

Prepare meat for complex dishes

Overview

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

This standard focuses on the technical knowledge and skills required to prepare meat 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 meat required for preparation
2. Check the meat meets quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare the meat
4. Use the tools, knives and equipment correctly when preparing the meat
5. Prepare the meat to maintain quality and meet the requirements of the dish
6. Store any prepared meat 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 meat
2. What quality points to look for in fresh meat
3. What you should do if there are problems with the meat or other ingredients
4. The nutritional values of each type of meat
5. How to select the correct type, quality and quantity of meat to meet dish requirements
6. Suitable cuts for each type of meat
7. The approximate yields of prepared meat and how to make use of by-products
8. How to control portions to minimise waste
9. Preparation methods for different complex meat dishes
10. The current trends in relation to preparing complex meat 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 meat
13. Healthy eating options when preparing meat for complex dishes

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Scope/range

1. Meat

- 1.1 beef
- 1.2 lamb
- 1.3 pork
- 1.4 veal

2. Preparation methods

- 2.1 boning
- 2.2 trimming
- 2.3 rolling
- 2.4 tenderising
- 2.5 chining
- 2.6 tying
- 2.7 larding / barding
- 2.8 portioning by weight
- 2.9 portioning for dish
- 2.10 slicing
- 2.11 mincing
- 2.12 seasoning / marinating

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Suite Hospitality - Professional Cookery

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