

UV21159

Prepare and cook poultry

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

Emphasis will be placed on the development of practical skills in the preparation, cooking and production of dishes. You will learn how to use the correct equipment and ingredients, and to adhere to relevant hygiene and working practices.

Level

2

Credit value

5

GLH

40

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 poultry
2. Be able to cook poultry

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 poultry

You can:

- a. Demonstrate the correct use of tools and equipment to prepare poultry
- b. Demonstrate preparation skills for poultry, according to dish specification
- c. Demonstrate portion control with cuts of poultry
- d. Apply flavourings to cuts of poultry
- e. Apply coatings to cuts of poultry
- f. Demonstrate safe and hygienic practices*
- g. Undertake correct storage procedures for poultry

* 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 poultry

You can:

- a. Demonstrate correct use of tools and equipment to cook poultry
- b. Apply appropriate cooking methods and principles to poultry
- c. Make sauces, coulis, gravies and jus for poultry dishes
- d. Prepare dressings for poultry dishes
- e. Make appropriately flavoured butters/oils for poultry dishes
- f. Prepare garnishes for poultry dishes
- g. Apply finishing skills to poultry dishes
- h. Assemble dish 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:

Cooked a minimum of 2 types of poultry	Portfolio reference
Whole birds	
Portions of poultry meat	
Coated poultry products	
Raw poultry products	
Prepared poultry using a minimum of 4 methods (a minimum of 2 must be from the cutting section)	Portfolio reference
Cleaning	
Checking and preparing cavity	
Seasoning/marinating	
Trimming	
Cutting <ul style="list-style-type: none"> • portion • dice • cut for sautéing 	
Stuffing/filling	
Coating	
Tying and trussing	
Batting out	

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:

Cooked using a minimum of 4 methods	Portfolio reference
Grilling	
Griddling	
Roasting	
Poaching	
Frying (deep/shallow/sautéing/stir)	
Steaming	
Braising	
Combining cooking methods	

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

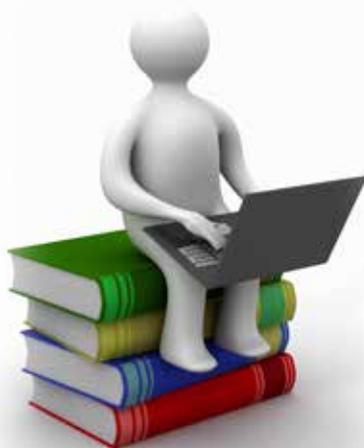
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

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 poultry

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



Learning outcome 2

Be able to cook poultry

You can:	Portfolio reference
j. Evaluate the finished dish	
k. Identify tools and equipment used to cook different types of poultry	
l. Identify suitable cooking methods for poultry	
m. Explain reasons for applying cooking principles to poultry	
n. Explain how to determine when poultry is 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 poultry

Correct use of tools and equipment to prepare poultry: Knives, boards, trays, bowls, moulds, trussing needles.

Preparation skills for poultry, according to dish specification: Trussing, checking the cavity, seasoning, marinating, cutting, portioning, skinning, dicing, boning, stuffing, coating.

Portion control and commonly used cuts of poultry: Size and weight, whole bird, breast, supreme, leg, thigh, drumstick, cut for sauté, escalope, dice, strips.

Flavourings to cuts of poultry: Seasonings (herbs, spices), vegetables, fruits, ethnic influences, marinades (alcohol, vinegars, oils, yoghurt).

Coatings to cuts of poultry: Seasoned flour, breadcrumbs, marinades.

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

Correct storage procedures for poultry: Refrigerated immediately at correct temperature between 0°C and 5°C, raw below cooked, correctly covered, strictly labelled and dated, strict stock rotation.

Different types of poultry: Chicken, poussin, duck, turkey, goose, guinea fowl.

Quality points of poultry: No bruising/blemishes/cuts in the skin, not slimy or sticky, firm flesh, pliable breastbone in whole birds, odourless, no damage to

packaging, covered, correctly labelled and dated, stored below 6°C.

Methods used for preservation of poultry: Smoking, curing, freezing, vacuum packing, marinating, canning, confit.

Advantages/disadvantages of preservation methods: Cost, specialist equipment required, practicality.

Portion sizes/weights of poultry: Visual check, scales, electric scales, dish specifications.

Correct temperature for storing poultry: Between 0°C and 5°C.



Outcome 2: Be able to cook poultry

Correct use of tools and equipment to cook poultry: Appropriate size, appropriate type, suitable material, roasting trays, pans, lids, sauté pans, frying pans, deep-fryer.

Appropriate cooking methods and principles to poultry: Roast, grill, shallow fry, bake, poach, boil, stew, braise, deep-fry, combination methods, searing, browning, deglazing, simmering, basting, glazing, thickening sauces, reducing.

Sauces, coulis, gravies and jus for poultry dishes: Roast gravy, jus roti, velouté derivatives, reduction sauces, butter sauces, cream sauces, vegetable purées, emulsified butter sauces.

Dressings for poultry dishes: Vinaigrettes, chutneys, pickles, salsa, pesto, mayonnaise, mayonnaise derivatives.

Flavoured butters/oils for poultry dishes: Compound butters, herb butters, spices, herb oils.

Garnishes for poultry dishes: Vegetables (cuts, turned, shaped, purée), herbs (picked, chopped), potatoes, pasta, rice, croutes.

Finishing skills to poultry dishes: Portioning, plating, garnishing, resting, carving, saucing, nappe.

Assemble dish, according to dish specifications: Following dish specifications, specification photographs, carving, slicing, correct temperature, saucing, wiping plates, correct garnishing (size, cooked correctly).

Safe and hygienic practices: Avoiding cross-contamination, wearing correct PPE, using correct equipment, keeping cooked

separate from raw, following organisational standards, food safety legislation.

Evaluate the finished dish: Checking for seasoning, colour, texture, flavour, tasting.

Reasons for applying cooking principles to poultry: Type of poultry, size of cut of poultry, not overcooking, not undercooking, menu style, customer requirements.

Determine when poultry is cooked: Temperature above 75°C, temperature probe, clear juices, no blood.

Skills needed to check and finish the dish to specification: Adjusting consistency, adding stock, adding cream, “monte au beurre” reducing, tasting, adjusting seasoning, adding flavour, carving, slicing, assembling, plating and garnishing, checking temperature, checking with appropriate staff member (head chef).

Notes

Use this area for notes and diagrams