

<b>UNIT TITLE:</b> IDENTIFY AND PREPARE VARIOUS MEATS	<b>NOMINAL HOURS:</b> 60
<b>UNIT NUMBER:</b> D1.HCC.CL2.03	
<b>UNIT DESCRIPTOR:</b> This unit deals with skills and knowledge required by cooks and chefs to identify, prepare, cook, present and store a variety of meats in commercial food production environments.	
<b>ELEMENTS AND PERFORMANCE CRITERIA</b>	<b>UNIT VARIABLE AND ASSESSMENT GUIDE</b>
<p><b>Element 1: Identify and select meats</b></p> <p>1.1 Identify the <i>primary</i> meat cuts</p> <p>1.2 Identify the <i>secondary</i> meat cuts</p> <p>1.3 Identify commercial <i>establishment cuts</i> and specifications</p> <p>1.4 Identify <i>offal and fancy</i> meats</p> <p>1.5 Identify <i>varieties</i> of meats used commercially</p> <p>1.6 Identify and <i>select suppliers</i> for purchasing of products</p> <p>1.7 <i>Minimise wastage</i> through freshness and correct purchasing</p> <p>1.8 Identify costs through <i>yield testing</i></p> <p>1.9 Ensure <i>correct conditions</i> are maintained for freshness and quality</p> <p><b>Element 2: Prepare and store meat</b></p> <p>2.1 <i>Prepare and portion</i> meat cuts, including offal and fancy meats, to enterprise requirements</p>	<p><b>Unit Variables</b></p> <p>The Unit Variables provide advice to interpret the scope and context of this unit of competence, allowing for differences between enterprises and workplaces. It relates to the unit as a whole and facilitates holistic assessment</p> <p>This unit applies to all industry sectors that identify, prepare, cook and present various meats within the labour divisions of the hotel and travel industries and may include:</p> <p>1. Food Production.</p> <p><i>Primary</i> may be related to:</p> <ul style="list-style-type: none"> <li>• Whole carcasses</li> <li>• Argentine, rump, silverside, tenderloin</li> <li>• Porterhouse</li> <li>• Rib-eye</li> <li>• Topside</li> <li>• Cutlets</li> <li>• Loin</li> <li>• Cultural cuts.</li> </ul>

<p>2.2 Minimise wastage through preparation and storage</p> <p>2.3 Use of <i>trimming</i> and leftovers</p> <p>2.4 Identification and use of <i>equipment</i></p> <p><b>Element 3: Cook, hold and present meat</b></p> <p>3.1 Select appropriate <i>cooking method</i> of the meat type, including offal</p> <p>3.2 <i>Prepare</i> and cook following a standard recipe within a commercial environment</p> <p>3.3 <i>Hold</i> prepared products as required prior to presenting</p> <p>3.4 <i>Present</i> meats and offal dishes</p> <p>3.5 Prepare <i>garnishes, sauce and accompaniments</i> for meat dishes, including offal</p> <p><b>Element 4: Store meat and offal products</b></p> <p>4.1 Store fresh and/or Cryovac items correctly</p> <p>4.2 Prepare and maintain correct <i>thawing</i> of meat and offal</p> <p>4.3 Store meat and offal appropriately in correct containers</p> <p>4.4 Label meat and offal correctly</p> <p>4.5 Ensure <i>correct conditions</i> are maintained for freshness and quality</p>	<p><i>Secondary</i> may be related to:</p> <ul style="list-style-type: none"> <li>• Shank</li> <li>• Chuck</li> <li>• Blade</li> <li>• Knuckle</li> <li>• Neck</li> <li>• Ribs</li> <li>• Leg</li> <li>• Cultural cuts.</li> </ul> <p><i>Establishment cuts</i> may be related to:</p> <ul style="list-style-type: none"> <li>• Menu needs</li> <li>• Service styles</li> <li>• Cookery methods</li> <li>• Portion control</li> <li>• Trimmings and usage.</li> </ul> <p><i>Offal and fancy</i> may be related to:</p> <ul style="list-style-type: none"> <li>• Brains</li> <li>• Liver</li> <li>• Kidneys</li> <li>• Stomach</li> <li>• Heart</li> <li>• Lungs</li> <li>• Cultural cuts.</li> </ul>
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*Varieties* may be related to:

- Beef
- Lamb
- Veal
- Goat
- Buffalo
- Pork
- Cultural animals.

*Select suppliers* may be related to:

- Local, regional and international supply
- Delivery requirements
- Cost, trading terms
- Relationship
- Product range/variety
- Availability/cultural festivals.

*Minimise wastage* should include:

- Storage space
- Volume requirements to suit a la carte, functions, specials
- First in, first out
- Receiving times, as needed
- Quality, including appearance, age, size.

*Yield testing* may include:

- Trimming and filleting
- Portion weights
- Off cut usage
- Staff skills.

*Correct conditions* should include:

- Temperature and humidity
- Stock rotation
- Reporting faults
- Changing containers
- Cross contamination, e.g. Safe handling.

*Prepare and portion* may relate to:

- Cleaning, skinning, boning, trimming, denuding
- Slice, dice, skewer, smoke, marinate, pickle, souse, truss
- Cuts, including whole, medallion, cutlet, butterfly, schnitzel.
- Portioning, wastage, timing

*Trimming*s may relate to:

- Off cuts usage
- Saleable dishes
- Menu varieties.

