

## **Video Script: Recipe and Food Skill Demo, Working with a Whole Chicken**

*We start in a commercial kitchen with Pete McCarthy, community worker. Pete places the ingredients and tools he plans to use on the kitchen counter. As he does this, images of puzzle pieces pop up in sequence with the words 'explore', 'build', and 'connect'.*

Hi everyone, Pete here. Chicken is a fan favourite around my house. It's nutritious and can be prepared in countless ways. At home and at the grocery store though, everyone seems to be after the breast meat – which is a very pricey commodity.

Here's a tip, instead of paying top dollar for a package of chicken breasts, learn how to work with a whole chicken. It more economical and its value will go a long, long way.

*As Pete speaks, we see ingredients including a raw whole chicken, and a dish with chopped carrots and onions, fresh thyme, salt, and paprika. We also see Pete placing the chicken in the pan.*

I got this whole chicken for the same price as 2 chicken breasts! Putting this skill into practice will make you an even better cook. You will become more confident with each attempt.

Raw chicken can have bacteria that can lead to foodborne illness – so I want to be very careful with handling this raw chicken. I am going to keep it away from other foods, and have a dedicated cutting board and knife. And I'm going to wash my hands throughout the process. I'm also going to make sure that I cook the chicken well.

*Pete points out the different parts of the chicken.*

So what we have here is the drum sticks, we have the thighs, we have the two breasts here and then we have the wings. Underneath the chicken is the backbone.

*Pete places a damp, clean paper towel underneath the cutting board he is using for the chicken. He points out the ingredients that he is using, including the chicken, carrots and onions, fresh thyme, salt, and paprika.*

So, before we begin I just want to make sure that everything is in its place. I have this dedicated cutting board that's going to be strictly used for this chicken. And before I set my cutting board up, I want to make sure that I have a damp clean paper towel or damp clean cloth and what that does is it prevents the cutting board from moving all over the place. And of course, we have our beautiful fresh chicken here that I am going to be using. And I have some onions and carrots, fresh thyme, a little bit of paprika, and a little bit of salt and pepper.

*Pete tucks the wings of the chicken in and pulls out an oven-safe pan to use for cooking the chicken. We see the text, "wash hands after handling raw meat". Pete places olive oil on the bottom of the pan. And then adds chopped carrots and onions. Next, he places the chicken on top of the chopped vegetables so that it is raised. He ties the legs together with a string.*

So, what I am going to do is I'm just going to tuck the wings in. I could cut the wing tips off, but I'm just going to tuck them in just like that. I'm going to use this pan here to roast the chicken. You'll notice that there is no plastic handles so it can fit into the oven. And what we are going to do is I'm going to take

just a little bit of olive oil and put it on the bottom of the pan. And I'm going to take some carrots and some onions, and we are going to use that as a trivet just to keep my chicken elevated. And then, plus of course, we will be able to eat the onions and carrots as well. Just take that string, I want to try to keep the legs together.

*Pete adds a sprig of fresh thyme right under the skin of the chicken. Then Pete washes his hands before seasoning the chicken. He adds a little bit of olive oil on top of the chicken as well as crushed black pepper, pinch of salt, and some paprika. Pete places the chicken in the oven. We see the text. "3lb chicken: 177°C (350°F) for~ 1.5 hours".*

So, we are going to season our chicken up and we are going to get it into the oven. What I like to do just to kick things up is just put a little bit of fresh thyme right underneath the skin. So this is clean fresh thyme and I'm just going to put this whole sprig right underneath the skin and that flavour will sort of seep right into our chicken breast. Now this is a perfect opportunity to wash your hands. Make sure you wash your hands for at least 15 to 20 seconds before I start handling the pepper grinder and salt and pepper. I am going to put just a little bit of olive oil on top. Not too much. A little bit of crushed black pepper, just a pinch of salt—not too much, and a little bit of paprika just to bring out the colour, it'll be absolutely delicious. I'm now going to put my chicken into the oven at 350 degrees for about an hour and a half. Now, the only fail-safe way to tell if the chicken is cooked is by using a calibrated and cleaned thermometer.

