Chicken & Other Birds: From The Perfect Roast Chicken to Asian-?Style Duck Breasts By Paul Gayler MBE

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Over 100 classic and contemporary chicken dishes, from simple everyday meals to grand dining

Chicken and other types of poultry are versatile, readily available, reasonably priced, and packed full of protein, essential nutrients and vitamins. They are also the number one choice for anyone who is watching their fat and calorie intake but doesn't want to give up meat. This book brings together over 100 main course dishes that employ the whole range of cooking techniques, and that use the ubiquitous chicken as well as all the less well known birds such as turkey, goose, duck, guinea fowl, poussin, pigeon and quail.

In addition, *Chicken and Other Birds* offers a visual tour of the birds, showing their relative sizes and discussing the differences between them, plus a buying guide – what to look for and how much to allow per person – followed by tips on storing and handling uncooked poultry, and step-?by-?step photos and instructions for preparing a bird before cooking (trussing, French trimming, stuffing and jointing), and for carving or jointing a whole cooked bird. The final chapter, 'Perfect Sides and Complements' is a round-?up of flavoured butters, marinades, rubs and bastes, stuffings and sauces, chutneys and relishes and, last but not least, the perfect gravy.

This beautifully illustrated and comprehensive book is sure to become the classic poultry cookbook that no cook can afford to be without.

Until recently, **PAUL GAYLER MBE** was Executive Chef at London's prestigious hotel, The Lanesborough. He has made many appearances on British TV and now has 24 cookery books to his name, selling over half a million copies worldwide in ten languages. Paul has won The Guild of Food Writers' Cookery Book of the Year, has been nominated for a prestigious André Simon Award and, in 2012, was awarded an MBE as well as the top 'Catey' from Caterer and Hotelkeeper for his 'outstanding contribution to the hotel industry'.

Paul now runs his own consultancy company, Feedback, in Britain and the Middle East, advising hotels and restaurants, as well as a number of food companies.

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By Paul Gayler MBE

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