

Produce basic meat dishes

Overview

This standard is about how you produce, cook and finish basic meat dishes. It covers how you would safely prepare the dish, appropriate cooking methods and finishing presentation skills.

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

- Produce basic meat dishes

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Performance criteria

You must be able to:

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1. Ensure that the preparation area is clean, undamaged and ready for use according to your workplace standard
2. Ensure that the equipment (including waste containers) is clean, appropriate for the task, undamaged, where it should be and switched on ready for use
3. Check that meat and all other ingredients meet the dish, food safety and your workplace requirements
4. Prepare and cook the meat and other ingredients to meet dish requirements
5. Check that the meat dish has the correct colour, texture and flavour
6. Check that the meat dish is cooked and held at the correct temperature
7. Present and finish the meat dish to meet customer and your workplace requirements
8. Store any cooked meat dishes not for immediate use according to workplace and food safety regulations

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Knowledge and understanding

You need to know and understand:

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1. Safe and hygienic working practices when preparing, cooking and finishing basic meat dishes
2. How to check that the meat and other ingredients meet your workplace requirements, are fit for use and of the correct quality and quantity required
3. Why and to whom you should report any problems with the meat or other ingredients
4. How to carry out the relevant preparation, cooking and finishing methods for each dish
5. What the benefits of sealing meat are
6. Healthy eating options when preparing, cooking and finishing basic meat dishes
7. How to present basic meat dishes in a way that meets your customers' high expectations and your workplace standards
8. The correct storage requirements for basic meat products not for immediate consumption
9. The types of unexpected situations that may occur when preparing, cooking and finishing basic meat products and how to deal with them

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Scope/range

1. Meat

- 1.1 meat portions
- 1.2 meat joints
- 1.3 processed meat products (burgers / sausages)
- 1.4 diced / minced meat

2. Cooking methods

- 2.1 grilling
- 2.2 griddling
- 2.3 frying (deep / shallow / sauté / shallow)
- 2.4 boiling
- 2.5 braising
- 2.6 steaming
- 2.7 stewing
- 2.8 roasting
- 2.9 baking
- 2.10 microwaving

3. Finishing methods

- 3.1 garnishing
- 3.2 adding an accompaniment
- 3.3 presenting

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