

	Unit ID: 533
Domain	COMMERCIAL COOKERY AND CATERING
Title:	Apply advanced food preparation techniques to cook specialised meat, poultry and game dishes
Level: 4	Credits: 8

Purpose

This unit standard specifies the competency required to apply advanced food preparation techniques to cook specialised meat, poultry and game dishes. People credited with this unit standard are able to prepare and cook: specialized meat dishes; specialized game dishes; and specialized poultry dishes and game birds.

Special Notes

1. Entry information

Prerequisites:

- Unit 42 *Follow workplace health, safety and hygiene procedures in a hospitality establishment* or demonstrated equivalent knowledge and skills
- Unit 292 *Practice food safety methods in a hospitality establishment* or demonstrated equivalent knowledge and skills.

2. Assessment evidence may be collected from a real workplace or simulated workplace in which there is a high degree of realism that replicates a commercial workplace setting. Where a simulated workplace is used, candidates must:

- be placed under realistic time pressures
- use commercial equipment for both training and assessment
- encounter realistic customer/staff ratios.

While the end user in the assessment activity need not be a guest, there must be documented evidence of multiple occasions where the candidate has produced product or similar for guests who have the expectations of a paying guest.

3. The conduct of training and assessment activities related to this unit standard is recommended to take place in conjunction with other relevant, technical unit standards in this Domain.
4. All establishment orders and production cost control systems must be used in accordance with systems requirements and establishment procedures.

5. All inspection, operation and maintenance procedures associated with the use of tools and equipment shall comply with establishment procedures and manufacturer's instructions.
6. Glossary
 - *Mise en place* means the setting out of ingredients and utensils required for the preparation of food items.
 - The term *establishment requirements* or procedures refers to any policy, procedure, recipe, or agreed requirement, either written or oral, that is made known to the worker in the kitchen for use in their work.
 - *Safe working practices* include day to day observation of safety policies and procedures, legislative requirements and professional requirements.
 - *Specifications* refers to any, or all of the following: manufacturer's specifications and recommendations, establishment specific requirements.
7. Regulations and legislation relevant to this unit standard include the following:
 - Labour Act No 11 2007 as amended
 - Tobacco Products Control Act No 1 of 2010
 - Public Health Amendment Act 45 of 1976
 - Regulations relating to the Health and Safety of employees at work, 1997 and all subsequent amendments to any of the above.

Quality Assurance Requirements

This unit standard and others within this subfield may be awarded by institutions which meet the accreditation requirements set by the Namibia Qualifications Authority and the Namibia Training Authority and which comply with the national assessment and moderation requirements. Details of specific accreditation requirements and the national assessment arrangements are available from the Namibia Qualifications Authority and the Namibia Training Authority. All approved unit standards, qualifications and national assessment arrangements are available on the Namibia Training Authority website www.nta.com.na

Elements and Performance Criteria

Element 1: Prepare and cook specialised meat dishes

Range

Meat may be fresh, frozen, aged, or preserved. Primary, secondary and portioned cuts and offal are to be used.

Meat and meat dishes may include specialized cuts and dishes such as: Beef Wellington; Chateaubriand; suckling pig; lamb rack or crown; whole roasted leg of lamb; rolled prime rib; 'fancy meats'.

Knives and equipment may include but are not limited to butcher and boning knives; saws; meat cleaver; meat bat; meat hooks; larding needles; knife sharpening equipment; mincers; bowl; choppers; slicing machine; food processors; meat thermometer; weighing scales.

Preparation techniques may include but are not limited to boning, chopping, skinning, jointing, cutting, trimming, mincing; weighing, portioning; larding, tenderising, rolling, seasoning, marinating, portioning, trussing; stuffing, tying and skewering.

Cooking methods include but are not limited to roasting, grilling, frying, braising and stewing. For assessment purposes, two slow moist methods and two dry cooking methods are required.

Cooking processes may include but are not limited to time and degree of cooking, temperature, change in condition, identification and correction of cooking faults.

Performance Criteria

- 1.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 1.2 Appropriate recipes for meat dishes are identified or created in line with guest and establishment requirements.
- 1.3 Mise en place is prepared and ingredients assembled for preparation of the meat dish.
- 1.4 Primary, secondary and portioned cuts of pork, lamb, beef and veal are selected as required for menu items in line with establishment procedures.
- 1.5 Offal and fancy meats are selected as required for menu items in line with establishment procedures.
- 1.6 Leftovers are applied and used to minimise waste and maintain and optimise quality in line with establishment procedures.
- 1.7 Low cost cuts and meat products are selected when and where appropriate in line with establishment procedures.
- 1.8 The best supplier for quality, price and service is selected according to establishment requirements.
- 1.9 Fresh meat is stored correctly and according to food safety and establishment requirements.
- 1.10 Fresh meat is aged correctly, where required, to maximise and maintain quality in line with establishment procedures.
- 1.11 Frozen meats are thawed correctly in line with establishment procedures.

