

## MEAT PREPARATION

**UNIT CODE:** HOS/CU/FP/CR/05/6/A

### Relationship to Occupational Standards

This unit addresses the unit of competency: **Prepare meats**

**Duration of Unit:** 200 hours

### Unit Description

This unit specifies the competencies required to plan, prepare and present various meat dishes. It requires the ability to select, prepare, and portion meat using relevant equipment, cooking and food storage methods.

### Summary of Learning Outcomes

1. Preparing meat/mutton/game/pork
2. Preparing poultry
3. Preparing fish
4. Preparing seafood
5. Preparing cold cuts

### Learning Outcomes, Content and Methods of Assessment

Learning Outcome	Content	Methods of Assessment
1. Preparing butcher's meat/mutton/game/pork	<ul style="list-style-type: none"><li>• Types of meat</li><li>• Factors to consider when selecting meats</li><li>• Thawing meats</li><li>• Meat preparation equipment</li><li>• Portioning meats</li><li>• Aging of meats</li><li>• Method of marinating meats</li><li>• Methods of cooking meats</li><li>• Seasonings</li></ul>	<ul style="list-style-type: none"><li>• Observation</li><li>• Written</li><li>• Oral</li><li>• Assignments</li><li>• Supervised exercises</li></ul>

<b>Learning Outcome</b>	<b>Content</b>	<b>Methods of Assessment</b>
	<ul style="list-style-type: none"> <li>• Garnishing</li> <li>• Presenting meats</li> <li>• Storing meats</li> </ul>	
2. Preparing poultry	<ul style="list-style-type: none"> <li>• Types of poultry</li> <li>• Factors to consider when selecting poultry</li> <li>• Food contamination in poultry</li> <li>• Thawing poultry</li> <li>• Poultry preparation equipment</li> <li>• Portioning poultry</li> <li>• Method of marinating poultry</li> <li>• Methods of cooking poultry</li> <li>• Seasonings</li> <li>• Garnishing</li> <li>• Presenting poultry</li> <li>• Storing poultry</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
3. Preparing fish	<ul style="list-style-type: none"> <li>• Types of fish</li> <li>• Factors to consider when selecting fish</li> <li>• Food contamination in poultry</li> <li>• Removing fish scales</li> <li>• Portioning fish</li> <li>• Preparing fillets</li> <li>• Methods of cooking fish</li> <li>• Garnishing fish</li> <li>• Storing fish</li> <li>• Presenting fish</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
4. Preparing seafood	<ul style="list-style-type: none"> <li>• Types of seafood</li> <li>• Factors to consider when selecting seafood</li> <li>• Food contamination in</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written</li> <li>• Oral</li> <li>• Assignments</li> </ul>

Learning Outcome	Content	Methods of Assessment
	seafood <ul style="list-style-type: none"> <li>• Procedure of removing shell from seafood</li> <li>• Scaling seafood</li> <li>• Portioning seafood</li> <li>• Preparing fillets</li> <li>• Methods of cooking seafood</li> <li>• Garnishing seafood</li> <li>• Storing seafood</li> <li>• Presenting seafood</li> <li>• Portioning seafood</li> <li>• Methods of cooking seafood</li> <li>• Garnishing seafood</li> <li>• Presenting seafood</li> </ul>	<ul style="list-style-type: none"> <li>• Supervised exercises</li> </ul>
5. Preparing cold cuts	<ul style="list-style-type: none"> <li>• Definition of cold cuts</li> <li>• Different methods of thawing foods</li> <li>• Holding temperatures for cold and hot foods</li> <li>• The food temperature danger zone</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>
6. Preparing hot/cold starters, sandwiches, canapes	<ul style="list-style-type: none"> <li>• Types of hot/cold starters, sandwiches, canapes</li> <li>• Importance of preparing hot/cold starters, sandwiches, canapes in menus</li> <li>• Ingredients for hot/cold starters, sandwiches, canapes</li> <li>• Procedure for preparing hot/cold starters, sandwiches, canapes</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Observation</li> <li>• Written</li> <li>• Oral</li> <li>• Assignments</li> <li>• Supervised exercises</li> </ul>

### Suggested Methods of Instruction

- Instructor led facilitation of theory

- Demonstration by trainer
- Practice by trainee
- Group discussions

### **Recommended Resources**

- Classroom/individual stove kitchen/production kitchen
- A variety of ingredients
- Projector
- White board
- Laptop

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