

## Prepare and cook meat and poultry

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### Overview

This standard is about preparing and cooking meat and poultry for simple dishes, for example:

- steaks
- burgers
- cutlets
- sausages
- bacon
- chicken cuts

This standard focuses on the technical knowledge and skills required to prepare and cook meat and poultry; 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 and cook meat and poultry

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### Performance criteria

You must be able to:

1. De-frost meat and poultry if necessary, correctly and following food safety guidelines
2. Check that the meat and poultry is fit for cooking
3. Choose the right tools and equipment for preparing and cooking meat and poultry
4. Use the tools and equipment correctly when preparing and cooking meat and poultry
5. Prepare the meat and poultry to meet requirements
6. Cook the meat and poultry as required
7. Finish the meat and poultry as required
8. Ensure the meat and poultry is at the right temperature for holding and serving
9. Store the meat or 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. How to store fresh and frozen meat and poultry correctly before cooking
2. How to check that meat and poultry is fit for preparation and cooking
3. How to decide whether meat and poultry needs de-frosting before cooking and why this is important
4. How to defrost meat and poultry correctly and why this is important
5. Why and to whom you should report any problems with the meat & poultry or other ingredients
6. The right temperatures and cooking times for different types of meat and poultry
7. The right tools and equipment for the preparation methods
8. How to prepare meat and poultry using the correct preparation methods
9. The right tools and equipment for the cooking methods
10. Why it is important to use the right tools and equipment
11. How to carry out the cooking methods correctly
12. How to decide which cooking methods are appropriate for different types of meat and poultry and how to make sure they are cooked correctly
13. How to finish and season meat and poultry according to requirements
14. The correct storage requirements for meat and poultry not for immediate consumption
15. How to store cooked meat and poultry not for immediate consumption

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**Scope/range**

**1. Meat and poultry**

- 1.1 pre-prepared
- 1.2 uncoated
- 1.3 steaks
- 1.4 chops
- 1.5 Poultry cuts

**2. Preparation methods**

- 2.1 defrosting
- 2.2 seasoning

**3. Cooking methods**

- 3.1 grilling
- 3.2 griddling
- 3.3 frying (deep / shallow)

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