

## Prepare offal for basic dishes

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### Overview

This standard is about preparing offal for basic dishes.

The standard covers a range of preparation methods and includes all types of offal including liver, kidney, cheek and sweetbreads.

This standard focuses on the technical knowledge and skills required to prepare offal for basic 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 basic food safety in catering
- Maintain food safety in a kitchen environment
- Provide basic advice on allergens to customers
- 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 offal required for preparation
2. Check the offal meets quality and other requirements
3. Choose the correct tools, knives and equipment required to prepare the offal
4. Use the tools, knives and equipment correctly when preparing the offal
5. Prepare the offal to meet the requirements of the dish
6. Store any prepared offal not for immediate use in line with food safety regulations

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## Knowledge and understanding

You need to know and understand:

1. Different types of commonly used offal and how to identify them
2. How to check that the offal meets requirements
3. What quality points to look for in fresh offal
4. Why and to whom should you report any problems with the offal or other ingredients
5. The correct tools, knives and equipment to carry out the required preparation methods
6. How to carry out the preparation methods correctly
7. Why it is important to use the correct techniques, tools, knives and equipment when preparing the offal
8. How to store prepared offal correctly
9. Healthy eating options when preparing offal

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**Scope/range**

**1. Offal**

- 1.1 liver
- 1.2 kidney
- 1.3 sweetbread
- 1.4 cheek

**2. Preparation methods**

- 2.1 cutting / slicing
- 2.2 marinating / seasoning
- 2.3 coating with flour
- 2.4 skinning
- 2.5 trimming and de-veining
- 2.6 blending / mincing
- 2.7 brining
- 2.8 pressing



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