



Preparation, cooking and finishing of poultry dishes

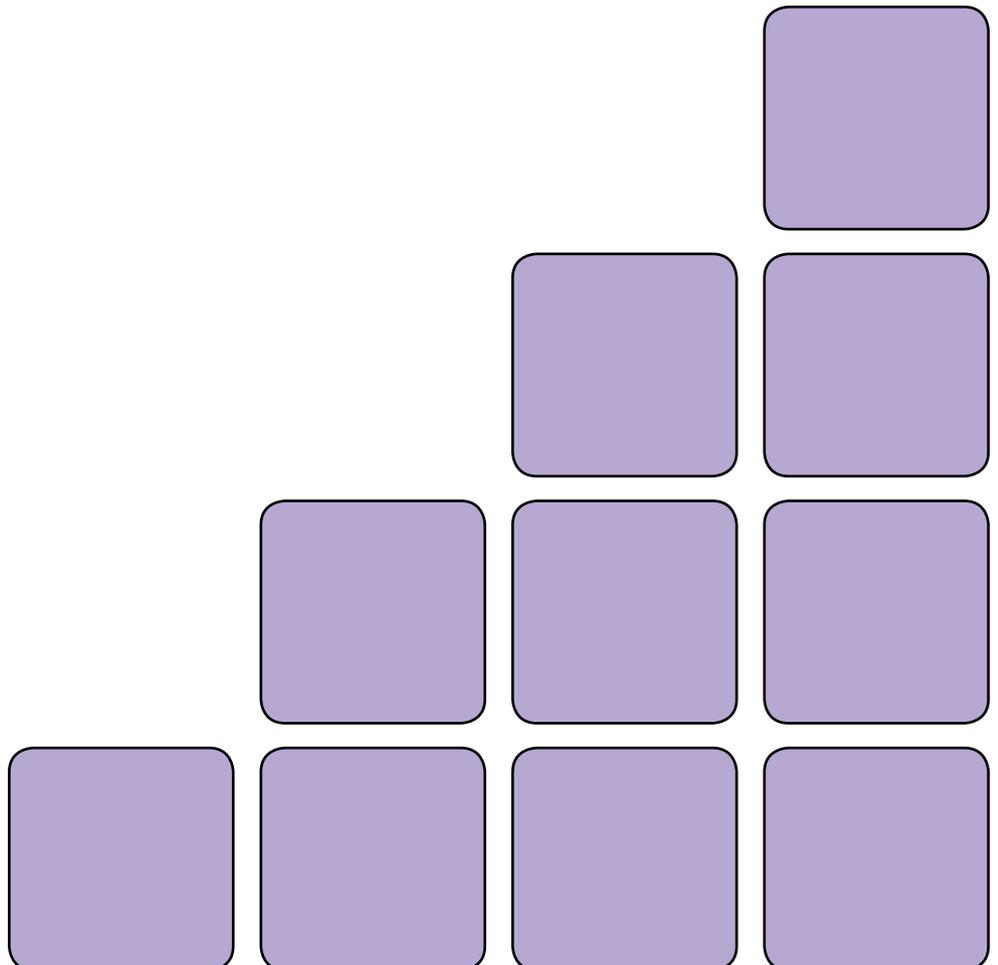
UV31175

H/600/1817

Learner name:

Learner number:

VRQ



UV31175

Preparation, cooking and finishing of poultry dishes

The aim of this unit is to develop the knowledge and understanding required to prepare and cook complex poultry dishes. You will learn the characteristics of different types of complex poultry dishes, the preparation methods, equipment required and safe working methods.

You will learn how to cook complex poultry dishes safely, meeting industry and customer satisfaction requirements. You will also learn the nutritional value of poultry and how to make complex dishes healthier.

