

## PREPARE CUTS OF MEATS

**UNIT CODE:** HOS/OS/FP/CR/04/4

### UNIT DESCRIPTION

This unit specifies the competencies required to prepare various cuts of meats. It requires the ability to clean and sanitize the working area, assemble the working tools and equipment, prepare butchers meats, fish, sea foods poultry, cold cuts and offal

### ELEMENTS AND PERFORMANCE CRITERIA

<b>ELEMENT</b> These describe the key outcomes which make up workplace function.	<b>PERFORMANCE CRITERIA</b> These are assessable statements which specify the required level of performance for each of the elements. <i><b>Bold and italicized terms are elaborated in the Range</b></i>
1. Clean and sanitize the working area	1.1 Cleaning equipment/materials are identified the as per the HACCP and SOPs. 1.2 Working area surfaces are cleaned and sanitized.
2. Assemble the working equipment	2.1 <b>Working equipment</b> are identified the as per the recipe. 2.2 Working equipment are assembled as per the SOPs.
3. Prepare cuts of meats (beef, goat, pork and lamb)	3.1 Identify meats based on menu and recipe. 3.2 FIFO procedures are followed. 3.3 The ingredients of the day are requested and received. 3.4 Thawing (where applicable) is done adhering to HACCP and SOPs. 3.5 Freshness and quality is checked as per the SOPs. 3.6 The quality of the meat is checked using <b>quality standards</b> . 3.7 Meats are prepared as per the <b>menu specifications</b> (observe HACCP guidelines). 3.8 Meats are stored under recommended temperatures.
4. Prepare fish	4.1 FIFO procedures are followed. 4.2 Fish are prepared using specified knives and colour coded chopping boards 4.3 Thawing (where applicable) is done adhering to HACCP and SOPs. 4.4 Freshness and quality is checked as per the SOPs. 4.5 Scaling/shelling of fish (where applicable) is done as

	<p>per the quality and safety standards.</p> <p>4.6 The fish is deboned (filleting) as per the recipe.</p> <p>4.7 Fish is portioned and stored at the recommended temperatures.</p> <p>4.8 Fish is segregated from other foods to avoid cross contamination.</p>
5. Prepare poultry	<p>5.1 FIFO procedures are followed as per the SOPs.</p> <p>5.2 Poultry is prepared using specified knives and colour coded chopping boards.</p> <p>5.3 Thawing (where applicable) is done adhering to HACCP and SOPs.</p> <p>5.4 Freshness and quality is checked as per the SOPs.</p> <p>5.5 Poultry is prepared as per the recipe.</p>
6. Prepare Offal's	<p>6.1 Types of offal's to be prepared is identified as per the recipe</p> <p>6.2 Skinning (e.g. liver) and trimming (e.g. kidney) as per recipe</p> <p>6.3 Offal cleaned following HACCP procedures</p> <p>6.4 Offal is cut as per the recipe</p> <p>6.5 Offal is marinated as per the recipe</p> <p>6.6 Offal is seasoned as per the recipe</p> <p>6.7 Offal is storage as per SOPs</p> <p>6.8 Offal is presented as observing hygiene standards</p>

## RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

Variable	Range
1. <i>Working equipment</i> include but not limited to:	<ul style="list-style-type: none"><li>• Knives</li><li>• Chopping boards</li><li>• Meat bats</li><li>• Cleavers</li><li>• Thermometers</li><li>• Files (Sharpener)</li><li>• Clip boards</li><li>• Bone saw</li><li>• Sanitizing buckets</li><li>• Cleaning brushes</li><li>• Mincer</li><li>• Skewers</li><li>• Gloves</li><li>• Slicers</li></ul>
2. <i>Quality standards</i> include but not limited to:	<ul style="list-style-type: none"><li>• Colour</li><li>• Smell</li><li>• Texture</li><li>• Freshnes</li></ul>
3. <i>Specifications</i> include but not limited to:	<ul style="list-style-type: none"><li>• Drum sticks</li><li>• Chicken breasts</li><li>• Chicken wing</li><li>• Whole roast chicken</li><li>• Steak</li><li>• Minced</li><li>• Ribs</li><li>• Offal's</li></ul>

## **REQUIRED SKILLS AND KNOWLEDGE**

This section describes the skills and knowledge required for this unit of competency.

### **Required Skills**

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement
- Knife skills
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade, julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use tools and equipment
- Methods of preparing meats cuts
- Tenderizing
- Garnishing
- Marinating
- Deboning
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

### **Required Knowledge**

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Product knowledge
- Food safety and hygiene e.g. contamination
- Marinating
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)

- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

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## EVIDENCE GUIDE

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

<p>1. Critical aspects of Competency</p>	<p>Assessment requires evidence that the candidate:</p> <ul style="list-style-type: none"> <li>1.1 Identified tools and equipment for preparing cuts of meats</li> <li>1.2 Identified ingredients for preparing cuts of meats.</li> <li>1.3 Sanitised the working area and surfaces as they worked</li> <li>1.4 Checked the quality of the meats by using quality standards ie. colour, smell, texture and freshness.</li> <li>1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces</li> <li>1.6 Cut all types of meats as per the specifications</li> <li>1.7 Stored the meat cuts appropriately</li> <li>1.8 Portioned meats as per the specifications</li> <li>1.9 Managed waste effectively</li> <li>1.10 Communicated effectively.</li> <li>1.11 Demonstrated a positive attitude.</li> <li>1.12 Managed time effectively.</li> </ul>
<p>2. Resource Implications</p>	<p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> <li>2.1 Fully equipped kitchen</li> <li>2.2 A working environment meeting the OSHA standards</li> <li>2.3 A variety of ingredients</li> </ul>
<p>3. Method of Assessment</p>	<p>Competency may be assessed through:</p> <ul style="list-style-type: none"> <li>3.1 Direct observation using a checklist</li> <li>3.2 Written or oral questions</li> <li>3.3 Review of portfolios of evidence and third party workplace reports of on-the-job performance by the candidate.</li> </ul>
<p>4. Context for Assessment</p>	<p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>
<p>5. Guidance information for assessment</p>	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>