

CULINARY ART

LEVEL – II

Based on March, 2022, Curriculum Version I



Module Title: Preparing meat, chicken and fish dish

Module Code: CST CUA2 MO5 0322

Nominal duration: 120 hours

Prepared By: Ministry of Labor and Skill

November, 2022

Addis Ababa, Ethiopia

| | | | |
|---------------|--|---|--|
| Page 1 of 107 | Author/Copyright Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|---------------|--|---|--|

Table Contents

| | |
|---|-----------|
| Acknowledgement | 5 |
| Introduction to the Module | 6 |
| Unit one: Selecting meat, fish and chicken..... | 7 |
| 1.1 Selecting tools and equipment..... | 8 |
| <i>1.2A varieties of meat, fish and chicken</i> | <i>11</i> |
| <i>1.2.1 A varieties of meat.....</i> | <i>11</i> |
| <i>1.2 .2 Varieties of Fish</i> | <i>15</i> |
| <i>1.2.3 chicken.....</i> | <i>20</i> |
| <i>1.3 Fancy Meat and Offal's.....</i> | <i>21</i> |
| 1.4 Cuts of chicken and fish..... | 24 |
| <i>1.4.1 Cuts of chicken.....</i> | <i>24</i> |
| Self-Check -1 | 28 |
| Unit Two: Preparing and portioning meat, fish and chicken | 29 |
| 2.1 Selecting appropriate cooking methods for meat items | 30 |
| 2.2 Portioning and serving meat dishes | 31 |
| 2.3 Preparing Suitable marinades | 33 |
| 2.4 Deboning meat items..... | 34 |
| Self check 2..... | 38 |

| | | |
|-----------------------|---|-----------|
| Unit THREE | Cooking and presenting meats for service | 39 |
| 3.1 | Cooking and presenting a variety of meat | 40 |
| Self check 3.1 | | 44 |
| 3.1 | Liver and Onions..... | 45 |
| Operation sheet 3.2 | | 50 |
| Lap Test 3 | | 59 |
| Unit Four: | Cooking and presenting chicken dishes | 60 |
| 4.1 | Identifying tools and equipment to cook chicken item. | 61 |
| 4.2 | Selecting and using a variety of appropriate cooking methods for chicken | 61 |
| 4.3 | Cut chicken dishes into joint, portioned and cooked | 62 |
| <i>Self check 4.1</i> | | 70 |
| Operation sheet 4. | | 71 |
| Lap test 4 | | 79 |
| Unit FIVE : | Cooking and presenting fish dishes | 80 |
| 5.1 | Selecting and using a variety of appropriate cooking methods for fish..... | 81 |
| 5.3 | Cooking and presenting a variety fish cuts item | 82 |
| 5.3 | <i>Portioning and serving fish dishes</i> | 87 |
| Operation sheet-5 | | 92 |
| Lap test 5 | | 98 |

| | | |
|------------|---|-----|
| Unit six | Storing meats, chicken and fish items..... | 99 |
| 6.1 | Storing Hot items in hot holding cabinets..... | 100 |
| 6.2 | Storing Cold items in cold holding cabinets. | 101 |
| Self-check | 6 1 | 105 |
| Reference | | 106 |

Acknowledgement

Ministry of Labor and Skills wish to extend thanks and appreciation to the many representatives of TVET instructors and respective industry experts who donated their time and expertise to the development of this Teaching, Training and Learning Materials (TTLM).

| | | | |
|---------------|---|---|----------------------------|
| Page 5 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Introduction to the Module

In culinary art filed; Prepare meat, chicken and fish dish helps to prepare various meat, chicken and fish dishes in a commercial kitchen or catering operation

This module is designed to meet the industry requirement under the Culinary Art occupational standard, particularly for the unit of competency: Prepare meat, chicken and fish dish.

This module covers the units:

- Selecting meat, fish and chicken
- Preparing and portioning meat, fish and chicken
- Cooking and presenting meats for service
- Cooking and presenting chicken dishes
- Cooking and presenting fish dishes
- Storing meats, chicken and fish item

Training Objective of the Module:

- Select meat, fish and chicken
- Prepare and portion meat, fish and chicken
- Cook and present meats for service
- Cook and present chicken dishes
- Cook and present fish dishes
- Store meats, chicken and fish item

Module Instruction:

For effective use this modules, trainees are expected to follow the following module instruction:

For effective use this modules, trainees are expected to follow the following module instruction:

1. Read the specific objectives of this Learning Guide.
2. Follow the instructions described below.
3. Read the information written in the information Sheets
4. Accomplish the Self-checks
5. Perform Operation Sheets
6. Do the “LAP test”

Unit one: Selecting meat, fish and chicken

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Selecting tools and equipment
- A variety of meat, fish and chicken
- Fancy meat and offal's
- Cuts of chicken and types of fish

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and equipment to select meat
- Understand a varieties of meat, fish and chicken
- Select fancy meat and offal's
- Select and prepare cuts of chicken and types of fish

1.1 Selecting tools and equipment

Proper cooking tools and supplies are of utmost significance as they increase the speed of the cooking process. Having adequate cooking equipment in your kitchen will save you time and help in ensuring faster cooking and processing of food. You will save time, money, and effort when you know the use of every tool.

When handling tools and equipment:

A well-equipped kitchen makes cooking simpler, efficient, and faster. However, knowing the best way of handling the tools and other supplies will make the cooking safer.

A **busy** kitchen can be a dangerous place with many uncertainties, including open flames, heat, and sharp edges. For a safer operation in the kitchen, here are the tips to help you avoid unnecessary accidents and other confusion while in the kitchen. While handling kitchen tools you must know

- Before plugging your cooking equipment and starting it, ensure that it is off. For instance, an electric kettle should be off before plugging it.
- Clean the cooking tools, utensils, and equipment after use and before use
- Hold pans by both hands when removing them from steamers and ovens to avoid burns
- Open steamer and oven doors slowly with care to prevent burns
- Close the lid of some equipment like a blender while in use
- Use knife covers to prevent injuries in case they accidentally fall on a person
- Keep the floor clean and dry by ensuring to wipe any liquid that spills to avoid slipping

When handling kitchen tools you should not:

- Do not use any kitchen equipment unless you've been trained on its usage.
- Do not put on loose-fitting wear as it may get stuck on any equipment hence leading to injuries.
- Do not leave any equipment unattended or else use timers when you are

performing other tasks while cooking.