*Pete pulls the tray of the oven out so that he can check the temperature. We see the text, "internal temperature: 82°C (180°F)". He uses tongs to hold the chicken in place and puts the thermometer into the thigh, ensuring he doesn't touch the bone. Happy with the internal temperature, Pete pulls the pan with chicken out of the oven. We see the text. "rest the chicken for ~10 minutes". He places the chicken onto a plate and covers it with tin foil, making sure to leave space for air to escape.*

All right, so I'm going to take a look at this chicken here to make sure that it's done. So, let's take its temperature reading. I need to make sure that my internal temperature reaches 82° Celsius or 180° Fahrenheit. I don't want to touch the chicken because it's very, very hot so I'm just going to use these tongs here. So I'm going to put my thermometer into this thigh here, I'm just going to make sure I'm not touching bone. Perfect, I'm reaching a perfect 82° Celsius. I'm going to pull my chicken out here, I'm just going to set it on the counter. Now I want to let this chicken rest, so I'm going to just pull it out of here, put it onto a plate. I want to let it rest, I don't want to cut into this chicken right away because all the juices will come out and it'll have a dry bird. I'm going to cover it with some tin foil, okay. I don't want to completely cover it because I don't want to create steam. So I'm just going to cover it up a little bit here, leave a little space open, and I'm going to let this rest for probably about 10 minutes.

*Pete scoops the caramelized vegetables out of the pan.*

Look at all these beautiful caramelized vegetables, I can't wait to enjoy these. The other thing I want to do too is that I want to deglaze this pan and what I'm going to be doing is I'm going to be removing all the caramelization which will give me beautiful pan juices for my chicken—or you can use it to make gravy.

*Pete places the pan on to the stove with the burner on. We see the text, "deglaze: use liquid to lift caramelization". Pete pours chicken stock onto the pan and uses a wooden spoon to lift the caramelization. Then he pours the liquid from the pan through a sieve.*

There are many liquids that you can use to deglaze: water and chicken stock just to name a few. So, you just want to use a wooden spoon to lift up all the caramelization. That's ready to go. Going to pour these beautiful pan juices through this sieve so I capture any of the caramelized bits.

*Pete removes the tin foil from the chicken and cuts off the string that was holding the legs together. Pete points out the different parts of the chicken. Using tongs, he moves the chicken to a cutting board, cuts it in half, and plates the chicken. Pete prepares a dinner plate with the cooked chicken, green beans, mashed potatoes, and the vegetables roasted with the chicken. Finally, he pours the pan juices on the chicken.*

Let's take a look at our beautiful chicken here—we've let it rest so its going to be nice and succulent, nice and tender. There is a little string here that I'm just going to cut off. Just remove that. We have the darker meat here. So, we have our drumstick here and we have thigh and then we have our breast. And I'm just going to cut this here like so. And we are just going to cut it in half. I'm just going to platter up our chicken here—that's looking beautiful. We have our beautiful sauce—oh my goodness. And I'm going to share this with the person I love.

With just a little bit of work, we're getting a lot of return!

Eat Well, Live Well.

*The video ends with an image of a puzzle piece with the words 'Eat well. Live well' on the left-hand side, with [food-guide.canada.ca](http://food-guide.canada.ca) below it. An acknowledgement logo for Food Literacy for Life, [foodliteracy.ca](http://foodliteracy.ca), appears on the right-hand side along with 'created by Peterborough Public Health' (logo shown). A visual of the food literacy framework, from [foodliteracy.ca](http://foodliteracy.ca) appears on the left-hand side of the screen, with 'Food Literacy' pictured in the center of a circle. The following colourful puzzle pieces surround it: 'Food Skills, Self-Efficacy and Confidence, Ecological Factors (External), Food Decisions, and Food and Nutrition Knowledge.'*

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