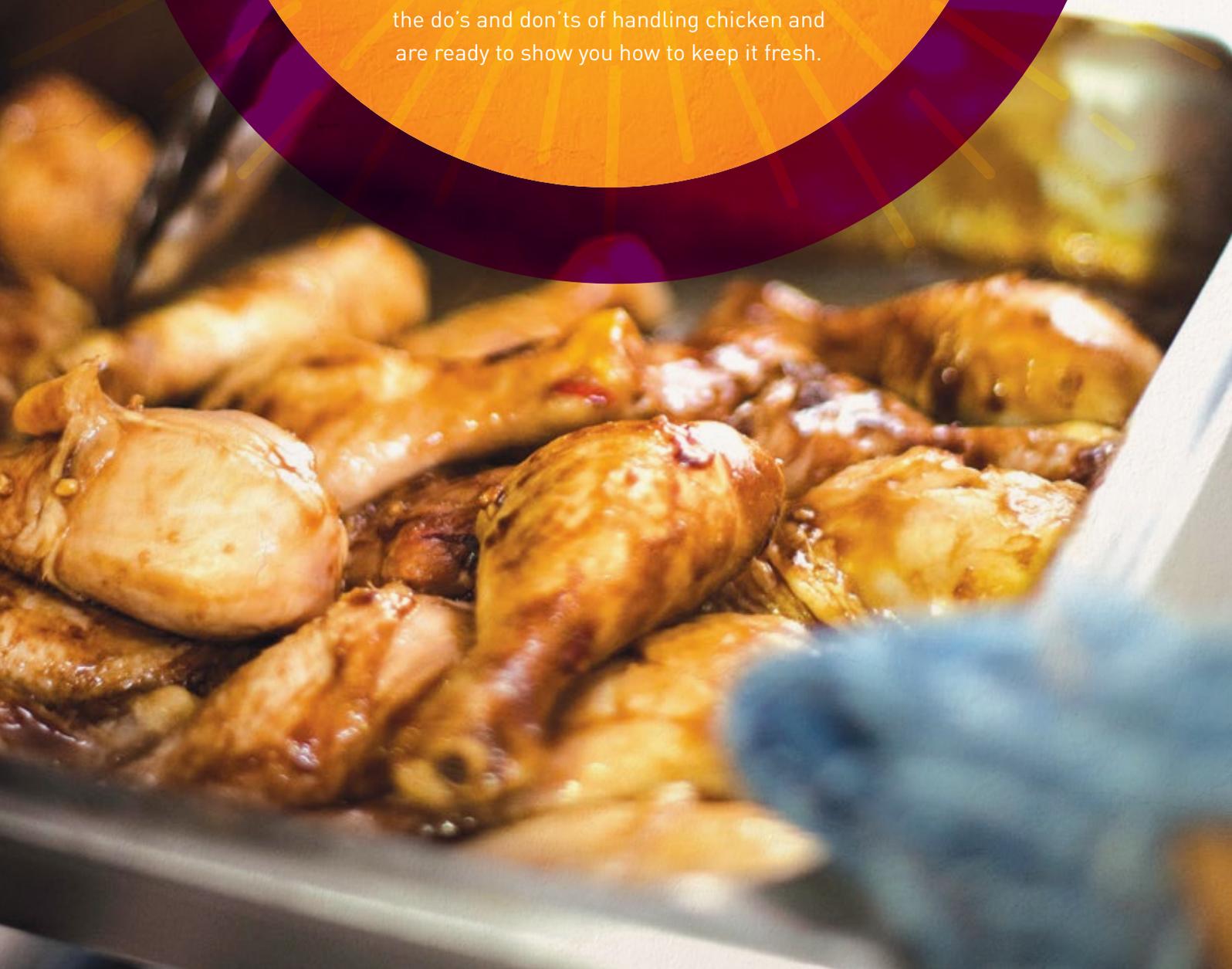
Get more information at [ufs.com](https://www.ufs.com)