- Do not store inflammable items near the fire.
- Do not overfill kettles, pans, and pots as the content might spill over, causing a fire.
- Never use an extension cord while using a cooking appliance because it can overload the circuit and lead to a fire.
- How to prevent cuts while using the kitchen tools and utensils
- Keep your knives sharp
- Use a cutting and chopping board
- Use knives only when you want to cut
- Clean the knives with care
- Carry and handle the knives with extreme care
- Do not pick broken glasses; instead, sweep them up
- Dispose of cracked glass and dishes

a. Tenderizer

Use to tenderize tougher cuts like flank, skirt, and steaks. Unlike meat mallets, which work by beating the meat to a flattened pulp, Jaccard tenderizers that pierce in between the meat's long muscle strands? These long muscle strands are part of what makes them chewy; interrupting them with a blade creates a tenderer cut, and it also helps salt and marinades to penetrate below the top layer of meat, which makes for more tender and flavorful meat.



Figure1.1 tenderizer

b. Boning knife

There is a knife for pretty much every task in your kitchen, but truthfully, all a home cook really needs is good chef's knife, a small paring knife, and, if you prepare a lot of meat at home, a boning knife. Boning knives are generally 5 to 8 inches in length, and their super thin blade makes deboning and filleting meat simpler.



Figure1.2 Boning knife

Chef-knives:- It's crucial to buy sharp chef knives. They make it easier to cut and prepare food ingredients and also reduce the risk of accidents.

Kitchen spoons:- Provide plenty of kitchen spoons for your staff members. They are very versatile and have a lot of useful functions like stirring sauces, tasting dishes, serving food, removing cooking ingredients from a bowl, and a lot more.

Tongs:- Like kitchen spoons, tongs are also versatile tools that are used for a variety of purposes like serving food, plating, food preparation, etc.

Pans:- There are different types of pans, like sauteing, braising, and frying pans. What pans you should buy depends on what kind of dishes your restaurant will prepare.

Pots:- There are also multiple types of pots like boilers, pasta cookers, sauce pots, etc. Buy according to the type of dishes your restaurant will offer.

Mixing bowls: When buying mixing bowls, ensure that you purchase multiple sizes for different purposes.

Kitchen Whisks: It's a tool used to mix air with food ingredients. This gives the food light and soft texture..

Food preparation counters-Food preparation counters, tables, and cutting boards are important for any restaurant kitchen. Your restaurant staff will frequently be using it, so you need to invest in tables that are versatile as well as durable. Stainless steel food counters are a great choice for any restaurant.

Note: Color-code your cutting boards according to the type of food you use them for. For example, you can mark your boards with red for meat, green for vegetables, yellow for dairy products, etc. This prevents cross-contamination

1.2. a varieties of meat, fish and chicken

Many types of meat have been the staple diet for humans since the start of time. The most popular kinds of red meat are beef, lamb, and pork. The most popular type of white meat is poultry, with chicken coming out on top of the list of favorite meats. The red meat and white meat categories also include types of meat such as goat, duck and venison. As part of a balanced diet, many types of meat are good for your health. The nutritional value of meat shows that white and red meat is good sources of protein, vitamins, and nutrients. There are also some concerns about the impact of eating too much red meat or pro In short, meat is defined as the edible parts of an animal that is used for human consumption. Meat can include the flesh, fat, muscles, and offal of an animal. The offal is the parts of the animal such as the liver, kidney, and tongue that are often consumed or used as part of a recipe cased meat in your diet.

1.2.1 a varieties of meat

There are three broad categorizations of meat, namely red meat, poultry, and seafood, there are many different types within those classifications. The term white meat can refer to poultry and seafood together, that is, any meat that is white or pale both before and after cooking, but they are distinct types of meat that should be distinguished from one another.

1. **Pork**:-Pork flesh should be pink or white, with firm white fat. Much of it is also used to produce deli meats, such as hams, pates, and terrines, not to mention processed in other ways for sausages and the like.

Aside from protein, pork is rich in B vitamins, especially B1, and also in selenium and zinc. Low in iron, pork meat varies in its fat content, depending on the cut, but can be quite fatty and high in omega 6 fatty acids. It is considered unclean in some cultures and has typically been prone to

carrying parasites such as tapeworm. Pork is more susceptible to food-borne illnesses than other meats and needs to be cooked thoroughly

2. Beef:- Beef contains a lot of protein and is richest in iron. Most of the fat is saturated fatty acids that come with cholesterol, but how much fat depends on the cut of meat. The most widely consumed meat is beef

The nutritional content of beef varies greatly, mainly depending on the fat content in the meat

3. Veal:- Eating veal or calf meat has been considered a sign of wealth and privilege since biblical times. All pieces of veal and veal offal can be used, so nothing goes to waste, including the feet used to make gelatin.

Veal is lean, low in iron, and rich in protein. However, the livers contain high amounts of iron, B vitamins, and vitamin A, though care should be taken only to eat free-range calf livers so that they are free from drugs.

The offal is high in cholesterol. Veal pairs well with chestnuts, breadcrumbs, bell peppers, and white mushrooms

4. Lamb:- Lamb has a distinctive flavor that many people either love or hate. Lamb, as opposed to mutton, comes from sheep less than one-year-old and is typically more tender and also more of a specialty. Lamb is often more expensive for this reason but has a good level of nutrients, making it one of the healthiest meats.

Lamb pairs well with curry flavors, coconut milk, rosemary, garlic, figs, and cardoons. It is cooked throughout the world with a variety of nuts, vegetables, wines, spices, and seasonings. Rich in proteins, lamb, also contains a lot of fat (lipids), particularly saturated fatty acids. It is also high in cholesterol, especially in the brain and kidneys

5. Chicken:- There are countless chicken recipes from all over the world. There are many different types of chicken, and the color of the flesh will vary depending on the bird's diet. Chicken pairs well with black truffle, almond, basil, white mushrooms, and crayfish, Roasted, broiled, cooked in casseroles, whole or pieces. High in protein and low in fat, chicken breast

without skin or bones is one of the only meats that contain no saturated fat

6. Goat:- Goats were domesticated thousands of years ago and have always been a source of both meat and milk for humans.

With a shiny finish and whitish flesh, goat kid has a sweet and pleasant aroma. It is typically roasted, pan-fried or grilled, and flavored with seasonings but so much as to overpower its delicate sweet flavor.

Adult goat tends to be one of the tougher meats and also doesn't have a particularly strong flavor, so it is best cooked slowly in dishes that allow it to soak up the flavor of other foods, such as in stews or soups.

7. Seafood:- This category includes a wide variety of meat, from fish to shellfish to squid, and everything in between. As such, there is an extensive range of nutritional benefits in seafood, with varying amounts of fat, protein, and nutrients found in each, though they are generally high in omega 3s.