- 1.12 Wastage is minimised through appropriate purchase and storage techniques in line with establishment procedures.
- 1.13 Suitable knives and equipment are selected and used for meat and dish preparation and cooking in line with establishment procedures.
- 1.14 Meat cuts and offal are prepared and portioned according to menu requirements in line with establishment procedures.
- 1.15 Suitable marinades are prepared and used where appropriate in line with recipe and establishment procedures.
- 1.16 Appropriate cooking methods are selected and used for meat cuts in line with establishment procedures.
- 1.17 Primary, secondary and portioned meat cuts are cooked and presented to recipe specifications in line with establishment procedures.
- 1.18 Offal dishes are cooked and presented according to recipes in line with establishment procedures.
- 1.19 Meat cuts are portioned and served according to menu requirements in line with establishment procedures.
- 1.20 Meats are carved using the appropriate tools and techniques taking into consideration meat structure, bone structure and minimal waste.

Element 2: Prepare and cook specialised game dishes

Range

Game includes venison (kudu, oryx, springbok, eland); crocodile.

Game dishes may be classical or contemporary, from a variety of ethnic and cultural origins and include a variety of culinary methods.

Cookery methods for game may include but are not limited to roasting and pot-roasting; sautéing and braising; deep-frying; poaching and stewing; grilling.

For assessment, two slow moist methods and two dry cooking methods must be used across the list of game.

Performance Criteria

- 2.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 2.2 Appropriate recipes for game dishes are identified or created in line with guest and establishment requirements.

- 2.3 Mise en place is prepared and ingredients assembled for preparation of the game dishes.
- 2.4 Game is selected and purchased according to quantity, quality and establishment requirements.
- 2.5 The best supplier for quality, price and service is selected according to establishment requirements.
- 2.6 Game is handled efficiently and hygienically to minimise risk of food spoilage or cross-contamination in line with establishment procedures.
- 2.7 Frozen game is thawed correctly and safely in line with establishment procedures.
- 2.8 Fresh meat is aged correctly, where required, to maximise and maintain quality in line with establishment procedures.
- 2.9 Game is stored ensuring storage conditions and optimal temperature for game is maintained in line with establishment procedures.
- 2.10 Suitable knives and equipment are selected and used for game and dish preparation and cooking in line with establishment procedures.
- 2.11 Game and game dishes are cooked according to recipe and establishment procedures.
- 2.12 Game is portioned, using appropriate techniques including carving, slicing or leaving whole according to recipes and establishment procedures.
- 2.13 Meats are carved using the appropriate tools and techniques taking into consideration meat structure, bone structure and minimal waste.
- 2.14 Suitable marinades are prepared and used where appropriate in line with recipe and establishment procedures.
- 2.15 Game and game dishes are presented using appropriate sauces, garnishes and accompaniments in line with establishment requirements.
- 2.16 Game cuts are portioned and served according to menu requirements in line with establishment procedures.
- 2.17 Leftovers are applied and used to minimise waste and maintain and optimise quality in line with establishment procedures.

Element 3: Prepare and cook specialised poultry dishes and game birds

Range

Poultry and game birds include chicken, turkey, duck, goose; pheasant, pigeon, guinea fowl, ostrich, quail.

Poultry and game bird dishes may be classical or contemporary, from a variety of ethnic and cultural origins and include a variety of culinary methods including but not limited to whole stuffed chicken, whole roasted duck, turkey and goose.

Cookery methods for poultry and game birds must include but are not limited to roasting and pot-roasting; sautéing and braising; deep-frying; poaching and stewing; grilling.

Poultry and game bird preparation techniques may include de-boning; stuffing; filleting; rolling and trussing; larding; marinating.

For assessment, a dish for one domestic and one game bird is required using different preparation and cooking methods.

Performance Criteria

- 3.1 Work area, utensils and ingredients are cleaned and prepared for use in line with establishment procedures.
- 3.2 Appropriate recipes for poultry or game bird dishes are identified or created in line with guest and establishment requirements.
- 3.3 Mise en place is prepared and ingredients assembled for preparation of the poultry or game bird dish.
- 3.4 Poultry or game bird is selected and purchased according to quantity, quality and establishment requirements.
- 3.5 The best supplier for quality, price and service is selected according to establishment requirements.
- 3.6 Poultry or game bird is handled efficiently and hygienically to minimise risk of food spoilage or cross-contamination in line with establishment procedures.
- 3.7 Frozen poultry is thawed correctly and safely in line with establishment procedures.
- 3.8 Poultry or game bird is stored ensuring storage conditions and optimal temperature for poultry or bird is maintained in line with establishment procedures.
- 3.9 Suitable knives and equipment are selected and used for meat and dish preparation and cooking in line with establishment procedures.
- 3.10 Suitable marinades are prepared and used where appropriate in line with recipe and establishment procedures.
- 3.11 Poultry and game bird dishes are cooked according to recipe requirements and establishment procedures.
- 3.12 Poultry or game bird is portioned where necessary using appropriate techniques including carving, slicing or leaving whole according to recipes and establishment procedures.

- 3.13 Meats are carved using the appropriate tools and techniques taking into consideration meat structure, bone structure and minimal waste.
- 3.14 Poultry or game bird and dishes are presented using appropriate sauces, garnishes and accompaniments in line with establishment requirements.
- 3.15 Leftovers are applied and used to minimise waste and maintain and optimise quality in line with establishment procedures.

Registration Data

Subfield:	Hospitality and Tourism
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