

Prepare poultry for complex dishes

Overview

This standard is about preparing poultry for complex dishes. It covers a range of preparation methods and types of poultry.

This standard focuses on the technical knowledge and skills required to prepare poultry for complex dishes; however it should be assessed in the wider context of safe and hygienic working practices. It is recommended that the following NOS, selected as appropriate to the job role and organisation, are referenced in conjunction with the technical skills and knowledge for the standard:

- Maintain food safety in a kitchen environment
- Apply and monitor food safety management procedures in hospitality
- Manage food safety in a professional kitchen
- Minimise the risk of allergens to customers

When you have completed this standard you will be able to demonstrate your understanding of and your ability to:

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Performance criteria

You must be able to:

1. Select the type and quantity of poultry required for preparation
2. Check the poultry meets quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare the poultry
4. Use the tools, knives and equipment correctly when preparing the poultry
5. Prepare the poultry to maintain quality and meet the requirements of the dish
6. Store any prepared poultry not for immediate use in line with food safety regulations

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Knowledge and understanding

You need to know and understand:

1. The main characteristics of different types of poultry
2. What quality points to look for in fresh poultry
3. What you should do if there are problems with the poultry or other ingredients
4. The nutritional values of each type of poultry
5. How to select the correct type, quality and quantity of poultry to meet dish requirements
6. Suitable cuts for each type of poultry
7. The approximate yields of prepared poultry
8. How to control portions to minimise waste
9. Preparation methods for different complex poultry dishes
10. The current trends in relation to preparing complex poultry dishes
11. What the correct techniques, tools, knives and equipment are and the reasons for using them when carrying out the required preparation methods:
12. How to store prepared poultry
13. Healthy eating options when preparing poultry for complex dishes

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Scope/range

1. Poultry

- 1.1 duck
- 1.2 guinea fowl
- 1.3 goose
- 1.4 chicken
- 1.5 turkey
- 1.6 poussin

2. Preparation methods

- 2.1 checking and preparing the cavity
- 2.2 boning
- 2.3 seasoning
- 2.4 marinating
- 2.5 trimming
- 2.6 cutting
- 2.7 ballotine
- 2.8 blending
- 2.9 sieving
- 2.10 stuffing / filling
- 2.11 tying / trussing
- 2.12 galantine

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