

Cook and finish basic meat dishes

Overview

This standard is about cooking and finishing basic meat dishes, for example:

- roast loin of pork
- beef daube
- lamb durr
- shepherds pie
- ham hock

The standard covers a range of types of meat including beef, lamb and pork and various cooking methods. The standard then goes onto how you finish off a meat dish through different methods.

This standard focuses on the technical knowledge and skills required to cook and finish basic meat 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. Check the meat meets dish requirements
2. Choose the correct tools and equipment to cook and finish meat
3. Use the tools and equipment correctly to cook and finish the meat
4. Combine the meat with other ingredients
5. Cook the meat to meet the requirements of the dish
6. Ensure the dish has the correct flavour, colour, consistency and quantity
7. Garnish and present the dish to meet requirements
8. Ensure the dish is at the correct temperature for holding and serving
9. Store any cooked 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. How to check the meat meets dish requirements
2. What quality points to look for in a range of prepared meat
3. Why and to whom you should report any problems with the meat or other ingredients
4. What the benefits of sealing meat are
5. Different cuts of meat and the most effective (or appropriate) methods of cooking them
6. The correct tools and equipment to carry out the required cooking methods
7. Why it is important to use the correct tools and equipment
8. How to use the cooking methods according to dish requirements
9. Why it is important to use the correct cooking and finishing methods for each type and cut of meat
10. The correct temperatures for cooking meat using the cooking methods listed and why these temperatures are important
11. How to check and adjust a meat dish to make sure it has the right flavour, colour, consistency and quantity
12. How to carry out the finishing methods
13. The correct temperatures for holding and serving meat dishes
14. The correct storage requirements for meat not for immediate consumption
15. Healthy eating options when cooking and finishing meat

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Scope/range

1. Cooking methods

- 1.1 grilling (over and under heat)
- 1.2 griddling
- 1.3 frying (shallow / stir)
- 1.4 braising
- 1.5 stewing
- 1.6 roasting
- 1.7 steaming
- 1.8 boiling
- 1.9 resting
- 1.10 portioning
- 1.11 combining cooking methods

2. Types of meat

- 2.1 beef
- 2.2 lamb
- 2.3 pork

3. Finishing methods

- 3.1 garnishing
- 3.2 saucing
- 3.3 presenting



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