

UV21080

Prepare and cook meat and offal

The aim of this unit is to develop your knowledge, understanding and practical skills in preparing and cooking meat and offal. You will learn to recognise the quality points of meat and offal, and the most commonly used cuts.

Emphasis will be placed on the development of practical skills in the preparation and cooking of meat and offal dishes. These practical skills focus on the production of meat and offal dishes using the correct equipment and ingredients, and by demonstrating preparation, cooking and finishing skills. You will learn how to finish dishes using these skills and by working in a safe and hygienic manner.

Level

2

Credit value

8

GLH

60

Observation(s)

2

External paper(s)

0



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Learning outcomes

On completion of this unit you will:

1. Be able to prepare meat and offal
2. Be able to cook meat and offal

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation may be used in this unit, where no naturally occurring evidence is available.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least two occasions**. Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.



Observations

Learning outcome 1

Be able to prepare meat and offal

You can:

- a. Demonstrate the correct use of tools and equipment to prepare meat and offal
- b. Demonstrate preparation skills for meat and offal, according to dish specifications
- c. Demonstrate portion control with cuts of meat and offal
- d. Apply flavourings to joints/cuts of meat and offal
- e. Line appropriate moulds/basins, or shape pastes according to dish specifications
- f. Apply coatings to cuts of meat and types of offal
- g. Demonstrate safe and hygienic practices*
- h. Undertake correct storage procedures for meat and offal

* May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Learning outcome 2

Be able to cook meat and offal

You can:

- a. Select correct tools and equipment used in the cooking and/or use of fresh/preserved meat and offal
- b. Apply appropriate cooking methods and principles to meat and offal
- c. Make sauces, coulis, gravies and jus for meat and offal dishes
- d. Prepare dressings for meat and offal dishes
- e. Make appropriate flavoured butters/oils for meat and offal dishes
- f. Prepare garnishes for meat and offal dishes
- g. Apply finishing skills to meat and offal dishes
- h. Assemble dishes according to dish specifications
- i. Demonstrate safe and hygienic practices*

*May be assessed by supplementary evidence.

Observation	1	2	Optional	Optional
Criteria questioned orally				
Date achieved				
Portfolio reference				
Learner signature				
Assessor initials				



Range

You must practically demonstrate that you have:

Prepared a minimum of 2 types of meat	Portfolio reference
Lamb	
Beef	
Pork	
Veal	
Prepared a minimum of 2 types of offal	Portfolio reference
Liver	
Kidney	
Tongue	
Heart	
Oxtail	
Used a minimum of 5 preparation methods	Portfolio reference
Skinning	
Boning	
Trimming	
Dicing	
Mincing	
Stuffing	
Slicing	
Tying/securing	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used a minimum of 5 cooking methods	Portfolio reference
Roast	
Grill	
Shallow fry	
Deep fry	
Boil	
Poach	
Steam	
Stew	
Braise	
Used a minimum of 4 accompaniments	Portfolio reference
Sauce	
Coulis	
Gravy	
Jus	
Dressings	
Flavoured butters/oils	
Garnish	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

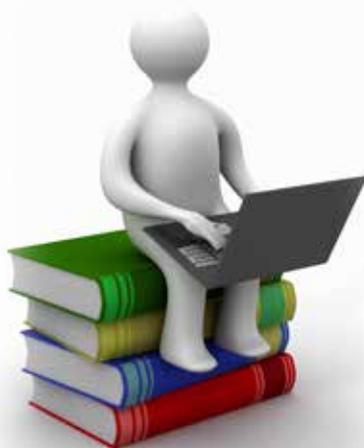
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 1

Be able to prepare meat and offal

You can:	Portfolio reference
i. Identify types of meat and offal	
j. Explain the quality points of meat and offal	
k. State the most commonly used joints and cuts of meat and offal	
l. Describe methods used for preservation of meat and offal	
m. Describe the advantages/disadvantages of preservation methods	
n. Explain portion sizes/weights of meat and offal	
o. State the correct temperature for storing meat and offal	



Learning outcome 2

Be able to cook meat and offal

You can:	Portfolio reference
j. Evaluate the finished dish/dishes	
k. Identify tools and equipment used in the cooking of meat and offal	
l. Explain suitable cooking methods for joints or cuts of meat and offal	
m. Explain reasons for applying cooking principles to meat and offal	
n. Explain how to determine when meat and offal are cooked	
o. Describe the skills needed to check and finish the dish to specification	

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare meat and offal

Tools and equipment: Knives, boning knives, colour-coded chopping boards, trays, bowls, moulds.

Types of meat: Lamb, beef, pork, veal.

Types of offal: Liver, kidney, tongue, heart, oxtail.

Preparation skills:

Meat – skinning, boning (shoulder of lamb, loin of pork), trimming (removing excess fat, removal of connective tissue, removing sinew), dicing (stews, pies, casserole), mincing (forcemeats), stuffing (shoulder of lamb), slicing (braised steaks), tying/securing (loin of pork, beef olives).

