

**Unit DR9J 04 (3FP3)**

**Prepare meat for complex dishes**

This Unit has the following element:

**Element 1 (3FP3.1)**

**Prepare meat for complex 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 DR9J 04 (3FP3)

## Prepare meat for complex dishes

### Unit Summary

This Unit is about preparing meat for complex dishes.

The preparation methods are:

- ◆ boning
- ◆ trimming
- ◆ rolling
- ◆ tenderising
- ◆ chining
- ◆ tying
- ◆ larding/barding
- ◆ portioning by weight
- ◆ portioning for dish
- ◆ slicing
- ◆ mincing
- ◆ seasoning/marinading

The meat covered by the Unit are:

- ◆ red meat
- ◆ white meat

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

- ◆ selecting and checking the meat
- ◆ selecting tools and equipment
- ◆ preparing the meat in a way that maintains its quality
- ◆ varying recipes to maximise the quality and cost effectiveness of the dish
- ◆ storing meat not for immediate use

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<b>What you must do (circled numbers must be observed)</b>		<b>Assessor initials/date</b>
①	Select the type, cut and quantity of <b>meat</b> needed for the dish	
②	Check the <b>meat</b> to make sure it meets quality standards	
③	Choose and use tools and equipment correctly	
④	<b>Prepare</b> the <b>meat</b> to maintain its quality and meet the requirements of the dish	
⑤	Safely store any prepared <b>meat</b> not for immediate use	

<b>What you must cover (minimum requirement for observation in italic and bold)</b>	<b>Activity/Evidence</b> (insert tick or supplementary reference)					
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Evidence for the remaining points may be assessed through questioning or witness testimony						
<i><b>Meat, both</b> required from the following:</i>						
red meat						
white meat						
<i><b>Prepare by, at least six</b> required from the following:</i>						
boning						
trimming						
rolling						
tenderising						
chining						
tying						
larding/barding						
portioning by weight						
portioning for dish						
slicing						
mincing						
seasoning/marinading						

**Unit DR9J 04 (3FP3)****Prepare meat for complex dishes****Element 1 (3FP3.1)****Prepare meat for complex dishes**

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

<b>What you must know for the Unit</b>	
<b>For the whole Unit</b>	
K1	How to select the correct type, cut, quality and quantity of meat to meet dish requirements
K2	What quality points to look for in fresh meat: <ul style="list-style-type: none"> <li>◆ red meat</li> <li>◆ white meat</li> </ul>
K3	What you should do if there are problems with the meat or other ingredients
K4	The correct tools and equipment to carry out the following preparation methods: <ul style="list-style-type: none"> <li>◆ boning</li> <li>◆ trimming</li> <li>◆ rolling</li> <li>◆ tenderising</li> <li>◆ chining</li> <li>◆ tying</li> <li>◆ larding/barding</li> <li>◆ portioning by weight</li> <li>◆ portioning for dish</li> <li>◆ slicing</li> <li>◆ mincing</li> <li>◆ seasoning/marinading</li> </ul>
K5	How to carry out the following preparation methods correctly: <ul style="list-style-type: none"> <li>◆ boning</li> <li>◆ trimming</li> <li>◆ rolling</li> <li>◆ tenderising</li> <li>◆ chining</li> <li>◆ tying</li> <li>◆ larding/barding</li> <li>◆ portioning by weight</li> <li>◆ portioning for dish</li> <li>◆ slicing</li> <li>◆ mincing</li> <li>◆ seasoning/marinading</li> </ul>
K6	How to control portions and minimise waste
K7	The approximate yields of prepared meat and how to make use of by-products
K8	The main characteristics of the different types of meat dishes
K9	The current trends in relation to preparing meat dishes for cooking
K10	The nutritional value of meat
K11	Healthy eating options when preparing meat for complex dishes
K12	How to store prepared meat

Knowledge evidence retained

**Assessor signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

Assessor Feedback