



Hospitality and Catering

Producing meat dishes

Lesson 1

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





Learning Objectives

- List meat quality checks which should be performed
- Define the checks required on meat deliveries
- Classify the different cuts of meat
- Understand the best cooking methods for different cuts of meat
- Describe how to seal meat
- State what meats should be roasted and how to roast them correctly
- Identify what meat should be grilled and how you carryout the grilling method





Learning Objectives

- Recognise what meats are used for frying and stir frying and how to carry out frying and stir frying correctly
- Describe how to carry out stewing and braising and what meats are best cooked using these methods
- State what meats should be boiled and the correct method to boil them
- Name different equipment used in various methods of cooking meat
- Recognise how to take the temperature of meat correctly
- State methods of keeping meat healthy
- List common meat accompaniments





Typical types of meat used for cooking

- Beef
- Pork
- Lamb and mutton



Checking meat quality

We should check every deliver that comes to the kitchen.

Appearance, colour and fat content.

- Smell
- Texture
- Colour





Basic checks for all meat deliveries

- A temperature of 1 to 8°C (best between 2 to 5°C) for all fresh deliveries and delivery vans.
- Frozen meat deliveries should be at least -18°C or colder.
- Clean smell – if it smells off or bad then send it back
- Fat should be white and sometimes cream/yellow





Basic checks for all meat deliveries

- The flesh should not be slimy
- The flesh should be firm not too soft





Basic checks for all meat deliveries

- No excess blood
- No excess fluid





Check meat labels

- Check the used by date or best before date
- Type of meat
- Producer or farmer
- Additional additives - salt





What to do with problem deliveries.

- Speak to your supervisor
- Ring the supplier
- Explain the problem to the delivery driver
- Never accept goods if you are not happy with quality





Quality points for Beef

- Meat should be red or dark red. Not grey
- Fat may be present within the meat this is called marbling
- It should have firm flesh





Quality points for Lamb

- Red in colour not light and grey
- Not dripping with blood
- Some fat in the meat with marbling





Quality points for Pork

- Firm flesh
- Greyish pink in colour
- Small amount of fat with marbling





Revision Activity 1

**What basic checks
should be performed on
meat deliveries?**