Offal – skinning (liver, kidneys), boning (tongue, trotters, segmenting oxtail), trimming (fat, gristle), slicing (liver), dicing (kidney for pies and suet puddings), mincing (pâtés, faggots), stuffing (hearts, kidneys).

Portion control: Individual portions, whole joints, dish specification, portioning by weight, scales.

Flavourings: Seasoning, marinating, herbs/spices.

Moulds/basins or shape pastes: Suet paste, short paste, puff paste, individual pudding basins, large moulds, pie dishes.

Coatings: Seasoned flour, milk and flour, flour and egg and breadcrumbs, batters.

Demonstrate safe and hygienic practices: Avoiding cross-contamination, wearing correct personal protective equipment (PPE), working area clean and

tidy, following organisational procedures, applying hazard analysis and critical control points (HACCP) policies, current food safety legislation.

Correct storage procedures: Precise labelling, dating, refrigerated below 5°C, below any cooked foods, avoid any blood spillage, applying HACCP policies, current food safety legislation.

Quality points: Use-by date, colour, appearance, no stickiness, aroma, no rancidity, texture, firmness, ratio of fat, marbling.

Most commonly used joints and cuts: Beef (sirloin, fillet, rump, forerib, topside, chuck), lamb (legs, shoulder, loins, rack/best end), pork (loin, leg, shoulder, fillet), bacon (back, streaky, gammon), veal (cushion, loin, cutlets), liver (sliced), kidney (whole, trimmed, diced), heart (stuffed).

Preservation of meats and offal: Freezing, smoking, canning, salting, pickling, vacuum packing, chilling.

Advantages/disadvantages of preservation methods: Slow down spoilage, prevent growth of bacteria, change in texture, change in nutritional value, change in appearance, change in aroma, change in taste, amount of storage space needed, manage glut in produce, prepare food items in advance, buy food items in season (spring lamb, milk lamb, venison).



Outcome 2: Be able to cook meat and offal

Correct tools and equipment: Stoves, salamanders, chargrills, ovens, deep-fryer, hot plates, bain-marie, pans, lids, pots, frying pans, sauté pans, roasting trays, spatulas, whisks, strainers, tongs, spoons, ladles.

Cooking methods and principles:

Combination cooking methods.

Dry methods – roast (best ends of lamb, rolled and stuffed belly of pork, topside of beef), grill (lamb cutlets, chops, steaks, lambs liver, lambs kidneys), shallow fry (stir fried beef and pork, pork and veal escalopes, lambs liver, lambs kidneys, pork kidneys), deep-fry (sweet and sour pork, kromeskies), bake (pies, pasties, pâtés).

Wet method – boil (silverside of beef, ham/gammon joints, tongue), poach (fillet of beef), steam (steak and kidney puddings, terrines), stew (navarins, ragoûts, blanquettes, fricassées, curries), braise (carbonade of beef, Lancashire hotpot, casseroles, hearts, oxtail, ox liver, ox tongue).

Sauces, coulis, gravies and jus: Roast gravy, jus roti, béchamel sauces, velouté sauces, demi-glace, jus lié, emulsified sauces, reduction sauces, purées, fruit-based sauces, adding wine, adding cream.

Dressings for meat and offal dishes:

Vinaigrettes, raitas, chutneys, pickles, jellies, confits, salsa, pesto, tapenade.

Flavoured butters/oils for meat and offal dishes: Compound butters, herb butters/oils, spices, garlic, parsley.

Garnishes: Vegetables (French cuts, turned, shaped, mash/purées, salads), herbs (picked and chopped), fruits, pulses, Yorkshire puddings, tartlets, pastas, polenta, gnocchi, dumplings, potatoes

(straw, chips, game chips, mash, turned, shaped), bread (breadcrumbs, stuffing, croutons), grains, seeds, nuts, rice.

Finishing skills: Resting, carving, portioning, serving, plating, garnishing, saucing, dish specification, appropriate accompaniments.

Dish specifications: Temperature, portioning, carving, slicing, demoulding, plating, appropriate garnishes, correct accompaniments, saucing (drizzle, mask, nape, glaze), ensure plates/serving dishes are clean and at the correct temperature.

Safe and hygienic practices: Avoiding cross-contamination, wearing correct PPE, using correct equipment, keeping cooked separate from raw, following organisational standards, current food safety legislation.

Evaluate the finished dish/dishes:

Checking for seasoning, colour, texture, flavour, tasting.

Apply cooking principles to meat and offal:

Type of meat, type of offal, size of cut of meat or offal, not overcooking, not undercooking, menu style, customer requirements.

How to determine when meat and offal are cooked:

Temperature above 75°C, temperature probe, degree of cooking (rare, medium, well done), customer requirements.

Skills needed to check and finish:

Adjusting consistency, adding stock, adding cream, “monte au beurre”, reducing, tasting, adjusting seasoning, adding flavour, carving, slicing, assembling, plating, garnishing, checking temperature, checking with appropriate staff member (head chef).

Notes

Use this area for notes and diagrams