8. Game Meats:- From crocodile meat to buffalo to eel, there are many types of meat that are popular delicacies in different parts of the world, and this is by no means an exhaustive list. Basically, any type of animal can be eaten, and there are cultures where meat from rats to dogs and horses to sharks is consumed.

Basic preparation method of meats are:

Washing:-You have to wash meat when it comes into contact with blood preparation. After washing, dry the food thoroughly with absorbent kitchen paper.

Skinning:-Remember that most of the meat you've dealt with has been already skinned by the supplier.

Dicing:- Cut the meat into cubes for various types of casseroles, stems, curries and dishes such as steak, kidney pie and pudding.

Trimming: - May improve the appearance of the cut or joint; leave as much of the meat as possible; Leave an even thickness of fat; and remove as much gristles and sinews as possible.

Slicing: - Is the cutting of meat by determining the direction grain (the muscle fibers), and cut across the grain. (Example in steaks)

Seasonings: - Adding salt and white or black pepper to improve the flavors of food, use white pepper or cayenne pepper on food which you want to keep attractive, add salt to roast and grill after the meat has browned (adding salt before cooking will extract the juices of the meat to the surface, and slows down the browning reactions- which need high temperature and dry heat).

Coating -Two basic coatings:

A, Flour---coat the meat before cooking, otherwise the flour becomes sticky and unpleasant.

B, Bread crumbs---coat the meat in flour, then egg wash (egg wash is made of lightly beaten whole egg with a little water or milk) and finally with bread crumbs

Frozen Meat:- Defrost your meat slowly and reach room temperature before cooking.

Air the meat:- Most of it is vacuum packaged meat. this vacuum packing removes air from inside and sealing the package to store the food or meat for a long period of time. It is important to air the meat to get rid of odors

Add salt- always add salt before cooking and let it rest for an hour so that it has time to penetrate.

Marinate:- Use lemon, vinegar which has a tenderizing effect on the meat.

Keep it simple:- Prepare everything that can be prepared. Careful preparation reduces stress and It improves your results.

Fry in Time:- Cook it slowly. don't rush the meat to achieve tasty, dry and delicious meat before serving.

Mise en place; - This translates into "assembling everything in one place". prepare everything you need

1.2 .2 Varieties of Fish

Fish is a highly perishable product so it must be eaten promptly or discarded; it can be kept for only a short time. In many countries, fresh fish are filleted and displayed for sale on a bed of crushed ice or refrigerated. Fresh fish is most commonly found near bodies of water, but the advent of refrigerated train and truck transportation has made fresh fish more widely available inland. Long term preservation of fish is accomplished in a variety of ways.

Water-borne animals are broken down into two very broad categories: *fish* and *shellfish*. In the most general terms, fish are vertebrates with fins and gills; while shellfish are invertebrates, either having shells of one sort or another, or having evolved past the need for one.

A. Fish

Fish are further separated into freshwater and saltwater fish. Because fresh water provides less buoyancy than salt water, freshwater fish have hundreds of tiny, light bones in a network throughout the flesh. Saltwater fish, on the other hand, have thicker, fewer bones, making them more attractive for eating.

- Fish are divided into three broad categories based on the fat content of their flesh: lean, moderate-fat and high-fat fish. In lean fish (Example. flounder), the fat is concentrated in the liver rather than the flesh. The meat tends to be mild and lightly colored. Moderate-fat fish have darker color, firmer texture and more assertive flavor than lean fish. High-fat fish (Example tuna) can average 12 percent fat, but some have fat contents up to 30 percent. These fish have the darkest color, firmest texture and most distinctive flavor.
- Fish are also categorized as flatfish or round fish. *Flatfish* are adapted to swimming long the bottom of the sea or ocean. They are oval-shaped, with both eyes on the topside of the body, and are usually dark on the top and pale or white on the bottom. *Round fish* have round or oval bodies, with eyes on opposite sides of the head.

- Many species of fish are caught by humans and consumed as food in virtually all regions around the world. Fish has been an important dietary source of protein and other nutrients throughout human history

There are thousands of species of saltwater and freshwater fish. When cooking and eating them, freshness is key to ensuring their quality .

B. Shellfish

A broad term for fish that have, or have had, a shell of some kind. The shell is a type of external skeleton that gives protection and structural support to the fish. Shellfish are divided into two basic categories based on the degree of shell hardness. Crustaceans have a shell-like exoskeleton—usually jointed. This group includes lobsters, spiny lobsters, crabs, shrimp, crayfish and barnacles. The second group, mollusks, has one or two harder shells or have moved beyond the need for a shell.



Figure 1.3 shell fish

The smallest fish (8mm) and the largest fish (whale shark) (12m) are some of the fishes in the sea.

- **All fishes**
 - ✓ Have a brain protected by a braincase and an obvious head region with eyes, teeth, and other sensory organs
- **Most fishes**
 - ✓ Are vertebrates with vertebrae protecting the spinal cord
 - ✓ Live in water
 - ✓ Breathe primarily with gills rather than lungs
 - ✓ Have paired limbs, in the form of fins that aid in locomotion
 - ✓ Are unable to regulate their own internal body temperatures
 - ✓ Are covered with scales that protect their bodies

Before preparing a fish, it is important to ensure it is **fresh**. The gills should be moist and bright red, the eyes full, shiny and slightly bulging, and the skin glowing, pearly, taut and adhered to the flesh which should be firm and elastic. The scales should be shiny and still firmly attached, and the fish should have a pleasant smell.

Fish is prepared in four stages: scaling, trimming, gutting and, if necessary, filleting.

1st stage scaling_ Fish is generally **scaled** before it is gutted, as it is easier to scale if the belly is slightly rounded. The tools used are a fish scaler or the back of a knife

2nd stage trimming_ **Trimming** fish involves removing the fins. It is often necessary to wear gloves to do this in order to prevent injury, as the fins of some fish can be very sharp or secrete venom.

3rd stage gutting_ There are several methods for removing the guts. The easiest way is to extract them is by cutting the stomach open. It is also possible to make an incision of one or two centimeters near the gill.

4th stage Filleting_ is definitely the operation which requires the most dexterity. Round fish produce **two** fillets while flat fish produce **four**. These tasks are often performed by the fishmonger or carried out on board factory ships where fish is processed, packed and frozen

Fish items are:

Nile perch fish-Freshwater fish are those that spend some or all of their lives in fresh water, such as rivers and lakes, with a salinity of less than 1.05%. These environments differ from marine conditions in many ways, especially the difference in levels of salinity. To survive fresh water, the fish need a range of physiological adaptations.



Figure 1.4 Nile perch fish

Tilapia fish-Tilapia are mainly freshwater fish inhabiting shallow streams, ponds, rivers, and lakes, and less commonly found living in brackish water.



