



Hospitality and Catering

Producing meat dishes

Lesson 7

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





Oven cloths for safety

Always carry a cloth for safety.
Folded into an apron for easy
access.





Using your cloth

Use one cloth to hold a pan handle or side of the dish.

Another cloth to support the underneath of the tray/dish.





Temperature probing

It is essential to check cooked temperatures of meats.

Bacteria is killed above 70°C

It is recommend that all meat is cooked to this temperature.





Temperature probing

It is recognised that some customers like their whole cuts of beef and lamb under cooked e.g. Rare, Medium Rare.

The outside of the cut must be cooked and the inside can be rare as bacteria is more likely to be present on the outside of a whole cut of beef or lamb.

Do not serve Pork under 70°C





Temperature probing

Approximate temperatures for frying and roasting:

Whole cuts of Lamb and Beef

Rare: 49-52°C

Medium Rare: 55-58°C

Medium: 60-63°C

Medium Well: 66-69°C



Holding meat

After cooking meat must be kept at above 63°C before serving.

This prevents bacteria from growing.





Bratt Pans and Stockpots

In large hotels where large amounts of food are cooked at once you will find:

- Bratt pans are for frying and stir frying
- Stockpots can boil more than regular pans





Keeping healthy

Trim off excess fat off any meat.

Cook using the minimum amount of cooking oil.

Using vegetable cooking oil where you can.





Simple accompaniments for meats

Cooked meats on their own will benefit from using accompanying sauces to enhance the flavour of the meat.

Beef – Horseradish and mustards

Lamb – Mint sauce and Redcurrant jelly

Pork – Apple sauce





Revision Activity 7

**List any accompaniments
which are served with
lamb?**