

U14002: Prepare and cook basic meat, poultry and offal dishes

Unit Descriptor:

This unit describes the competence required to effectively prepare and cook basic meat, poultry and offal dishes.

The unit describes the essential abilities of:

- Preparing and cooking basic meat, poultry and offal dish to specification
- Effectively maintaining safety and hygienic requirements
- Operating within organizational procedures

ELEMENT**PERFORMANCE CRITERIA**

To be competent you must achieve the following:

1. Prepare basic meat, poultry and offal dishes

- 1.1 Preparation areas and suitable **equipment** satisfy health and safety requirements and are ready for use.
- 1.2 **Meat, poultry and offal** is of the type, **quality** and quantity required.
- 1.3 Any **problems** identified with the quality of ingredients are reported promptly to the appropriate person.
- 1.4 Meat, poultry and offal is prepared correctly using appropriate **basic preparation methods** and combined with **other ingredients** to meet **dish** requirements.
- 1.5 Prepared meat, poultry and offal not for immediate use is stored correctly.
- 1.6 Preparation areas and equipment are cleaned correctly after use.

- 1.7 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.
 - 1.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.
 - 1.9 Waste is handled correctly ready for appropriate dispatch methods.
2. Cook basic meat, poultry and offal dishes
- 2.1 Cooking areas and suitable equipment satisfy health and safety requirements and are ready for use.
 - 2.2 **Meat, poultry and offal** dishes are cooked to meet requirements using appropriate **wet or dry cooking methods**.
 - 2.3 Meat, poultry and offal dishes are finished using appropriate **finishing methods** to meet **quality** requirements.
 - 2.4 Meat, poultry and offal dishes not for immediate consumption are stored correctly.
 - 2.5 Any **problems** identified with the quality of the **dish** are reported promptly to the appropriate person.
 - 2.6 Cooking areas and equipment are cleaned correctly after use.
 - 2.7 Waste is handled correctly ready for appropriate dispatch methods.
 - 2.8 Unexpected situations are dealt with effectively and the appropriate person(s) informed where necessary.

- 2.9 All work is prioritized and carried out in an organized and efficient manner in accordance with safety and hygiene regulations and organizational procedures.

RANGE STATEMENT

You must cover the items below:

Element 1: Prepare basic meat, poultry and offal dishes**A. Equipment/Utensils:**

- (i) pots
- (ii) pans
- (iii) knife
- (iv) cutting board
- (v) scale
- (vi) skewer
- (vii) bowl

B. Meat: *(Also applies to element 2)*

- (i) beef
- (ii) pork
- (iii) lamb
- (iv) bacon
- (v) rabbit

C. Poultry: *(Also applies to element 2)*

- (i) chicken
- (ii) turkey
- (iii) duck
- (iv) game bird

D. Offal – Innards: *(Also applies to element 2)*

- (i) kidney
- (ii) liver
- (iii) gizzards
- (iv) heart

E. Quality:

- (i) aroma
- (ii) appearance

F. Problems: (Also applies to element 2)

- (i) freshness
- (ii) quality

G. Other ingredients:

- (i) flour
- (ii) breadcrumbs
- (iii) seasoning
- (iv) herbs
- (v) spices
- (vi) eggs

H. Basic preparation methods:

- (i) defrosting
- (ii) skinning
- (iii) trimming
- (iv) seasoning
- (v) washing
- (vi) dicing
- (vii) slicing
- (viii) coating

I. Dish: (Also applies to element 2)

- (i) meat, poultry and offal dishes cooked by the dry method finished with basic garnish sauce or gravy and appropriate accompaniments.
- (ii) meat, poultry and offal dishes are cooked by the wet method finished with basic sauce and garnish and appropriate accompaniments.

