

Unit 19: Preparation, Cooking and Finishing of Poultry Dishes

Unit code:	J/600/0644
QCF Level 2:	BTEC Specialist
Credit value:	3

Unit aim

This unit is about providing knowledge for preparing fresh, semi-prepared poultry for basic dishes using different preparation methods. This unit is for staff who have basic preparation skills and are capable of working under limited supervision only.

Unit introduction

In this unit learners will develop their knowledge and understanding of the basic principles of preparing and cooking poultry as well as of the tools, utensils and equipment used. This can be used to underpin the practical cookery aspects of their learning and help learners to work more independently and with greater confidence.

Learners will also explore the safe working practices and personal hygiene procedures that should be applied to working in a food production situation. Although this is not a food hygiene unit, learners must understand the implications of the Food Hygiene Regulations and how to work within these regulations.

Learners will look at how to recognise the characteristics of the most common types of poultry available to the hospitality and catering industry and how to determine the essential quality points that need to be applied to purchasing, handling and storing poultry for use in a professional kitchen. Learners will learn how to communicate effectively with poultry suppliers and about the procedures for returning poultry that fails to match the business' quality requirements. Learners will be introduced to the common cuts of poultry and learn how to select the most appropriate cooking methods for each type/cut of poultry. They will also learn about the correct cooking temperatures needed to ensure food safety standards are maintained and customer requirements met.

As well as understanding how poultry should be cooked, learners will understand how to hold cooked and raw poultry for consumption safely, in accordance with legislation, to minimise the risk of food poisoning. There are specific legal requirements which learners need to understand and apply to their work. Learners will explore the temperature probing of foods and dishes including the procedures needed to monitor foods in practical food operations.

Finishing and presenting food and dishes is an important skill and learners should understand how to finish dishes to enhance presentation and maintain food safety standards.

Learning outcomes and assessment criteria

In order to pass this unit, the evidence that the learner presents for assessment needs to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria determine the standard required to achieve the unit.

On completion of this unit a learner should:

Learning outcomes	Assessment criteria
1 Know how to prepare poultry for basic dishes	1.1 Describe preparation methods for poultry 1.2 State the reasons for using different methods of poultry preparation 1.3 Describe the characteristics of different types of poultry 1.4 State what should be done if there are problems with the quality of poultry 1.5 Identify how to store prepared poultry which is ready for cooking
2 Know how to cook poultry for basic dishes	2.1 Identify the correct tools and equipment for different poultry cooking methods 2.2 Describe correct cooking methods for different types of poultry 2.3 State the correct temperatures for cooking poultry 2.4 State healthy eating considerations when cooking poultry
3 Know how to finish poultry for basic dishes	3.1 Describe the correct finishing methods for poultry dishes 3.2 State the importance of correctly finishing dishes for service 3.3 State the how to check poultry dishes have met finishing requirements 3.4 State the correct temperature for holding and serving poultry dishes

Unit content

1 Know how to prepare poultry for basic dishes

Preparation: washing; weighing and portioning; methods of preparation (trussing, boning, skinning, cutting, removing sinew); seasoning

Different methods: trussing (tied), skinning (removing outer layers of skin); boning (removing bones); cutting (drumstick, thigh, wing, breast, escalope, winglet, carcass)

Types of poultry: turkey; chicken (baby chicken, roasting chicken); boiling fowl; capon; duck; goose; guinea fowl

Quality of poultry: checking for quality (fresh smell, fresh-looking colour, undamaged packaging); problems with quality (not using, separating from stock that is fit for use, returning to supplier)

Storing poultry for cooking: storing; washing hands (before and after handling raw meat); separating raw foods and ready to eat foods; covering poultry ready for cooking to prevent contamination; storing in fridge; using safety and hygiene procedures to help minimise risk of cross contamination and food poisoning' appropriate temperatures

2 Know how to cook poultry for basic dishes

Tools and equipment: tools and equipment (roisserie, grills, shallow fryers, ovens, pans, knives, colour coded chopping boards, mincers, protective gloves); poultry cooking methods (grilling, barbequing, shallow frying, roasting, stir frying, boiling, stewing, pot roasting)

Cooking methods for different types of poultry: grilling; barbequing; shallow frying (chicken breasts, turkey escalope); sauté (chicken joints on the bone); deep frying (chicken leg); roasting (whole baby chickens, whole chickens, capon, duck, guinea fowl, turkey); stir frying (cut breasts of chicken, cut breasts of turkey); boiling (chicken); stewing (chicken, capons); pot roasting (whole chicken, whole duck, whole goose)

Correct temperature for cooking poultry: chicken and duck (74°C, until juices run clear); turkey (74°C, until juices run clear, leg moves easily); ensuring food safety

Healthy eating considerations: methods (grilling, boiling, baking, steaming, poaching); cooking fats (low fat oil, olive oil, spray oils); substituting ingredients (skimmed milk, low fat cheese, yoghurt, sugar substitutes, olive oil/polyunsaturated fats, low salt); alternative cooking methods (grilling, poaching, steaming, microwave); controlled portion sizes; no added colourings, flavourings or preservatives; key features (less fat content, fewer calories, lower cholesterol)

3 Know how to finish poultry for basic dishes

Finishing dishes: portioning; garnishing (sprig of rosemary); sauces (bread, mornay, tomato, honey mustard, white); accompaniments (lemon, cranberry)

Importance of finishing dishes: customer satisfaction; business standards

Requirements: colour; flavour (freshness, cooking method, sauces, accompaniments); seasoning; consistency; texture

Holding and serving poultry dishes: above 63°C; ensuring food safety

Essential guidance for tutors

Delivery

This unit should focus on giving learners a suitable theoretical background to the practical preparation and cooking of poultry.