Figure 1.5 Tilapia fish

Salmon fish-Salmon are typically anadromous: they hatch in the gravel beds of shallow fresh water streams, migrate to the ocean as adults and live like sea fish, then return to fresh water to reproduce. However, populations of several species are restricted to fresh water throughout their lives.

Salmon are important food fish and are intensively farmed in many parts of the world



Figure1 .6 Salmon fish

Whitefish

There are more than 30 different species of whitefish
While most are freshwater, some live in saltwater only.



Figure 1.7 white fish

Haddock fish

One of the members of the *cod* family, the haddock is the most important food fish in the Atlantic waters. It is small, rarely growing to larger than 30 pounds, and more typically between two and six pounds. Like all cod, its meat is low-fat, with firm texture and mild flavor. Most haddock is frozen in fillets and steaks. It can be prepared in any manner.



Figure 1.8 haddock

John dory fish

A fish with delicious, mildly flavored meat that is native to Europe. The excellent flavor and texture of the John Dory are in direct opposition to its appearance. It has a flat, curved body and an unusual-looking head that is large and spiny. Pan-frying, baking, broiling and grilling are some of the cooking methods used to prepare the fish. It is rarely exported to the U.S. Good substitutes for it are flounder, porgy and sole.



figure 1.9 john dory fish

Rockfish or Alaskan rockfish

The Alaskan rockfish is a lean, high-quality, ocean-fresh fish, characterized by a firm, meaty flesh that turns snow white when cooked. It has a delicate, nutty, sweet flavor. Rockfish belong to the family *Scorpaenidae*, or scorpionfishes. Common market names include Pacific red snapper, rock cod and Pacific ocean perch.



1.10rock fish

Scrod fish

A young codfish, which is a round saltwater fish. Its meat has a tender, flaky texture with a mild flavor. Scrod can be prepared using several methods, such as baking, steaming, broiling and poaching. Halibut or haddock can be substituted.



Figure 1 .11 scored fish

1.2.3 chicken

How to Prepare Chicken Before Cooking (Step-by-Step)

Clean the Cooking Area

Before you work on the chicken, remember to clean your work area as well. After all, you're going to be using it the entire time.

Using a mild bleach solution, sanitize your countertops, cutting board, then kitchen utensils.

Aside from your cooking area, remember to sanitize your hands as well

Separate the Ingredients

To keep your chicken in the best condition possible, reduce cross-contamination by separating your ingredients. Aside from this, it's also best to separate kitchen gadgets. So use different cutting boards for your veggies and meat. Meanwhile, if you're cooking more than one kind of meat at a time, separate them and wash your cutting board between prepping the two

Get the Proper Kitchen Tools

A meat thermometer is what you'd want the most among all the gadgets for cooking chicken. After all, you wouldn't want to end up with a dry or tough chicken dish after tedious preparation. It helps you know when your chicken is done, giving you the best and juiciest outcome

Marinate or Brine the Meat

To achieve juiciness and superb taste, marinate or brine the chicken before cooking. Doing so gives the meat a unique flavor, not to mention impeccable juices! And the best part is, there are plenty of marinade and brine solutions you can concoct at home.

Familiarize Yourself with Cooking Times

Knowing the suggested cooking times before cooking chicken helps you get delicious results. Not to mention, it lets you pick recipes that fit your schedule best.

But most importantly, it helps you avoid undercooking or overcooking the meat.

So keep the chicken cooking times chart in mind, and you'll be preparing chicken like a pro in no time!

1.3. Fancy Meat and Offal's

Offal, also referred to as variety meats, Depending on the context, offal may also refer to those parts of an animal carcass discarded after butchering or skinning. Offal not used directly for human or animal food is often processed in a rendering plant, producing material that is used for fertilizer or fuel or, in some cases, it may be added to commercially produced pet food

Tongue: -You would normally get ox tongue but there is also sheep's tongue sometimes served. To cook the tongue, you first of all blanch it in hot water. After it's boiled and braised for hours upon hours, tongue is usually sliced for sandwiches

Tripe: For many, tripe is the hardest offal to mentally swallow. However, a great chef will take care to meticulously clean and slowly cook their tripe. However, a great chef will take care to meticulously clean and slowly cook their tripe.

Sweetbread; _type of offal, or variety meat, deriving from the thymus or pancreas of a young animal (such as a calf or lamb) and prepared as food, though the term is often casually used for an assortment of organ meats and glands eaten as delicacies. sweetbreads are the culinary term for the thymus or pancreas glands that are found near the throat and the belly or gut area. Sweetbreads are usually from calves or younger animals as in older animals the fatty tissue becomes more sinuous. Lambs sweetbreads are also used. Sweetbreads are classed as a delicacy

Kidney:- _Prepare kidneys in two parts. First, remove the excess fat or thin filament layer. Then, you can soak in cold water – one tablespoon lemon juice or vinegar and two teaspoons salt to two cups of water. – When it comes to kidneys there are a variety of ways they are served up. Devilled kidneys on toast used to be all the rage. Deviled kidneys have been pan fried in butter with onions, a sprinkle of flour and a little bit of stock to make a binding sauce. The sauce has tomato puree and English mustard through it as well as a dash Worcester sauce. Served on nice crusty toast sprinkled with parsley. That used to be all the go.

Liver: – The liver is perhaps the most popular form of offal. liver must be one of the most popular offal out there. It comes in many forms or is cooked in many ways. It is presented in many different ways as well. A straightforward pan-fried liver that is, slices of cow's or calf's liver, dusted in seasoned flour and flash fried is one of the simplest ways you will be served liver. You will also find it served or cooked with onions and bacon in gravy, served with vegetables and mashed potato. This is very nice.