Level

3

Credit value

3

GLH

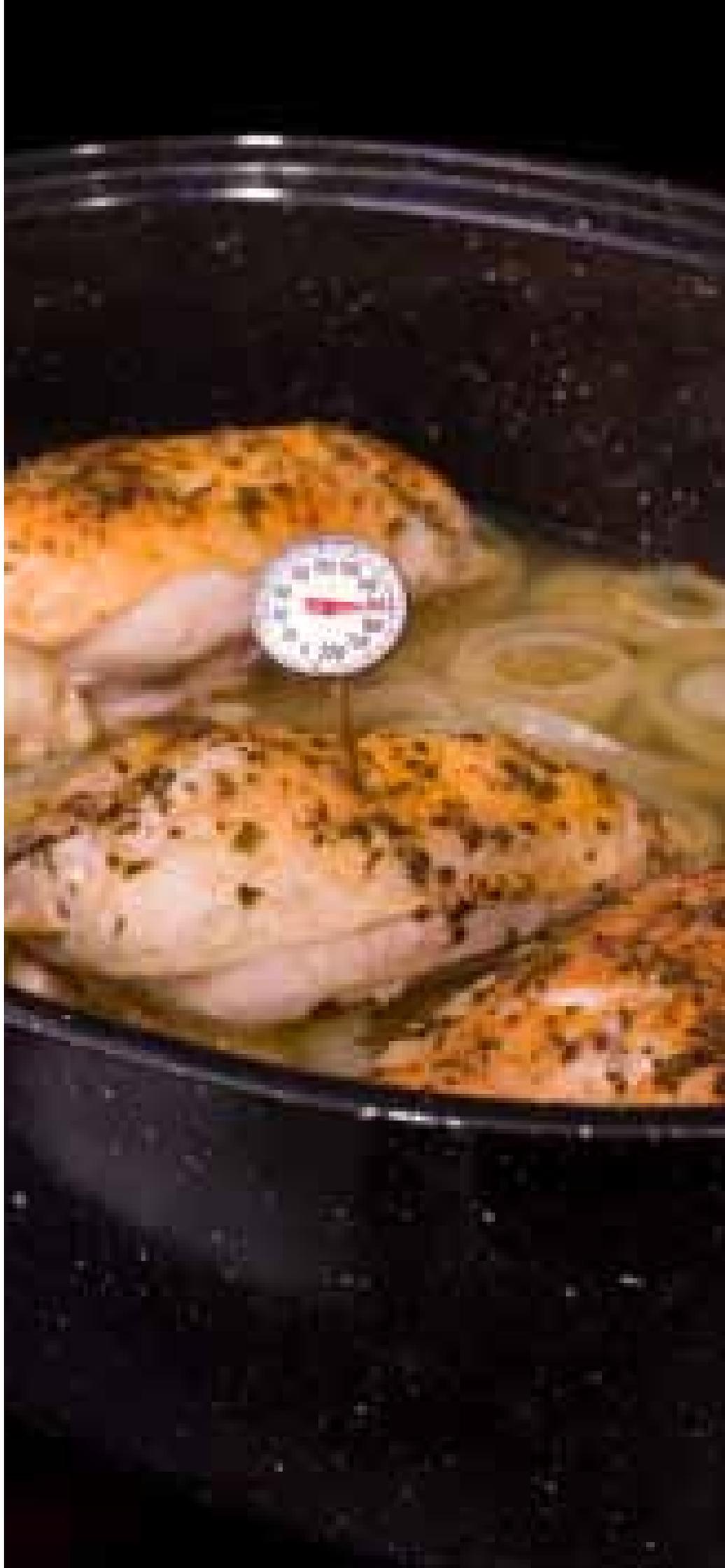
26

Observation(s)

0

External paper(s)

0



Preparation, cooking and finishing of poultry dishes

Learning outcomes

On completion of this unit you will:

1. Understand how to prepare poultry for complex dishes
2. Understand how to cook poultry for complex dishes
3. Understand how to finish complex poultry dishes

Evidence requirements

1. *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.
2. *Tutor/Assessor guidance*
You will be guided by your tutor/assessor on how to achieve learning outcomes in this unit. All outcomes must be achieved.
3. *External paper*
There is no external paper requirement for this unit.

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

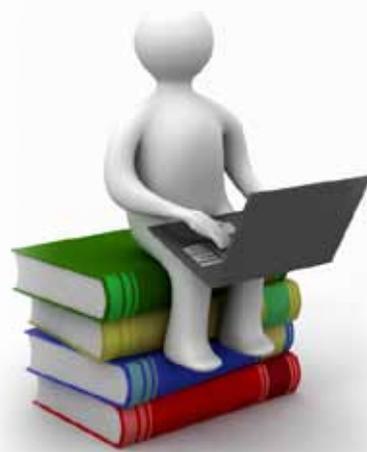
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

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

Understand how to prepare poultry for complex dishes

You can:	Portfolio reference
a. Explain the selection process used to ensure poultry meets the dish requirements	
b. Identify how to control portions to minimise waste	
c. Describe preparation methods for different complex poultry dishes	
d. Explain the reasons for using different methods of poultry preparation	
e. Describe the characteristics of different types of complex poultry dishes	
f. State healthy eating considerations when preparing poultry for complex dishes	
g. Describe corrective action if there are quality problems	
h. Identify how to store prepared poultry which is ready for cooking	



Learning outcome 2

Understand how to cook poultry for complex dishes

You can:	Portfolio reference
a. Describe the tools and equipment used for different poultry cooking methods	
b. Describe correct cooking methods for different complex types of poultry	
c. State the importance of using the correct temperatures for cooking different types of poultry	
d. Describe the process for checking poultry is cooked to the correct extent	
e. Identify the nutritional value of different types of poultry	
f. State healthy eating considerations when cooking poultry	
g. Explain how to combine poultry with other ingredients to create a complex and balanced dish	



