



Hospitality and Catering

Producing meat dishes

Lesson 4

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





Cooking methods

- Roasting
- Grilling
- Frying
- Stir frying
- Stewing
- Braising
- Boiling





Roasting whole cuts of meat

- Heat oven to 175°C
- Seal meat
- Place on a rack, tray or vegetables





Roasting whole cuts of meat

- Place in the oven
- Remove when meat reaches and holds for 2 minutes a core temperature of 70°C
- Rest for 10 minutes before serving





Cuts to roast

Beef – Topside, silver side, sirloin

Lamb – Leg, loin

Pork – Leg of pork, shoulder





Equipment for roasting

- Roasting tray
- Trivet rack for placing meat on
- Fork for handling meat
- Hot oven





Grilling

Tender cuts of meat are grilled to cook fast and keep the meat tender.

Grease the meat lightly and season with salt and pepper.





Grilling

Turn over when each side is golden brown.

Remove the meat when it reaches 70°C.

Use a grill pan or metal tray for grilling.





Cuts to grill

Beef – Sliced sirloin or fillet, rib steak

Lamb – Chops, cutlets, fillets

Pork – Fillets, loin, chops, ribs





Equipment for grilling

- Metal trays or grill pans
- Tongs for turning meat
- Hot grills such as a Salamander grill





Revision Activity 4

What equipment is required for roasting meat?