



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?