



Hospitality and Catering

# Producing meat dishes

## Lesson 5

Understand the importance of preparing, cooking, storing and serving meat dishes safely with completion of this course.





# Frying

Using tender cuts we first seal the meat and then keep the meat in the frying pan to cook.

Meat can also be cut into thin pieces.





# Frying

Turn the meat when it is golden brown on each side.

Remove when the meat is firm to touch.

The firmness of steak is cooked to the customers preference.





# Cuts to fry

Beef – Sliced sirloin or fillet, rib steak

Lamb – Chops, cutlets, fillets

Pork – Fillets, loin, chops





# Equipment to fry

Frying pans of correct size for meat.  
Tongs and metal slices for turning and  
removing meat.







# Stir frying

This is a quick way of cooking and only the most tender cuts are used.

The meat will always be thinly sliced to cook quickly.





# Stir frying

Using a frying pan or wok with a little hot oil.





# Stir frying

Add the meat and stir regularly.

Meat should be golden brown and cooked until firm.

This only takes several minutes.







# Cuts to stir fry

Beef - Sliced sirloin or fillet

Lamb - Sliced loin or fillet

Pork - Sliced loin or fillet





# Equipment for stir frying

Large frying pan to allow for stirring .

Wok and wok holder.

Metal spoons and slices for stirring and  
removing from pan.





# **Revision Activity 5**

**What cuts of beef are commonly cooked using the frying method?**