

Whole Muscle Turkey & Chicken Breast A whole muscle turkey or chicken breast is made by combining several whole breast muscles together. To make the breast, the separate pieces are formed into a single product. This can be done either by hand or with a machine. In the process, the skin may be left on, or removed. Once formed, the breast is then cooked and sometimes smoked.

Restructured Turkey & Chicken Breast

Restructured varieties combine many different muscle pieces together which are chopped and pressed into shape. As with other meats, restructured varieties are best suited for slicing thin or shaving. Their texture is very moist and their flavor is excellent, especially when shaved.



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Price Factors The price of deli turkey breast or chicken breast can vary greatly. Turkey and chicken breast are available skin-on or skinless in a variety of styles, shapes, and flavors. The reasons why one costs more than another depend mostly on how it is made. The more labor needed to make the product, the higher the cost. For example, a higher priced turkey breast may be:

- ▶ **Made using larger whole breast muscles**
- ▶ **Formed by hand, rather than made by machine**
- ▶ **Have the skin removed**
- ▶ **Naturally smoked**



DELI POULTRY MEATS MAY BE PREPARED DIFFERENT WAYS INCLUDING:

Cooked Cooked by oven preparing or steam heat. Many poultry products are cooked in a sealed bag and shipped in the same bag. This aseptic method of cooking and preparation greatly extends the shelf life of the unopened product.

Honey Roasted Cured and basted with honey then oven-baked.

Specialty Flavors (Cajun, Barbecued, etc.) Basted with the flavor sauce then oven-prepared.

Smoked Like other meat and sausages, turkey and chicken can be smoked a number of ways that include:

- ▶ **Naturally Smoked** Roasting or curing meat for a period of time in the presence of a natural wood smoke.
- ▶ **Natural Smoke Flavor** Adding a liquid or powdered “smoke” during the curing process.
- ▶ **Artificial Smoke Added** Creating a “smoked” flavor using various chemicals.

Turkey & Chicken Deli Products In addition to whole muscle deli products, turkey and chicken are also processed into a variety of other deli products. Some examples of the various deli meats available are listed in the following table.



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VARIOUS TYPES OF DELI TURKEY AND CHICKEN

Chicken Frankfurters Chicken frankfurters are a blend of deboned white and dark meat. Cocktail franks are miniature chicken frankfurters.

Chicken Bologna Chicken bologna is cured, seasoned and deboned chicken meat.

Chicken Sausage Chicken sausage is available in a variety of shapes, types and sizes, including breakfast sausage.

Turkey Ham Turkey Ham is made with cured, smoked, boneless thigh meat. The forms, shapes, and flavors, vary depending on the method of preparation. Turkey Ham is typically 95-97% fat free.

Turkey Pastrami Made with boneless, skinless ground thigh or drumstick meat that has been cured with black peppercorns, and smoked.

Turkey Bologna Made with cured, seasoned and mechanically deboned turkey meat.

Turkey Hot Dogs Also known as frankfurters or franks, these hot dogs are made with a blend of white and dark turkey meat which is smoked and cured.

Turkey Salami Turkey salami is typically made with cured dark turkey meat. Typically contains up to 50% less fat than other types of salami.

Prepared Deli Poultry Products Poultry producers have responded to deli operators' needs by developing a wide range of product for today's deli. Value-added is a term that is hard to define, but simply stated, it is something that adds value to the final product. Pre-cooking deli meats is one example of adding value.



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Prepared products are those that are ready to eat with minimum preparation. Other value-added products for today's deli include a number of items that are ready to eat, ready to heat, or ready to use in your deli's hot food program:

- ▶ **Breaded Chicken Wings – Cooked**
- ▶ **Marinated & Breaded Wings – Raw**
- ▶ **Glazed Marinated Wings – Cooked & Raw**
- ▶ **Pre-Breaded Cutlets – Cooked**
- ▶ **Chicken Breast – Grilled**
- ▶ **Breaded Chicken Breast – Raw or Cooked**
- ▶ **Chicken Breast Tenders**
- ▶ **Nuggets and Tenders – Raw or Cooked**
- ▶ **Individually Quick Frozen (IQF) Chicken Pieces**

Rotisserie Chicken Chicken is the most popular animal raised for food in the world, and one reason that chicken is so popular is due to its relatively small size compared to other farmed animals. A small family can consume a whole chicken at one meal. It would be hard not to mention Rotisserie Chicken since it has become so popular in today's deli. In hot seasons or tropical climates it is nice to let someone else turn on the oven. In addition to being convenient, rotisserie chicken is delicious, and holds its flavors well when reheated.



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U.S. poultry producers have a number of products prepared especially to work in rotisserie programs. For more information on rotisserie products and programs be sure to contact your U.S. poultry suppliers.

