

Contents

About this trainer/assessor guide	4
Learning resource.....	5
Topic 1: Select ingredients	5
Confirm food production requirements from standard recipes	5
Calculate ingredient amounts according to requirements.....	8
Identify and select meat products and other ingredients from stores according to recipe, quality, freshness and stock rotation requirements.....	10
Check your understanding	15
Topic 2: Select, prepare and use equipment	17
Select type and size of knives and other equipment suitable to requirements	17
Safely assemble and ensure cleanliness of equipment before use	26
Use knives and other equipment safely and hygienically according to manufacturer instructions	28
Check your understanding	39
Topic 3: Portion and prepare ingredients	41
Thaw frozen meats according to food safety guidelines where required	41
Sort and assemble ingredients according to food production sequencing	44
Weigh and measure ingredients and create portions according to recipe	54
Use meat preparation techniques according to recipe requirements.....	66
Minimise waste to maximise profitability of food items prepared	71
Check your understanding	75
Topic 4: Cook meat dishes	77
Follow standard recipes to select and use meat cookery methods	77
Prepare marinades and meat accompaniments as required	93
Make food quality adjustments within scope of responsibility	96
Check your understanding	99
Topic 5: Present meat dishes.....	101
Carve meats using appropriate tools and techniques, taking account of meat and bone structure and waste minimisation	101
Portion and serve meats according to recipe requirements	105
Add sauces and garnishes according to standard recipes	108
Visually evaluate dishes and adjust presentation as required	110
Store dishes in appropriate environmental conditions	111
Clean work area, and dispose of or store surplus and re-usable by-products according to organisational procedures, environmental considerations, and cost-reduction initiatives.....	116
Check your understanding	123
References.....	125
Assessment workbook	127
Unit information	129
What is competency-based assessment?.....	132
How will my competency be assessed?.....	133
Assessment agreement	134

Skills recognition	135
Topic 1: Select ingredients	136
Topic 2: Select, prepare and use equipment.....	137
Topic 3: Portion and prepare ingredients	138
Topic 4: Cook meat dishes	139
Topic 5: Present meat dishes.....	140
Knowledge questions	141
Topic 1: Select ingredients	143
Topic 2: Select, prepare and use equipment.....	151
Topic 3: Portion and prepare ingredients	160
Topic 4: Cook meat dishes	178
Topic 5: Present meat dishes.....	192
Project	207
Completion record	211
Unit mapping	212
Trainer/assessor instructions and requirements	220
Practical assessment	Separate document