

Unit DR4M 04 (2FC3)

Cook and finish basic meat dishes

This Unit has the following element:

Element 1 (2FC3.1)

Cook and finish basic meat dishes

Candidate Name:

Assessment Centre:

I have completed the requirements of this Unit.

Candidate signature: _____ **Date:** _____

I can confirm the candidate has completed all requirements of this Unit.

Assessor signature: _____ **Date:** _____

Assessor counter signature:
(where applicable) _____ **Date:** _____

IV signature: _____ **Date:** _____

IV counter signature:
(where applicable) _____ **Date:** _____

Unit Summary

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

- ◆ cuts of meat (for example, steaks and cutlets)
- ◆ stews and casseroles
- ◆ curries
- ◆ minced dishes (for example, shepherd's pie or lasagne)

The meat covered by the Unit are:

- ◆ red meat (for example, beef)
- ◆ white meat (for example, pork)

The cooking techniques covered include:

- ◆ grilling (over fire/under fire)
- ◆ griddling
- ◆ frying (shallow and stir)
- ◆ boiling
- ◆ braising
- ◆ steaming
- ◆ stewing
- ◆ roasting
- ◆ combining cooking methods

The finishing techniques covered include:

- ◆ garnishing
- ◆ presentation

The typical day-to-day activities you might carry out for this Unit include:

- ◆ checking the meat meets dish requirements
- ◆ selecting tools and equipment for cooking and finishing
- ◆ combining the meat with other ingredients ready for cooking
- ◆ cooking the meat
- ◆ making sure it meets dish requirements such as flavour, colour, consistency and quantity
- ◆ garnishing and presenting the dish
- ◆ making sure the dish is held and served at the correct temperature
- ◆ storing cooked meat not for immediate use

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What you must do (circled numbers must be observed)		Assessor initials/date
Evidence for the remaining points may be assessed through questioning or witness testimony Note: For statement 7, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.		
①	Check the meat for type, cut, quantity and quality	
②	Choose and use tools and equipment correctly	
③	Combine the meat with other ingredients	
④	Cook the meat to meet the requirements of the dish	
⑤	Make sure the dish has the correct flavour, consistency and quantity	
⑥	Garnish and present the dish to meet requirements	
7	Make sure the dish is at the correct temperature for holding and serving	
8	Safely store any cooked meat not for immediate use	

What you must cover (minimum requirement for observation in italic and bold)	Activity/Evidence (insert tick or supplementary reference)					
	1	2	3	4	5	6
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i>Meat, both required from the following:</i>						
red						
white						
<i>Cooking by, at least five required from the following:</i>						
grilling (over and under fire)						
griddling						
frying (shallow/stir)						
boiling						
braising						
steaming						
stewing						
roasting						
combining cooking methods						

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Candidate name:		Assessor initials/date
No	Activity	
1		
2		
3		
4		
5		
6		

What you must know for the Unit	
For the whole Unit	
K1	How to check the meat is of the correct type, cut and quantity for the dish
K2	What quality points to look for in prepared red meat
K3	What quality points to look for in prepared white meat
K4	What you should do if there are problems with the meat or other ingredients
K5	What the benefits of sealing meat are
K6	Different cuts of meat and the most effective (or appropriate) methods of cooking them
K7	The correct tools and equipment to carry out the following cooking methods: <ul style="list-style-type: none"> ◆ grilling (over and under fire) ◆ griddling ◆ frying (shallow and stir) ◆ boiling ◆ braising ◆ steaming ◆ stewing ◆ roasting ◆ combining cooking methods
K8	Why it is important to use the correct tools and equipment
K9	How to carry out the following cooking methods according to dish requirements: <ul style="list-style-type: none"> ◆ grilling (over and under fire) ◆ griddling ◆ frying (shallow and stir) ◆ boiling ◆ braising ◆ steaming ◆ stewing ◆ roasting ◆ combining cooking methods
K10	The correct temperatures for cooking red and white meat using the methods listed
K11	How to correct a meat dish to meet finishing requirements
K12	How to carry out the following finishing methods: <ul style="list-style-type: none"> ◆ garnishing ◆ presentations
K13	The correct temperatures for holding and serving meat dishes
K14	Healthy eating options when cooking and finishing meat

Knowledge evidence retained

Assessor signature: _____

Date: _____

Candidate name:		Assessor initials/date
Ref	Supplementary evidence	
A		
B		
C		
D		
E		
F		
G		
H		

Assessor Feedback