Learning outcome 3

Understand how to finish complex poultry dishes

You can:	Portfolio reference
a. Describe the correct finishing methods for a range of complex poultry dishes	
b. State the importance of correctly finishing dishes for service	
c. Describe how to minimise and correct common faults in complex poultry dishes	
d. Describe the action required to adjust the colour, consistency and flavour of different poultry dishes	
e. Identify the correct temperature for holding and serving complex poultry dishes	
f. State the correct storage methods for complex poultry dishes	
g. Describe current trends and methodologies in relation to cooking and finishing complex poultry dishes	

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: Understand how to prepare poultry for complex dishes

Type of poultry: Duck, chicken, turkey, guinea fowl, goose.

Selection process: Dish specification (cooking methods, quantities, presentation), quality of poultry (freshness, colour, smell), cost considerations.

Controlling portions to minimise waste: Specified portion sizes, using correct equipment, ensuring staff training, buying specified individual portions.

Preparation methods: Portioning, cutting, trimming, boning, dicing, skinning, trussing, tying, seasoning, marinating.

Reasons for using different methods of preparation: Dish specification, amount of preparation carried out by supplier, minimising waste, selling price of dish.

Characteristics of different poultry: Fat content, richness of meat and suitable garnish or accompaniment, some types of poultry need moist methods of cookery, serving poultry on or off the bone.

Healthier eating considerations: Removing skin, trimming excess fat, using unsaturated fats, less salt, cooking method.

Quality problems: Quality not as expected, incorrect order, out of date.

Corrective action: Reporting to appropriate person, seeking advice from appropriate person, contacting suppliers, substituting ingredients, replacing/removing menu items, disposal of poor quality poultry.

Store prepared poultry: Refrigerated immediately, covered, labelled, dated, stored below 5°C, preventing cross-contamination, stored in separate fridge if possible, stored below cooked food, strict stock rotation.



Outcome 2: Understand how to cook poultry for complex dishes

Tools and equipment: Ovens, stove tops, griddle, grill, deep fat fryer, frying pans, sauté pans, roasting trays, saucepans, spiders, ladles.

Cooking methods: Roast, bake, grill, sauté, shallow fry, deep fry, poaching, stewing, braising.

Importance of using the correct temperatures: Compliance with current food safety legislation, preventing food poisoning, cooked to above 75°C, chicken juices run clear, avoiding under cooking, avoiding overcooking, dish requirements.

Checking poultry is cooked to the correct extent: Temperature probe, juices run clear, colour.

Nutritional value of different types of poultry: Chicken and turkey (low in fat, good source of protein), vitamins, minerals.

Healthy eating considerations: Serving as part of a balanced diet, using less fat in cooking, using unsaturated fats, cooking methods (poaching, steaming).

Combining poultry with other ingredients to create a complex and balanced dish: Fresh vegetables, pulses, wholegrain rice or pasta, potatoes, herbs, spices.



Outcome 3: Understand how to finish complex poultry dishes

Finishing methods for complex poultry dishes: Follow dish specifications, correct cooking times, appearance (colour, texture), portion size, temperature, garnishes, sauces (deglazing and reducing cooking liquor, adding stock, roast gravy, jus), adding butter.

Importance of correctly finishing dishes for service: Dish specification, customer satisfaction, establishment of reputation.

Common faults: Overcooked, under cooked, over seasoned, under seasoned, drying out.

Minimise and correct common faults in complex poultry dishes: Follow dish specification, correct method of work, ensuring correct mise en place, quality and correct amounts of poultry, following organisation's HACCP, current food safety policies.

Actions required to adjust colour, consistency and flavour: Follow dish specification photograph, service temperature, service equipment, taste, adjust seasoning, reduce, ensuring correct garnishes, portion size.

Temperature for holding and serving poultry dishes: Compliance with current food safety legislation, held above 63°C, chilled and kept below 8°C.

Correct storage methods: Compliance with current food safety legislation, avoiding cross-contamination, cooked above raw foods, properly covered, correctly labelled, dated.

Current trends and methodologies: Modern cookery techniques, retaining nutritional content, modern crockery, service equipment, imaginative presentation techniques, global and cultural influences, current thinking.



This page is intentionally blank





This page is intentionally blank







VTCT, Third Floor, Eastleigh House, Upper Market Street,
Eastleigh, Hampshire SO50 9RD United Kingdom

Web. www.vtct.org.uk
Email. customerservice@vtct.org.uk

Copyright © Vocational Training Charitable Trust
August 2012

Beauty Therapy Hairdressing Nail Services Complementary Therapy Sport & Active Leisure Business Skills