Much of the unit content, although theoretical, can be delivered in a practical kitchen environment where theory can be related easily to actual practice.

Learner's self-directed study in libraries, learning resource centres and, where appropriate, the workplace, can support learning. Learners should be actively encouraged to undertake self-directed research.

A well-planned visit to a large, commercial wholesale poultry supplier would contribute to enhancing learner understanding of the range of poultry available to the professional kitchen as well as identifying how poultry can be purchased and the arrangements that need to be made to ensure safe and hygienic deliveries to a kitchen.

For learning outcome 1, learners need to know the types and variety of poultry used in the kitchen as well as the preparation methods. Learners will also recognise the main points that chefs use to determine quality and acceptability of poultry products for use in hospitality businesses. Learners will understand the quality differences between fresh, chilled, and frozen poultry as well as the advantages of each. Learners will describe safe preparation methods for different types of poultry, whether, fresh, chilled or frozen. Learners need to be able to state the various cuts applied to poultry products during dish preparation.

Learners need to understand safe working practices in place to reduce the risk of injury to themselves and others including correct food hygiene. Learners need to know the safe working practices associated with handling fresh, chilled and frozen poultry as well as for storing poultry at all stages of the preparation process safely. Learners must explain the action they would take if problems with the quality of raw or cooked meat arise to safeguard potential consumers and maintain business standards. Links should be made to the Food Hygiene Regulations.

For learning outcome 2, learners need to understand the main methods of cooking poultry and be able to match a range of poultry and poultry cuts to each method of cookery, as well as identify the correct tools and equipment used to cook poultry safely. Learners will know the main characteristics of each method of cooking and the effect on the raw product, for example changes to texture and taste, shrinkage. Learners need to know how to cook poultry and poultry dishes correctly so they are safe to eat and contribute to a balanced diet.

There are opportunities within the unit to discuss healthy eating considerations, when discussing a balanced diet, and the contribution poultry makes. Learners also need to understand how to preserve the nutritional value of poultry during the cooking process.

For learning outcome 3, it is important that learners understand the significance of visually appealing dishes. Learners need to understand the principles of finishing dishes to meet customer expectations and business standards, including food safety aspects (safe handling and storage of food products, correct temperatures for cooking, serving and holding poultry dishes), portion size, taste/texture (including seasoning) and the appearance/presentation of dishes. An introduction to poultry carving and portioning may enhance learner understanding of presentation techniques and portion control. Learners will also recognise the range of accompaniments that are traditionally served with poultry dishes, for example cranberry sauce and chestnut stuffing with roast turkey, apple sauce with roast duck, parsley and thyme stuffing with roast chicken.

Learners should also appreciate that customers often 'eat with their eyes' and that food presentation can be substantially enhanced by the choice of dish and container in which it is served. Tutors should try to ensure learners have access to a range of suitable crockery and other service ware to show what can be achieved in terms of dish presentation. Catering and crockery suppliers can be a good source of samples and their catalogues make excellent learning aids.

The food safety aspects cannot be overstated and learners should be able to give the correct temperatures for holding and serving dishes as well as demonstrate excellent food hygiene skills in all other aspects of food handling. Links should be made with Food Hygiene Regulations.

Assessment

Tutors should ensure that learners cover all the unit content.

Essential resources

Learners need access to commercial kitchens and support areas to complete this unit. Appropriate large and small commercial equipment should also be provided that is up to date and in good working order.

Centre libraries should have a selection of contemporary texts, catering and cookery books available for learners to use. The books should cover a wide range of food styles and recipes.

Indicative resource materials

Textbooks

Campbell J, Foskett D and Ceserani V – *Practical Cookery, 11th Edition* (Hodder Education, 2008) ISBN 9780340948378

Davidson A – *The Oxford Companion to Food, 2nd Edition* (Oxford University Press, 2006) ISBN 9780192806819

Foskett D and Ceserani V – *The Theory of Catering, 11th Edition* (Hodder Education, 2007) ISBN 9780340939260

Foskett D, Ceserani V and Campbell J – *Foundation Practical Cookery* (Hodder Education, 2009) ISBN 9780340983997

Mead T, Holmes S, Wilson P, Batten S, Richer W, Dale G, Ingle S, Neild C, Neild M and Ovenden F – *BTEC Level 2 First in Hospitality Student Book* (Pearson Education, 2011) ISBN 9780435026592

Other

Food hygiene: A guide for businesses (The Food Standards Agency, 2006)

Journals

Caterer and Hotelkeeper – Reed Business Information

Waitrose Kitchen – available in Waitrose supermarkets

Websites

www.bha.org.uk

www.cookeryclub.co.uk

www.food.gov.uk

www.nhs.uk/Livewell/Goodfood