



Hospitality and Catering

Producing poultry dishes

Lesson 1

Understand how to safely prepare, handle, cook, store and serve poultry dishes in a safe manner.





Learning Objectives

- Identify what quality checks are performed on poultry
- Understand the importance of checking deliveries of poultry
- State how to dispose of bad quality poultry
- List the different tools and equipment used to handle poultry
- Describe how to prevent cross contamination when handling poultry
- Recognise the importance of hand washing





Learning Objectives

- Explain how to cook poultry using grilling, roasting, poaching, frying, steaming and stewing
- Summarise how to correct a stew which is too thick or thin
- Understand the correct temperature control of poultry
- Describe how to garnish and add an accompaniment to poultry dishes
- Explain how to produce healthy poultry dishes





What is poultry ?

Domesticated fowl (birds) raised for their meat and eggs.

- Chicken
- Turkey
- Duck





Quality points of poultry meat

There are many things to look out for when quality checking the poultry.

Poultry is mass produced through farming and meat production.





No bruising

Poultry meat is tender and can be bruised through cramped farming conditions and mechanised meat production methods.





No cuts on the skin

Meat portions should be smooth and free from cuts.

Cuts happen in cramped farming conditions and machines that prepare the poultry meat.





Colour

The colour of the flesh should be all one colour.

Chickens and turkey – light pink

Duck – dark red





No slime or smell

Fresh meat is has no strong smells and its skin is slightly moist.

As the meat gets older it develops a slime and begins to smell.





Firm flesh

Fresh meat is firm to touch.

As the meat gets older it will lose its firmness, become softer and bruise more easily.





Pliable breast-bone

In whole poultry the breast-bone is an indicator of wellbeing and good farming methods.

The bone must be pliable, this is a sign of a young healthy bird.





No smell

Our noses can detect meat when it is bad.

Poultry meat has a very strong and distinct smell when it is old and poor quality.

Make no attempt to wash the smell away, the meat should be disposed of.





Damaged packaging

Check all packaging is clean and undamaged. It must be free from cross contamination.

If the packaging is damaged it may be a sign that the meat may be bruised or contaminated.





Correct labelling

Always check the labelling.

This will show the expiry date of the meat but also show that the meat is coming from a supplier that is following food safety laws.





Poultry can carry salmonella

Most poultry will have bacteria in its meat. It is essential that it is stored correctly at all times.

Check the temperature of all delivered meat.





Problems with not checking deliveries

Poultry meat can be dangerous if not stored and cooked correctly.

It can cause food poisoning.

Checks must be made on storage conditions, cooking conditions and temperatures.





Poor quality meat

Meat might come from old birds that have been raised for eggs and not meat.

Meat is easily damaged when the birds are bred in cramped conditions.





Use by dates

It is very easy for a supplier to send meat which is legally fresh but only has one day left on its use by date.

If you don't check you will miss these simple things.





Specification

It is easy to get orders wrong in both giving and receiving orders with suppliers.

Not checking an order may result in getting the wrong specification of meat.

e.g. A supreme is different to a breast because it has one bone left attached to the breast.





Insufficient quantity

Most meats come prepared in packs and vacuum packed. It is easy for suppliers to pack less than ordered. Always open and count the items.





In-correct storage

Poultry must be used within a few days of being killed for its meat.

Bacteria is present in the meat and will spread if the temperatures are not kept below 5°C at every stage of its journey to being cooked.





Problems with deliveries

Never be afraid to send back suspect deliveries.

Phone the supplier and inform your supervisor.





Disposing of poultry

Always dispose of any raw and cooked meat into a food waste bin. Ensure that the bins are tied and stored in an outside bin area which is secure from pests.





Revision Activity 1

List two quality checks performed on poultry?