The Eight Primal Cuts of Beef are:

- | | |
|------------|----------------|
| 1. Brisket | 5. Round |
| 2. Shank | 6. Chuck |
| 3. Rib | 7. Flank |
| 4. Loin | 8. Short plate |

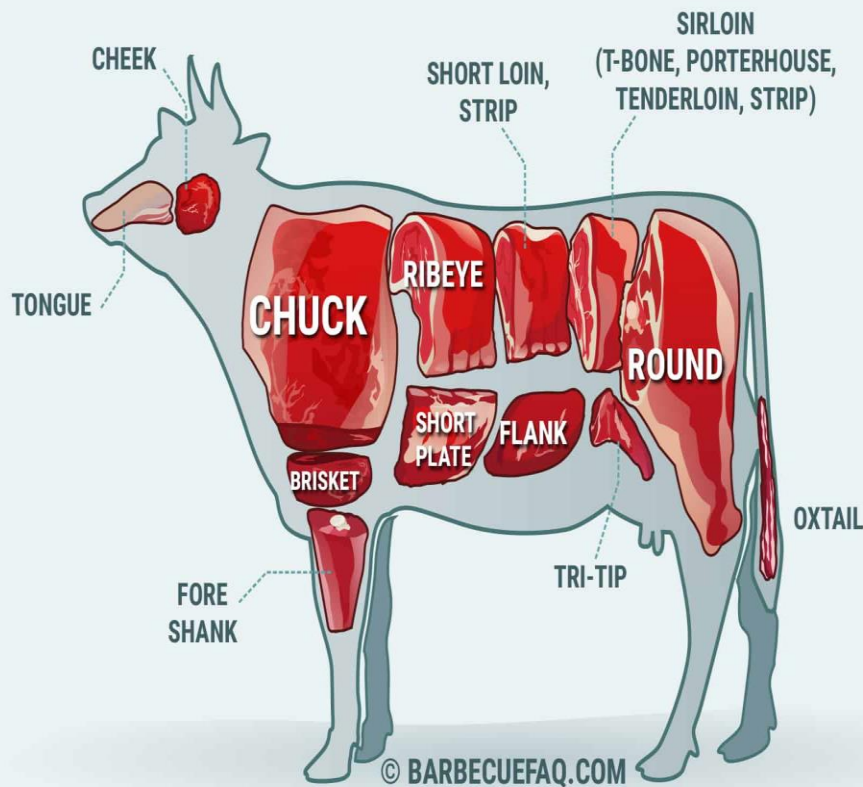


Figure 1.12 parts of beef meat

Beef Front Quarter: The beef front quarter contains four primal cuts, the brisket, foreshank, rib, and chuck (square chuck). The chuck is separated by first cutting across the carcass between the 5th and 6th ribs, which separates the chuck, brisket, and shank from the rib and plate. The second cut passes at a point slightly above the elbow joint and through the cartilage below the first (1st) rib and sternum, and separates the chuck from the brisket and shank. The brisket is further separated from the shank by following the natural contour of the elbow bone. The rib is separated from the shank by following the natural contour of the elbow bone. The rib is separated from the plate by a straight cut passing across the ribs at right angles to the first cut at a point slightly below the center of the rib cage.

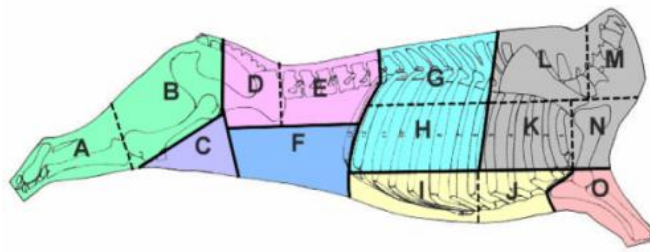


Figure 1.13 parts of beef meat

Table 3.1 primal and sub primal

| Primal | Sub-Primal |
|--------------|--|
| Rib | Short rib (H) ,7-bone rib (G) |
| Square chuck | Neck (M) ,Blade (L) ,Shoulder (N) ,Cross rib (K) |
| Brisket | Brisket point (J) ,Brisket plate (I) |
| Fore shank | No further break down required (O) |

1.4 Cuts of chicken and fish

1.4.1 Cuts of chicken

A chicken is the most common and widespread domesticated fowl in the world, thanks to its culinary versatility—you can roast, bake, grill, fry, and sauté it, for starters—and its low fat-to-high-protein ratio when measured against other meats like beef.

Edible Parts of a Chicken

1. The Whole Bird: Sometimes, the best cut is all of them. A roasted chicken is one of life's simplest pleasures. Brush the chicken with clarified butter and season all sides with salt, then roast in a 475°F oven for 20–25 minutes. Reduce heat to 400°F and continue to roast another

30-45 minutes, until thighs and center of breast registers 160°F and the juices run clear. Let rest at least 20 minutes before carving.

2. Chicken Breasts:- The chicken breast is a lean cut of meat taken from the pectoral muscle on the underside of the chicken. Each whole chicken contains one chicken breast with two halves, which are typically separated during the butchering process and sold as individual breasts. Given its desirable white meat and health benefits, boneless, skinless chicken breast meat is the most expensive cut of chicken in comparison to chicken thighs, wings, and drumsticks, and can be grilled, baked, roasted, fried, barbecued, and boiled in countless ways.

3. Chicken Legs (aka Leg Quarters):- The chicken thigh is a cut of poultry taken from the top portion of the leg, above the knee joint that separates the thigh from the chicken drumstick. This is an entirely dark-meat portion of the chicken, and is one of the most affordable cuts of the bird in comparison to more costly white-meat pieces like chicken breasts.

4. Chicken Wings: The chicken wing features two edible parts: the drumette, which resembles a smaller drumstick with white meat, and the flat, which contains tender white meat between two bones. Commonly known as bar food, chicken wings are also delicious when coated with a mixture of your favorite jam, balsamic vinegar, ground ginger and ground garlic and baked at 385°F, turning until skin is crisp and caramelized.

5. The Bones: Put all your leftover chicken bones to work and make a versatile chicken stock or chicken broth. Light, golden chicken stock is the workhorse of restaurant kitchens. It's used for cooking pasta and as a building block for sauces.

What Is the Correct Internal Temperature for Cooked Chicken?

Chicken is done cooking when its internal temperature reaches 165°F (75°C), regardless of cooking method, cooking temperature, and cut of meat—including white meat like chicken breasts and wings, and dark meat like drumsticks and thighs.

1.4.2 Cut of Fishes

The purpose of learning the cutting method

| | | | |
|----------------|---|---|----------------------------|
| Page 25 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

- Making standard purchase specification
- Making menu planning easier
- Making the recipes with more detailed ingredients
- Making the appropriate cooking method Controlling food costs

Fillet - fillet is a cut that removes the bones and is sliced parallel to the spine.

- A fillet is one of the more common cuts of fish because it is easy to eat.
- There are two Types of Fish Fillet: 1. Fish fillet – skin on 2. Fish Fillet – skin off (without skin)

Goujons-Strips 2" x 1/4th " from the fillets of small fish such as sole or plaice

Troncon-This is a steak-cut (bone-in) from a flatfish such as flounder, halibut, sole, or turbot. In the US these are called a Steak cut



Figure 1.14 steak fish

Steak-Dame or Steak cut is a thick. cross-section cut around the fish, perpendicular to the spine. Thickness from 1/2 to 1 inch thick.

