

Unit DR56 04 (3FC3)

Cook and finish complex meat dishes

This Unit has the following element:

Element 1 (3FC3.1)

Cook and finish complex 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 complex meat dishes, for example:

- ◆ tornados Rossini
- ◆ osso bucco
- ◆ pot roasted leg of lamb
- ◆ braised lamb shank
- ◆ 'fashionable dishes' made from second class cuts

The meat covered by the Unit is:

- ◆ red
- ◆ white

The cooking techniques covered include:

- ◆ grilling (over fire and under fire)
- ◆ frying (deep, shallow and stir)
- ◆ boiling
- ◆ braising
- ◆ steaming
- ◆ stewing
- ◆ roasting
- ◆ pot 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:

- ◆ selecting and checking the meat for type, cut, quality and quantity
- ◆ 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 8, 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	Select the type, cut and quantity of meat and other ingredients needed for the dish	
②	Check the meat to make sure it meets quality standards	
③	Choose and use tools and equipment correctly	
④	Combine the meat with other ingredients	
⑤	Cook the meat for the requirements of the dish	
⑥	Make sure the dish has the correct flavour, colour, consistency and quantity	
⑦	Garnish and present the dish to meet requirements	
8	Make sure the dish is at the correct temperature for holding and serving	
9	Safely store any cooked meat not for immediate use	

What you must cover (minimum requirement for observation in <i>italic</i> 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 four required from the following:</i>						
grilling (over fire and under fire)						
frying						
◆ deep						
◆ shallow						
◆ stir						
boiling						
braising						
steaming						
stewing						
roasting						
pot 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 select the correct type, quality and quantity of meat for dish requirements
K2	What quality points to look for in red meat
K3	What quality points to look for in white meat
K4	What you should do if there are problems with the meat or other ingredients
K5	What the correct tools and equipment are and the reasons for using them when carrying out the following cooking methods: <ul style="list-style-type: none"> ◆ grilling (over and under fire) ◆ frying (deep, shallow and stir) ◆ boiling ◆ braising ◆ steaming ◆ stewing ◆ roasting ◆ pot roasting ◆ combining cooking methods
K6	How to combine meat with other ingredients to create a complex and balanced dish
K7	How to carry out the following cooking methods according to dish requirements: <ul style="list-style-type: none"> ◆ grilling (over and under fire) ◆ frying (deep, shallow and stir) ◆ boiling ◆ braising ◆ steaming ◆ stewing ◆ roasting ◆ pot roasting ◆ combining cooking methods
K8	The correct temperatures for cooking red and white meat using all the methods listed above
K9	How to check that meat is cooked correctly
K10	How to minimise and correct common faults in complex meat dishes
K11	How to adjust the flavour, consistency and colour of the complex meat dish
K12	The appropriate garnishes, dressings, sauces and glazes for various complex meat dishes
K13	The correct temperatures for holding and serving complex meat dishes
K14	How to store complex meat dishes
K15	Healthy eating options when cooking and finishing meat dishes

Knowledge evidence retained

Assessor signature: _____

Date: _____

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

Assessor Feedback