



Hospitality and Catering

# Producing poultry dishes

## Lesson 6

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





# Making poultry dishes healthier

Poultry is a very lean and healthy meat, even healthier if we remove the skin and do not eat the skin.

We can alter the products we use in different dishes to support the healthiness of poultry.





# Reduce salt content of sauces

Most pre-prepared sauces have high levels of salt and sugar.

Use healthier brands or cook your sauces fresh.





# Remove fat altogether

Steam or poach your poultry.





# Use sprays and olive oils

Olive oils have healthier fats and can be bought in spray form to reduce the amount being used.





# Low fat dairy product

Poultry recipes do use a lot of dairy because they compliment the dryness of the meat.

Replacing with low fat alternatives is beneficial for a person's health.





# Rice and pasta dishes

Replace white pasta and rice with wholegrain and brown options.





# Rice and pasta dishes

Wholegrains are healthier because they take longer to digest which regulates the sugar and insulin levels in the body.







# Revision Activity 6

**How can you make a healthy poultry dish?**