Dame cuts are skinned and scaled or just scaled such as salmon steaks usually retain the skin

Rounds-Headed & Gutted with fins and tail removed



Figure 1.15 Rounds fish

Cutlet-One side of the fish is sliced from behind the head, around the belly, and tapered toward the tail.

The process is repeated on the other side of the fish, producing a connected or double fillet. Two kinds of Butter fly cut, with boneless (fillet) or bone in

Delice-Delice is a fillet that is neatly stuffed and folded



Figure 16 cutlet fish

| | |
|----------------------|---------------------|
| Self-Check -1 | Written Test |
|----------------------|---------------------|

Name: _____ ID No _____

Answer all the questions listed below

1. write at list five points While handling kitchen tools what you must know

a. _____

b. _____

c. _____

d. _____

e. _____

2. Write the two categories of meat

a. _____

b. _____

3. what are the two broad categories of water born animals?

a. _____

b. _____

4. write types of fancy & offal meats

_____ , _____ , _____

| | | | |
|----------------|---|---|----------------------------|
| Page 28 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Unit Two: Preparing and portioning meat, fish and chicken

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Selecting appropriate cooking methods for meats items
- Portioning and serving meat dishes
- Preparing Suitable marinades
- Deboning meat, chicken and fish items,

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Select appropriate cooking methods for meats items
- Portion and serving meat dishes
- Prepare Suitable marinades
- Deboning meat, chicken and fish items

2.1. Selecting appropriate cooking methods for meat items

Methods of cooking meat include dry heat (roasting, grilling, frying, pan-frying, stir-frying and outdoor grilling) or moist heat (braising, stewing, boiling, braising). Methods should be selected based on initial tenderness of the cut, desired quality characteristics of the resulting product, available cooking facilities and equipment, and the amount of time available for preparation.

A. Dry Heat- Dry heat methods of cooking are suitable for tender cuts of meat or less tender cuts which have been marinated. Dry heat methods include roasting, oven broiling, grilling, pan-broiling, panfrying and stir—frying.

Roasting—this method of cooking is recommended for larger cuts of beef, veal, pork and lamb. For cuts suitable for roasting and other cooking methods.

Grilling (Barbecuing)— Due to the method of heating, grilling is actually a method of broiling. Meat can be grilled on a grid or rack over coals, heated ceramic briquettes or an open fire. While it is usually done out- doors, grilling can be done in the kitchen with special types of range tops or newer, small appliances.

Stir-frying—Stir-frying is similar to panfrying except that the food is stirred almost continuously. Cooking is done with high heat, using small or thin pieces of meat.

Deep-fat frying—When meat is cooked immersed in fat, the process is called deep-fat frying. This method is only used with very tender meat. Usually, meat to be deep-fat fried is coated with egg and crumbs or a batter, or it is dredged in flour or corn meal (breaded). This method of cooking is sometimes used for brains, sweetbreads, liver and croquettes; however, a number of other meat products are suitable for deep-fat frying.

Pan-frying—Panfrying differs from pan-broiling in that a small amount of fat is added first, or allowed to accumulate during cooking. Panfrying is a method suitable for ground meat, small or thin cuts of meat, thin strips, and pounded, scored or other- wise tenderized cuts that do not require prolonged heating for tenderization.

B, Moist Heat—Moist-heat methods of cooking are suitable for less tender cuts of meat. Moist-heat cooking helps to reduce surface drying in those cuts requiring prolonged cooking times. Unless a pressure cooker is used, cooking temperature is usually low, but heat penetration is faster than in dry-heat methods because steam and water conduct heat rapidly.

Braising— Pot roast and Swiss steak are popular examples of braised—meat dishes. Meat can be braised in cooking bags designed specifically for use in the oven. Use of oven—cooking bags can reduce cooking time for larger cuts of meat. No additional water is needed, as moisture is drawn out of the meat due to the atmosphere created by the cooking bag

Stewing- Stewing prepares a one pot-meal retaining the maximum nutritional content that is served by the fusion of solid ingredients as well as the liquid, in which the food is cooked. This method is generally used for the tougher cuts of meat to make them tender and palatable. Stewed food contains the gravy along with the vegetables or meat pieces such as poultry, beef, mutton, seafood, and sausages.

Boiling - The Boiling method is a **wet cooking method** that happens when the water/ any liquid temperature reaches 100 degrees Celsius. The Food is completely immersed into water for even heat distribution and cooking. Boiling is one of the most essential and easy cooking methods that we commonly use to prepare food daily. It can be defined as the process of cooking food at a relatively high temperature of a water-based liquid. This method of cooking is used to prepare foods like pasta, vegetables, eggs, and different meats. Below we shall learn more about the boiling cooking method.

2.2 Portioning and serving meat dishes

A **portion** is the amount of food that you choose to eat for a meal or snack. It can be big or small, you decide. For example, for people who eat meat, the amount recommended as part of a healthy meal is **85 to 113gm** – it will look about the same size as a deck of cards. Two servings, or 170gm., of lean meat (poultry, fish, shellfish, beef) should be a part of a daily diet. Measure the right amount with your palm. **One palm size portion equals 85gm., or one serving.** Snacking can add up. A “portion” is the amount of a food you choose to eat at any one time — which may be more or less than a serving. **Portion** management allows you to consume anything you want, including fats and carbohydrates, but in smaller **portions**.

| | | | |
|----------------|---|--------------------------------------|----------------------------|
| Page 31 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

- **Example portioning**

- ✓ Three slices of deep dish pizza for dinner? That's a portion.
- ✓ A large bowl of cereal with enough milk to keep it crunchy? That's a portion.
- ✓ A double cheeseburger with large fries? That's a portion.

A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk. A serving is a standardized, recommended amount of a food, a portion is the amount of that food you eat. A single serving of meat is **85gm**, but you might eat more than one serving in a portion. A “serving” is the amount of food recommended in consumer education materials such as My Plate. a “serving” is the amount of food recommended for a particular food group.

- **Examples of a Serving.**

- ✓ 1 teaspoon of margarine is the size of one dice
- ✓ 3 ounces of meat is the size of a deck of cards
- ✓ 1 cup of pasta is the size of a baseball
- ✓ 1½ ounces of cheese is the size of four stacked dice
- ✓ ½ cup of fresh fruit is the size of a tennis ball
- ✓ 1 slice of bread
- ✓ 1 cup of milk
- ✓ 2 tablespoons of peanut butter
- ✓ ½ cup cooked rice
- ✓ ½ cup ice cream
- ✓ 18 potato chips
- ✓ 10 skinny French fries
- ✓ 2 tablespoons salad dressing
- ✓ 1 cup raw salad
- ✓ ½ cup cooked vegetable

2.3. Preparing Suitable marinades

A marinade is a liquid solution in which you soak foods, particularly meats, before cooking. A marinade adds flavor to foods and makes them tenderer by beginning the breakdown process of cooking. This action can be due to acidic ingredients such as vinegar, wine, or fruit juice, or enzymatic components such as pineapple, papaya, guava, or ginger.

