

Prepare meat for basic dishes

Overview

This standard is about preparing meat (other than poultry) for basic dishes.

The standard covers a range of preparation methods associated with the different types of meat excluding poultry.

This standard focuses on the technical knowledge and skills required to prepare meat 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:

- Prepare meat for basic dishes

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

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Scope/range

1. Types of meat

1.1 beef

1.2 lamb

1.3 pork

2. Preparation methods

2.1 cutting (slicing / dicing)

2.2 seasoning/marinating

2.3 trimming

2.4 boning

2.5 tying

2.6 tenderising

2.7 portioning

2.8 marinading / adding dry rubs

2.9 stuffing / filling

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Developed by	People 1st
Version Number	2
Date Approved	February 2016
Indicative Review Date	March 2021
Validity	Current
Status	Original
Originating Organisation	People 1st
Original URN	PPL2FP3
Relevant Occupations	Chef; Cook; Kitchen Assistant
Suite	Hospitality - Professional Cookery
Keywords	prepare, meat, basic, dishes