CHICKEN 101

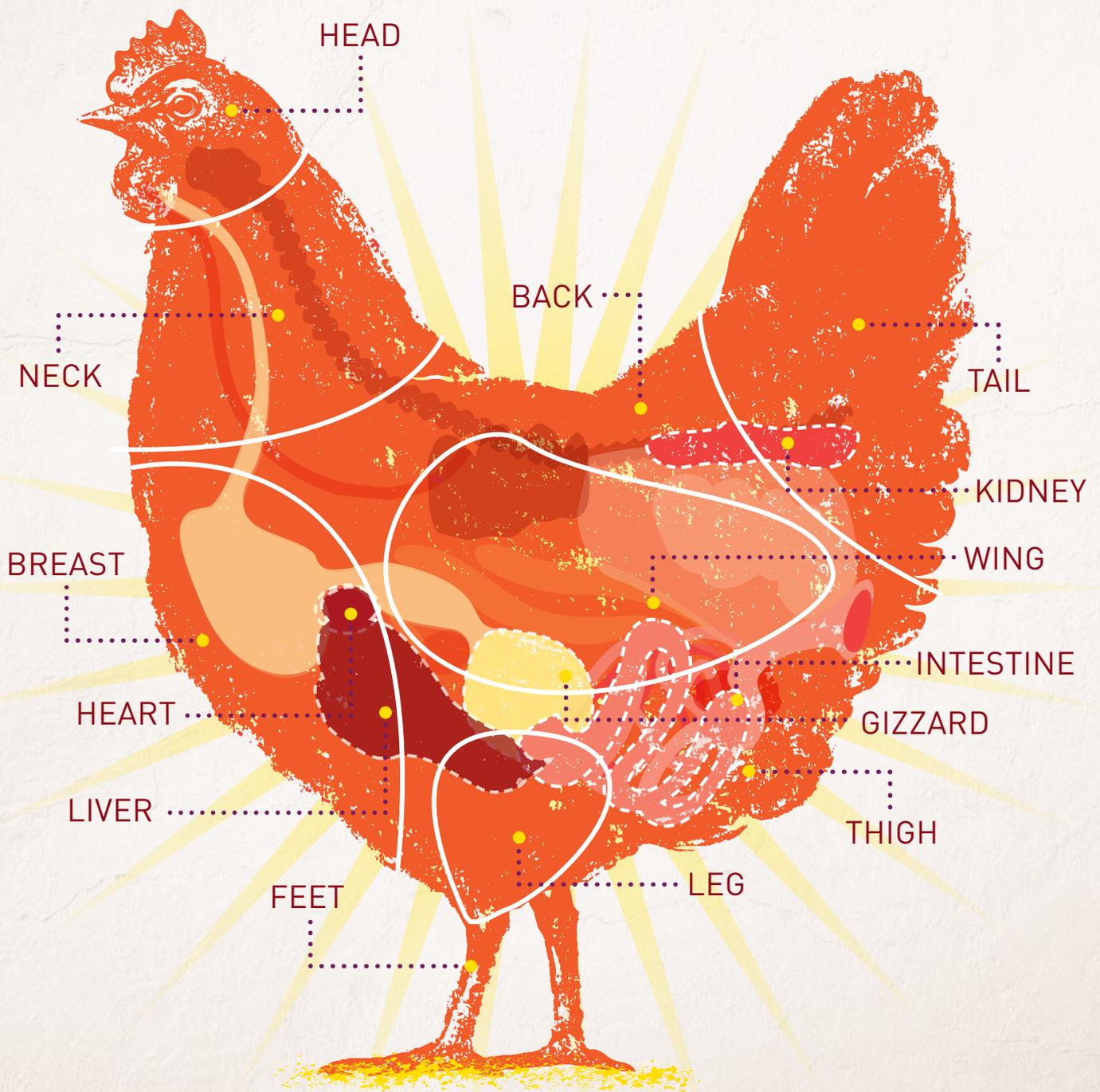


Get the best out of your bird with our handy how-to guide. We've clawed our way through the do's and don'ts of handling chicken and are ready to show you how to keep it fresh.



BEAK TO CLAW - KNOW IT ALL!

Establishments worldwide have taken on the 'no-waste' mindset.
Using every part of the chicken leads to low costs and high health benefits.
Get to know your bird below



CHICKEN SELECTION

There's so much choice available when buying chicken. You get the lean white meat and the darker, fatter parts.



When handling your chicken, don't forget to check the expiry date, and make sure that your chicken is fresh. A fresh chicken is rosy or creamy coloured. If you get a foul odour, and if it looks grey in colour, let it go!

Let's take a look at all the different parts of the chicken.