Marinades are particularly important and useful for grilling because of the high, intense heats produced by grills. These can result in the formation of harmful substances on the surface while cooking. An acidic marinade reduces the formation of these chemicals.

Meat such as chicken breasts and pork loin are more likely to dry out on the grill and will benefit from a marinade to retain moisture. An example of a good basic marinade would be Italian Dressing. Marinades can be store bought or made at home very easily.

Marinating is adds flavor and moisture to the food, but any marinating should be very brief.

Marinades include oil (extra virgin olive oil provides the best flavor) and an acidic ingredient like chopped tomatoes, red wine vinegar, or lemon juice, along with seasonings including salt and pepper. Depending on your tastes, seasonings can range from chopped jalapeno peppers and crushed red pepper flakes to fresh thyme leaves and parsley

Fish and seafood should only be marinated briefly, for only 15 minutes to 30 minutes.

chicken pieces should be marinated Two hours is probably long enough for without risking it toughening.

Beef and pork can be marinated for longer periods, one to 12 hours. Dense root vegetables can be marinated for 30 minutes to two hours, while softer vegetables only need 30 minutes. Follow the specific recipe instructions for the cut of meat or fish you are using and the strength of the marinade

| | | | |
|----------------|---|---|--|
| Page 33 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

2.4. Deboning meat items

Deboning is the practice of **removing the bones from meat, poultry, fish, etc;** is practiced especially before cooking. It includes using a special knife to isolate tissues from bones- be it meat, poultry, or fish.

Deboning of meat is one of the stages in the processing of raw meat, during which muscle, connective and adipose tissue, that is, in fact, meat, is removed from the bone content. Deboning is carried out manually or using special equipment.

Equipment for deboning

There are two specialty blades chefs use when deboning: a boning knife and a filleting knife.

The choice of knife is highly dependent upon the type of food the chef is cutting. If deboning and breaking down large cuts of meat, a boning knife is the best option. For fish, a filleting knife is recommended.

Poultry is slightly unique in that both types of knives can be used. The boning knife is good for larger sections of the bird such as the backbone, but a filleting knife is useful for smaller joints, removing breast fillets and skin, plus fine slicing work.

The type of blade also plays a part. Stiff blades are excellent for big cuts as they can handle the pressure required to remove bones and sinew, whereas a more flexible blade is essential when working with delicate flesh like fish or poultry breasts. For example, a curved filleting knife is perfect to remove fish bones in one smooth cut, whereas a stiff boning knife can easily handle making deeper cuts to the bone in a thick piece of meat.

Boning and filleting knives

The whole range of raw meat is subject to deboning: beef, pork, carcasses or poultry. Raw materials can be prepared for deboning in the form of whole carcasses / carcasses, half carcasses or quarter carcasses (cuts). If carcasses, half-carcasses and cuts are frozen, defrosting is carried out, then they are cleaned of external contaminants in specially equipped rooms on my personal tables or hangers (hangers).

| | | | |
|----------------|---|---|--|
| Page 34 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

Deboning is performed with a special hand-held cutting tool – boning knives, designed for certain technological operations (for example, separating ribs from meat). At the enterprises of the meat processing industry, mechanized deboning is usually used, using vehicles for moving carcasses, circular saws (stationary or hand-held), pneumatic tools. At the end of the deboning, the separated pulp is transferred to trimming, trimming and ritual.

- **Boning Knife**

- ✓ Narrow blade, straighter edge
- ✓ Sharp tip
- ✓ Slightly stiffer/less flexible than filleting knife
- ✓ Approx. 5 – 6.5 inches in length
- ✓ Best used: to debone and break down thick cuts of meat (beef and lamb, some poultry parts)

- **Filleting Knife**

- ✓ Narrow, curved blade
- ✓ Sharp tip
- ✓ Very thin/more flexible than a boning knife
- ✓ Ranges in size from 6 to 11 inches
- ✓ Best used: to debone fish as well as certain parts of poultry (small joints, removing skin, separating breast fillets)

The correct way to debone types of meat

Once the right knife has been selected, it is time to learn the art of separating flesh from bones. As each protein type has a different bone structure and shape, there are a few different deboning techniques to develop as detailed further below. However, some general guidelines can be followed.

- Ensure the knife is razor sharp
- Do not rush the process when starting out deboning (this ensures the right cuts are made and accidental slips and injuries are avoided)
- Use the non-cutting hand to stabilize the protein at all times
- Ensure the non-cutting hand is positioned well away from the knife when making cuts

| | | | |
|----------------|---|---|----------------------------|
| Page 35 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

- Use a sawing motion when making cuts in large meat and poultry pieces
- Use a gliding/sweeping long cut when filleting fish
- Gently pull meat away from bone to help with the separating process.

A. How to debone meat

1. Place the meat in the center of cutting board
2. Find the first bone with the non-cutting hand & grip it securely
3. Use the tip of the knife & angle it slightly, then make a preliminary cut along the length of the bone separating the meat (keep the knife as close as possible to the bone to avoid wastage)
4. Keep making slices along the length of the bone until it has been separated
5. Remove the bone
6. Tidy up the meat cut by slicing away any long pieces of sinew or cartilage

B. How to Debone Chicken

There are multiple methods of deboning a full chicken but the most common is not actually ‘deboning’ – it is more a breaking down of the bird so one has multiple pieces to work with. Again, it is much more cost-effective to buy a whole bird and break it down, then purchase individual pieces.

Experimenting with a variety of deboning chicken methods is an excellent way to discover which technique is the best fit. The following is an example of one method but explore others too.

- Ensure the chicken cavity is free of gizzards and organs
- Begin by focusing on one part/bone at a time
- Place chicken on cutting board breast side up
- Remove the wings first by locating the joint and feeling for where it connects to the body cavity and then slice through
- Move to the legs and thighs. Pull one leg away from the chicken and slice through the taut skin. This helps to identify where the joint is.

C. How to Debone (Fillet) Fish

As fish has very tender, delicate flesh it is important to use a specialty filleting knife that is curved and very flexible.

Once again, there are many different fish varieties thus shapes, so deboning or filleting techniques need to adjust to account for this. The following method is for medium-sized fish.