*Equipment* may include:

- Knives, cleaver, saw, band saw, slicers, mallet
- Electric, gas or induction stoves
- Steamers, including pressure, atmospheric, such as bamboo
- Salamanders
- Smokers
- Grills, including flat top, char, BBQ
- Ovens, including convection/combination ovens
- Deep fry, e.g. Pressure fryer
- Microwave
- Food processors, mixers, mincers, silent cutter.

*Cooking method* may relate to:

- Poaching
- Steaming
- Boiling
- Grilling
- Baking
- Roasting
- Braising
- Stewing
- Deep and shallow frying
- Cultural style.

*Prepare* should relate to:

- Cleaning, skinning, trimming
- Cutting of ingredients/flavourings
- Portioning, wastage, timing
- Recipe conversions.

*Hold* may relate to:

- Resting, portioning, cutting
- Holding equipment
- Cooling procedures
- Hygiene practice.

*Present* should include:

- Colour
- Height
- Texture
- Service and storage temperature
- Ceramics
- Glass
- Crystal
- Mirrors
- Trays
- Classical and cultural aspect
- Neatly and attractively
- Ease of service.

*Garnishes, sauces and accompaniments* may include:

- Glazing
- Coating
- Colour and flavour blends
- Cultural flavours
- Flowers and leaves
- Pastry
- Sauces, including sweet/savoury
- Dietary and cultural styles/flavours.

*Store* may include:

- Cool room temperature
- Cool room placement
- Length of time in cool storage
- Freezer temperature
- Length of time in freezer storage
- Appropriate process followed, including Cryovac, ice packed
- Storage containers before assembly
- Storage containers after assembly
- Labelled
- Freshness, quality and presentation
- Temperature and humidity.

*Thawing* may relate to:

- Enterprise and local authority requirements
- Handling and cool room placement
- Changing containers.

*Labelled* must include:

- Date
- Item name
- Handler name
- Time, temperature, storage.

Correct conditions should include:

- Temperature and humidity
- Stock rotation
- Reporting faults
- Changing containers.

### **Assessment Guide**

The following skills and knowledge must be assessed as part of this unit:

- Knowledge of the quality characteristics of various meats and meat cuts, including offal, classical, modern/contemporary and culturally specific
- Knowledge of the appropriate quality indicators, including taste, texture, structure, shape and size consistent with industry and/or enterprise standards
- Knowledge of the principles of the production of meat products
- Ability to identify meat products by sight
- Ability to match ingredient quality to intended final product/use

- Ability to maintain hygiene, food safety requirements, food handling and food storage
- Knowledge of commodities
- Knowledge of the historical and cultural aspects of various meats and meat cuts, including the role of offal on the menu and in the industry
- Ability to demonstrate safe knife handling skills, including the ability to trim and cut to industry and enterprise standards.

#### **Linkages To Other Units**

- Comply with workplace hygiene procedures
- Implement occupational health and safety procedures
- Prepare and store food
- Work effectively with colleagues and customers
- Maintain strategies for safe food storage
- Present and display food products
- Apply basic techniques of commercial cookery.

#### **Critical Aspects of Assessment**

Evidence of the following is essential:

- Knowledge of the classifications and characteristics of meat and offal and the terminology used
- Demonstrate safe and hygienic handling of products
- Appropriate portion control and wastage
- Demonstrate complementary presentation, garnishing and techniques
- Demonstrate safe knife skills and other associated equipment
- Demonstrate commodity knowledge, including quality aspects

- Knowledge of specific terminology related to various meats and meat cuts, including offal
- Demonstrate the ability to prepare various meats and meat cuts, including offal, from at least six different recipes and cultural backgrounds
- Demonstrate the ability to store various meats and meat cuts, including offal, to industry and enterprise standards
- Knowledge of appropriate portion control and wastage.

#### **Context of Assessment**

This unit may be assessed on or off the job

- Assessment should include practical demonstration either in the workplace or through a simulation activity, supported by a range of methods to assess underpinning knowledge
- Assessment must relate to the individuals work area or area of responsibility
- Demonstration of skills on more than one occasion
- Preparation of various meats and meat cuts including offal within typical workplace conditions and timeframes.

#### **Resource Implications**

Training and assessment must include access and use to a fully equipped commercial kitchen, use of real ingredients and service equipment; and access to workplace standards, procedures, policies, guidelines, tools and equipment.

#### **Assessment Methods**

The following methods may be used to assess competency for this unit:

- Observation of practical candidate performance
- Oral and written questions
- Third party reports completed by a supervisor
- Project and assignment work
- Sampling of dishes prepared by the student

<b>Key Competencies in this Unit</b>		
<i>Level 1 = competence to undertake tasks effectively</i>		
<i>Level 2 = competence to manage tasks</i>		
<i>Level 3 = competence to use concepts for evaluating</i>		
<b>Key Competencies</b>	<b>Level</b>	<b>Examples</b>
Collecting, organising and analysing information	2	Determine requirements of standard recipes and/or menu requirements; collect equipment, commodities and ingredients; read menus, recipes and task sheets; select and obtain commodities, organise ingredients and task sheets
Communicating ideas and information	2	Share information with kitchen, floor service and other staff; read recipes, menus, instructions and orders
Planning and organising activities	2	Work within time constraints in a logical sequence; plan logical and efficient sequence and timing of tasks
Working with others and in teams	1	Work co-operatively with other team members
Using mathematical ideas and techniques	1	Calculate portions, weigh and measure quantities of meat and meat portions against standard recipes and/or menu requirements
Solving problems	1	Identify and correct problems in the preparing and producing of products, such as ingredient quality tough meat, too much fat and equipment failure
Using technology	1	Use mechanical kitchen equipment, including weighing equipment and slicers