

MODULE FOD3080: ADVANCED MEAT COOKERY

Level: Advanced

Theme: Preparation and Presentation

Prerequisite: FOD1010 Food Basics

Module Description: Students develop further awareness of the different types of meats available, and of meat cookery, through the preparation of a variety of meat dishes.

Module Parameters: Personal or commercial food preparation facility.

Curriculum and Assessment Standards

Module Learner Expectations	Assessment Criteria and Conditions	Suggested Emphasis
<p><i>The student will:</i></p> <ul style="list-style-type: none"> • identify the composition and structure of domestic meat products, and select appropriate cooking methods for them • identify and describe moist and dry heat cookery methods 	<p><i>Assessment of student achievement should be based on:</i></p> <ul style="list-style-type: none"> • concept test in which the student demonstrates understanding of: <ul style="list-style-type: none"> – primal and retail cuts of beef, pork, veal and lamb – tenderness of cuts of beef, pork, veal and lamb – factors that influence tenderness of meats – variety meats including tenderness and appropriate cooking methods – dry and moist heat cooking methods including: roasting, broiling, pan-broiling, frying, griddling, sautéing, braising, pot-roasting, stewing, simmering, poaching and fricasseeing – appropriate cooking methods for specific cuts – criteria for quality cooked meats – techniques for enhancing the palatability of meats cooked by various moist and dry heat methods – methods for determining doneness of cooked meats. <p><i>Assessment Tool</i> Professional Cooking <i>Instructor's Manual</i></p> <p><i>Standard</i> Correctly answer a minimum of 50% of questions</p>	<p>20</p>

MODULE FOD3080: ADVANCED MEAT COOKERY (continued)

Concept	Specific Learner Expectations	Notes
Nature of Food	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • compare cuts of beef, lamb, veal and pork, considering tenderness of the cuts and the factors that influence tenderness of meats • describe tenderness of various variety meats and select appropriate cooking methods for them • describe roasting with preparation and evaluation of meats, emphasizing: <ul style="list-style-type: none"> – criteria for evaluating quality and determining suitability of meats for roasting – methods for enhancing flavour and palatability – oven and temperature choice – determining doneness, carry-over cooking and satisfying a variety of tastes • describe broiling and pan-broiling focusing on: <ul style="list-style-type: none"> – suitability of meats for broiling and/or pan-broiling – achieving and determining correct doneness in varied thicknesses of meats – seasoning • describe frying, griddling and sautéing considering: <ul style="list-style-type: none"> – suitability of meats for frying, griddling and sautéing – various methods of meat preparation – correct temperature and cooking procedures – various finishing techniques • describe suitability of meats for moist heat cooking methods and knowledge of techniques for enhancing palatability of meats cooked by: <ul style="list-style-type: none"> – braising and pot-roasting – stewing – simmering, fricasseeing and poaching. 	

MODULE FOD3080: ADVANCED MEAT COOKERY (continued)

Concept	Specific Learner Expectations	Notes
Preparation and Presentation	<p><i>The student should:</i></p> <ul style="list-style-type: none"> • prepare, present and evaluate roasted meats, including: <ul style="list-style-type: none"> – preparing pan gravy and/or jus – stewing – simmering, fricasseeing and poaching • prepare, present and evaluate broiled and/or pan-broiled meats, including: <ul style="list-style-type: none"> – achieving correct doneness – broiler-marking steaks • prepare, present and evaluate fried, griddled and/or sautéed meats, demonstrating various finishing techniques • prepare, present and evaluate meats using moist heat cooking methods including: <ul style="list-style-type: none"> – braising or pot-roasting – stewing – fricasseeing and/or poaching. 	
Safety, Sanitation and Equipment	<ul style="list-style-type: none"> • demonstrate safe hygienic work habits and the correct use of tools and equipment • identify and resolve safety concerns, both food and equipment, significant to Advanced Meat Cookery. 	Commercial: Broiler/grill, delicater (electric meat tenderizer), barbecue, fondue.
Multiculturalism	<ul style="list-style-type: none"> • describe, through recipe choices and cooking methods, meat dishes from culturally diverse origins. 	
Career Exploration/ Portfolio	<ul style="list-style-type: none"> • describe career options where skills developed in Advanced Meat Cookery are particularly important • describe various occupational and entrepreneurial roles related to this module. 	