Element 2: Cook basic meat, poultry and offal dishes**J. Dry cooking methods:**

- (i) baking
- (ii) grilling
- (iii) roasting
- (iv) frying

K. Wet cooking methods:

- (i) boiling
- (ii) combination cooking
- (iii) stewing
- (iv) steaming
- (v) braising

L. Finishing methods:

- (i) garnishing
- (ii) glazing
- (iii) coating

M. Quality:

- (i) texture
- (ii) aroma
- (iii) flavor
- (iv) appearance

UNDERPINNING KNOWLEDGE AND SKILLS**Health and Safety**

1. What safe working practices should be followed when preparing meat, poultry and offal for cooking.
2. What signs to look for when fat/oil is approaching “flashpoint”.
3. What procedures should be followed if fat/oil reaches “flashpoint”.

Food hygiene

4. Why it is important to keep preparation areas and equipment hygienic when preparing meat, poultry and offal for cooking.
5. What the main contamination threats are when preparing and storing meat, poultry and offal.
6. Why time and temperature are important when preparing meat, poultry and offal.
7. Why prepared meat, poultry and offal should be stored at the required safe temperature before cooking.
8. Why it is important to keep preparation areas and equipment hygienic when cooking meat, poultry and offal.
9. What the main contamination threats are when cooking and storing meat, poultry and offal dishes.
10. Why time and temperature are important when cooking meat, poultry and offal dishes
11. Why cooked meat, poultry and offal dishes should be cooled rapidly or maintained at a safe hot temperature after cooking.

Product Knowledge

12. What quality points to look for in fresh meat, poultry and offal.
13. What basic preparation methods are suitable for different types of meat, poultry and offal.
14. What quality points to look for in cooked basic meat, poultry and offal dishes.
15. What basic cooking methods are suitable for different types of meat, poultry and offal dishes.

16. How to identify when meat, poultry and offal dishes are cooked to dish requirements.

Healthy Catering Practices

17. Which products could be used to substitute high fat ingredients when preparing meat, poultry and offal for cooking.

18. Why increasing the fibre content of meat, poultry and offal dishes can contribute to healthy catering practices.

19. Why reducing the amount of salt added to meat, poultry and offal dishes can contribute to healthy catering practices.

20. Which fats/oils can contribute to healthier catering practices.

21. What cooking methods and equipment can contribute to reducing the fat/oil in meat, poultry and offal dishes.

EVIDENCE GUIDE

(1) Critical Aspects of Evidence

You must provide evidence that shows you have met the performance criteria over a sufficient period of time for your assessor to consider that you are competent.

It is essential that competence be demonstrated in the following aspects:

- Performance evidence in the form of observation to cover **performance criteria 1.1, 1.2, 1.4 and 1.6** and a minimum of:
 - **4 from the range of A**
 - **2 from the range of B**
 - **1 from the range of C**
 - **2 from the range of D**
 - **All from the range of E**
 - **4 from the range of G**
 - **4 from the range of H**
 - **All from the range of I**

- Performance evidence in the form of observation to cover **performance criteria 2.1, 2.2, 2.3 and 2.6** and a minimum of:
 - **2 from the range of B**
 - **1 from the range of C**
 - **2 from the range of D**
 - **2 from the range of I**
 - **2 from the range of J**
 - **3 from the range of K**
 - **3 from the range of L**
 - **2 from the range of F**
 - **3 from the range of M**
- Supplementary evidence in the form of questioning and/or witness testimony to cover the rest of the performance criteria and all the range.
- Evidence to cover underpinning knowledge must be assessed using questioning which may be oral, written or using visual aids.
- Performance evidence should be demonstrated on at least two (2) occasions.

(2) Methods of Assessment

- Observation reports by your assessor of how you:
 - prepare basic meat, poultry and offal dishes
 - cook basic meat, poultry and offal dishes
- Answers to oral or written questions from your assessor.
- Witness statement from colleagues and/or line managers that provide evidence of how:
 - prepare basic meat, poultry and offal dishes
 - cook basic meat, poultry and offal dishes
- A personal statement describing how you:
 - prepare basic meat, poultry and offal dishes
 - cook basic meat, poultry and offal dishes

(3) Context of Assessment

Evidence for this unit may come from assessment on-the-job or in a realistic working environment.