THE MOST COMMON PARTS



BREAST

The chicken breast is the white meat, this part of the chicken is relatively dry, but often the most popular by demand.



LEG

The leg consists of two parts:

1. The drumstick, which is the dark meat, and is the lower part of the leg.
2. The thigh, which is also dark meat, is the upper part of the leg.



WING

The wing is a delicious, light snack you typically find at take-outs and is great as a grab-and-go snack. It consists of three parts:

1. The drumette, which is shaped like a small drumstick.
2. The middle 'flat' part, which contains two bones.
3. The tip, which is usually thrown away. However, they can be seasoned with **Robertsons Chicken Spice**, roasted or deep-fried and served as a snack.



OFTEN FORGOTTEN PARTS



FEET (WALKIES)

The feet are considered exotic and are common in certain countries. It's not a meaty part, but people eat it for the skin and cartilage, which have healthy benefits.



GIBLETS

The giblets are organs like the heart, liver and gizzards. They are sometimes included inside a butchered chicken or sold separately.



INTESTINES

The intestines are the more cost-effective part of the chicken. This is great for families who can't afford to have chicken 3 – 4 times a week.



NECK

The neck is a favourite in Asian countries. Ashkenazi Jews stuff it to make helzel, a kind of sausage dish.



LIVER

The liver is the largest organ of the chicken and is most commonly used in pâté and chopped liver.

BEAK TO BUM

When cleaning and prepping raw chicken, follow our simple steps below to make sure that it is safe to eat once cooked.

HOW TO CLEAN CHICKEN FEET



Take the chicken feet out of the packaging and drain off any excess blood.



Dip in a bowl of boiling water and soak for about 2 minutes.



Remove from the boiling water and dip in cold water to stop the cooking process. This makes it easier when you peel the scales.



Remove the scales and nails.



Rinse again in cold water.



HOW TO CLEAN CHICKEN HEADS

1. Take the chicken heads out of the packaging and drain off any excess blood.
2. Dip in a bowl of boiling water and soak for about 2 minutes.
3. Remove from the boiling water and dip in cold water to stop the cooking process. This makes it easier when you pluck the feathers.
4. Pluck the feathers off the head and remove the beak.
5. If there are scales on the heads, remove them.
6. Rinse under running water.



HOW TO CLEAN CHICKEN INTESTINES



1. Take the chicken intestines out of the packaging and drain off any excess liquid.



2. Dip in a bowl of cold water and soak for about 2 minutes.



3. Pull from top to bottom to remove the liquid inside the intestines.



4. Repeat until the liquid is clear.



5. Rinse in cold water.



HOW TO CLEAN CHICKEN GIBLETS

1. Take the chicken giblets out of the packaging and drain off any excess blood.
2. If they are not cut, cut them down the middle and remove the feed, and rinse under running water.
3. Dip in a bowl of boiling water and soak for about 2 minutes.
4. Remove from the boiling water and dip in cold water to stop the cooking process. This makes it easier when you peel the skin.
5. Remove the hard inner and outer skin.
6. Rinse under running water.

CHICKEN HANDLING



Chicken can sometimes contain harmful bacteria like salmonella, which can make you or your customers sick. Always handle your chicken as if there were bacteria on it. Here's all you need to know about chicken handling.



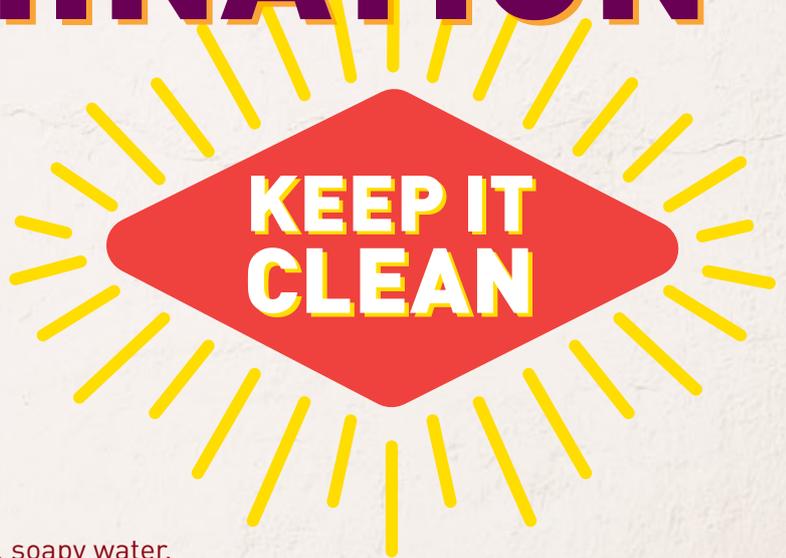
CONTAMINATION



Raw chicken is an easy target for salmonella, but if your kitchen and cooking equipment is clean, you won't face the risk of contamination.



