



Hospitality and Catering

# Producing poultry dishes

## Lesson 4

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





# Basic cookery methods

Understanding the basic cooking methods will help you to keep yourself and customers safe as well as produce a high standard product.





# Grilling

Used for mid size portions:

- Legs, thighs, drumsticks

The meat is usually marinated or lightly coated in oil and placed onto a hot grill.





# Grilling

Turning regularly to prevent burning and to cook thoroughly.

Cook until the skin is crisp or has a deep grill mark on the flesh.





# Griddling

Lightly grease the griddle and place the meat gently on it. Only use thin slices of meat or portions which have been 'butterflied'.

Butterflied is when the meat has been sliced open to form a large thin piece of meat.

Cook until golden brown on both sides.





# Roasting

Only use whole poultry or large turkey breasts.

Usually brushed with oil and seasoning then placed in a hot oven until cooked through with a golden brown colour.





# Roasting

Roasting will take a long time to cook the poultry

We can cover it with foil or bacon to protect the skin and flesh for larger whole birds.





# Poaching

Only use tender and small pieces of meat. The meat is covered with a liquid of stock or wine and gently simmered.

Usually only used in high class establishment for cooking individual portions.







# Deep frying

Small cuts and pieces of meat coated in bread-crumbs or batter are plunged into hot fat until golden brown and crisp.

Drained and served.

Using larger pieces will be difficult to cook the inside and likely to be raw.





# Shallow frying and sauteing

Only use tender cuts of meat without bones. Meat is place into a hot pan with minimal oil. Cook golden brown on all sides.

Sautéing means to jump, we can toss small pieces in the pan while they cook.





# Stir frying

Use small slices of tender pieces of meat without bone.

This is a quick method of cookery in a curved hot pan with hot oil and stirred continuously to cook fast without burning.

Usually with added ingredients.





# Steaming

Steaming can be done on a large scale to cook meat so that it is tender.

Steamers are large commercial ovens with steamer functions.





# Steaming

Also used for individual tender pieces for a healthier way to cook.  
Cooked above boiling water in a container that holds the steam.





# Stewing

This is used for mid size pieces and portion of meat which are cooked slowly in a pan on top of the oven, covered in liquid and vegetables.

This is a long method of cookery but helps to tenderise the meat.

Curries are a type of stew.





# Correcting stews

Stews can evaporate liquid and become thick. Cover with a lid or add stock when need.

Regular tasting helps to regulate strong flavoured spices and herbs.





# Correcting stews

Stews can also be too runny. We can remove the liquid and reduce separately to thicken. We can also add a corn flour and water mix to thicken.







# Combination cooking

Used in busy modern kitchens to speed the process of cooking without damaging the product, we combine different method of cooking.





# Combination cooking

Steaming whole poultry and then hot roasting.

Steaming portions and then Grilling.

Steaming whole poultry to shred its meat for stir frying.





# Over cooking poultry

Any type of poultry that is over cooked will lose all its moisture and be very dry and chewy.





# Preserving the moisture in poultry

Cover roasting poultry with foil or bacon strips to hold in moisture.

Breadcrumb or batter on small cuts for deep frying.

Use thin strips of prepared meat for frying and stir frying with speed.





# Temperature checking

Prevent under cooking and food poisoning.

Prevent over cooking and drying out.

Once the internal temperature is over 75°C it is cooked.





# Revision Activity 4

**List two methods of cooking poultry?**