1. Wash all equipment and counters with hot, soapy water.
2. Wash your hands properly before and after touching raw chicken.
3. Your work area, utensils and cutting boards should not be used for other foods until they are properly cleaned and sanitised with an endorsed sanitiser. This will help you to prevent cross-contamination.
4. When working with other foods while working with chicken, use different utensils.
5. Use yellow cutting boards for raw poultry and brown cutting boards for cooked poultry.



COOKING SAFETY



IDENTIFICATION

Different parts of the chicken look different when prepared. Raw chicken is a dusty rose to pale pink colour – and when cooked, it ranges from beige to off-white. Cook it properly and it will be tender, juicy and delicious.

Dark meat is flavourful and tender. The white meat is blander, drier and tougher, especially if you overcook it. Most of the fat is found on the skin.

TEMPERATURE

A delicious, properly cooked chicken will keep your customers coming back for more and prevent contamination. To check temperature on the inside, use a meat thermometer.

If you don't have a meat thermometer, use a knife by pricking the chicken. If the juice is pink, then the meat is not cooked, and if the juice is clear that means it's cooked.

If you are cooking a chicken that has been stuffed, check the stuffing for doneness. Stuff the chicken just before cooking and remove the stuffing immediately after the chicken is done. To prevent bacteria growth, cook the stuffing outside the chicken.

Never partially cook your chicken and store it away to cook at another time. If you do this you put the chicken at risk of contamination. So always cook it fully.



INTERNAL TEMPERATURES FOR PROPER DONENESS

Whole Chicken – Thigh Area	80°C – 82°C
Whole Chicken – Breast Area	77°C – 80°C
Chicken Breast and Wings	80°C – 82°C
Chicken Parts – Dark Meat	82°C
Ground Chicken	77°C
Stuffing Inside Whole Chicken	74°C

Note: If the proper temperature is not reached the chicken should be returned to the heat source for further cooking.

KEEP IT COOL

HOW TO PROPERLY STORE CHICKEN

Keep your chicken cool in the fridge or freezer until you are ready to cook it.

REFRIGERATION



1. The safest temperature for refrigeration of raw or cooked chicken is 4.4°C, two to three days.
2. Before placing your chicken in the fridge, check the packaging.
3. If your chicken is leaking from the packaging, remove it from the packaging. Place it in a clean container, cover with plastic wrap and label it with the description and date so that any leakage will not contaminate other foods.
4. Store the raw chicken at the bottom of the fridge shelf, so that the raw juices do not come into contact with other foods.
5. Chicken giblets and ground chicken should only be stored in the fridge for a day.
6. Remove the chicken from the fridge just before you are ready to cook it.
7. Never leave it at room temperature for more than two hours.
8. Remove leftover stuffing as soon as possible from the chicken and store it in a covered container in the fridge.

FREEZING

1. The safest temperature for refrigeration of raw chicken is -20°C.
2. Raw chicken maintains its quality longer in the freezer.
3. Freeze the raw chicken in the freshest condition as possible.
4. If you don't use it in two to three days of being in the fridge, then freeze it.
5. When freezing, take it out of the original packaging and rewrap it tightly to avoid freezer burn, with plastic wrap, foil or freezer paper.
6. Double wrap it if you plan to store it for more than two months.
7. Don't forget to mark it with the description and the date.
8. To speed up the freezing process, place your chicken in the coldest part of the freezer. A freezer unit works best!
9. Whole chickens can be stored in a freezer for up to a year, whereas chicken pieces can be stored for up to nine months.
10. Thaw frozen chicken in the fridge. Never ever thaw chicken in cold water at room temperature!





NOW YOU KNOW IT ALL

If we took a vote on a preferred choice of meat, chicken would have the best chance of winning.

One of the most versatile birds in the food industry, there is just so much that can be done with chicken. So make sure you follow our how-to guide to get the best out of your bird.