- Scale and gut the fish first if this has not already been done
- Make an incision at the fish neck following the groove of the gills until the knife hits bone (alternatively, chop the fish head off at this same point)
- Placing the guiding hand on top of the fish, with the backbone closest to you
- Make a small cut at the top of the backbone where the first incision was made
- Slide the knife into this cut and then glide it down the full length of the fish in a smooth, almost horizontal motion to the end of the tail and slice through it. The knife should be held as close as possible to the backbone
- Turn the fish over and repeat the same process
- Feel for pin bones in the fillets and if any, remove them



Figure 2.3 Deboning fish

| | | | |
|----------------|--|--------------------------------------|----------------------------|
| Page 37 of 107 | Author/Copyright Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

| | |
|---------------------|---------------------|
| Self check 2 | Written test |
|---------------------|---------------------|

Name _____ ID _____

Match

A

B

- | | |
|------------------------|--|
| __1. Dry heat method | A. is a measured amount of food or drink |
| __2. Moist heat method | B. Adds flavor to foods and makes them more tender |
| __3. Boning knife | C. Is the amount of food that you choose to eat for a meal |
| __4. Filleting Knife | D. is the practice of removing the bones from meat, poultry fish |
| __5. marinade | E. Narrow blade, straighter edge |
| __6. A portion | F. Boiling, stewing method |
| __7. A serving | G., Narrow curved blade |
| __8. Deboning | H. Roasting, Grilling |

Unit THREE Cooking and presenting meats for service

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Cooking and presenting a variety of meat
- Carving meats using the appropriate tools and techniques

This guide will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Cook and presenting a variety of primary, secondary and portioned meat
- Cook and presenting a variety of fancy meats and offal
- Carve meats using the appropriate tools and techniques

3.1. Cooking and presenting a variety of meat

A. Beef

The beef animal is broken down into sides. A side is one-half of a **dressed carcass** that has been split lengthwise from the neck to the tail. The side can then be split into the front quarter and hind quarter. This cut is made between the 12th and 13th ribs counting from the front of the animal. The beef front quarter is heavily exercised, resulting in an abundance of connective tissue. Moist heat cooking is required on the majority of the sub-primal from the front quarter, with the major exception being the 7-bone rib (prime rib). The hind quarter of beef contains mostly sub-primal that can be prepared using dry heat

3.2. Carving meats using the appropriate tools and techniques

Carving and other cooked meats

The main use of a carving knife is to carve (well, of course!). This means that carving knives are the go-to knife when cutting slices of meat from a cooked turkey, chicken, ham, or other large piece of meat.

The long, rigid carving knife blade is made to easily and efficiently cut thin slices of meat. The pointed tip allows for easier disjointing when cutting poultry and other meats, as the thin blade makes it easy to cut meat as thick or thin as you'd desire.

carving fork and sharp carving knife (or an electric carving knife). Using the carving fork to keep the meat steady, take the carving knife and slice into the meat. Notice how we said slice –not saw–meaning the movement should be as graceful and uninterrupted as possible.



Figure 3.13 6 inch Curved Boning Knife

| | | | |
|----------------|---|---|----------------------------|
| Page 40 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Meat Cleaver - Professional Chinese Chef Knife - Heavy Duty Bone Chopper Kitchen Knife - Super Thick Blade - for Home & Restaurant from .

Bone Cleaver Heavy Duty Bundle with Sharp Meat Cutting Knife Butcher Boning Chopping Viking Gift Men Hunting BBQ Camping



Figure 3.16 slice electric knife

Proctor Silex Easy Slice Electric Knife for Carving Meats, Poultry, Bread, Crafting Foam and More, Lightweight with Contoured Grip, White



Shun Cutlery Classic Boning & Fillet Knife 6", Easily Glides Through Meat and Fish, Authentic, Handcrafted Japanese Boning, Fillet and Trimming Knife

Meat Dishes

1. **Lasagna:** This creamy pasta and meat-filled baked dish is originally Italian and is now served all over the world. Cheese and meat layers make this a warm and rich dish.
2. **Stew:** One of the most widespread meat dishes around the world, this is as versatile as it is delicious. With any type of meat, in whatever proportion you have available to you, and with whatever vegetables you have in season, this meat and vegetable combination in gravy can be eaten with a variety of sides.

3. **Steak:** Usually beef, steak is typically fried or baked and served just as a slab of cooked meat, with sides ranging from chips to mashed potatoes and other vegetables. One of the rawest forms of meat dishes there is.
4. **A roast cut of meat:** Be it a whole chicken, leg of lamb, or a rack of beef ribs, marinating and roasting a cut of meat is a popular way of consuming it.
5. **Meatballs:** minced meat of any type, but usually beef, are rolled into balls and cooked in an often tomato-based sauce before being served with sides, often spaghetti or mashed potato for a warm and comforting dish.
6. **Burgers:** An American food that evolved from the German Deutsches Beefsteak, burgers are available worldwide as fast-food options or as gourmet dishes served in more upscale restaurants. Traditionally made with beef patties, modern-day twists are seeing everything from lamb, chicken, fish, and even non-meat vegetable burger patty options.
7. **Meatloaf:** Simple and versatile, this dish consists of pork and beef minced meat that has been bound together by eggs or dairy products and molded into a loaf or log shape before being cooked.
8. **Chicken schnitzel:** Chicken breasts coated with fine breadcrumbs and fried to form a crispy outside, pork schnitzel is prepared in the same way and is also popular

Cook offal and fancy meat

- The **brisket** primal is taken from the breast section of the steer under the first five ribs; It is usually sold boneless with the deckle off.
- The **shank** or fore shank primal lies on the legs between the shoulder and elbow joint where-as the hind shank runs from the elbow to the ankle.
- **Rips** are obtained from the cow's backbone and upper ribs (the lower ribs are in the short plate
- The loin is located just behind the ribs, at the top part of the cow; Farthest away from the horns and hooves
- The **round** primal is the hind leg of beef that extends from the rump down to the ankles.
- Round cuts are some of the most inexpensive beef cuts you can find in a grocery store;

| | | | |
|----------------|---|---|----------------------------|
| Page 42 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

They're typically very lean and lack tenderness.

- The round also makes up about a quarter of the full weight of the animal.
- **chuck** - The beef chuck primal comes from the forequarter of the steer. The chuck runs from the base of the neck and runs down through the upper arm.
- The flank primal produces only one sub-primal the flank steak - also called the Jiffy steak or London broil.
- The name *flank* describes the anatomical location on the steer - its flank.
- **Flank steak** is a thin, lean cut of meat from the abdominal wall of the steer. It is also a well exercised muscle and the meat fibers are tight-grained.
- The short plate primal is found in the abdomen area of the cow, below the rib primal.
- Plate cuts tend to have a tight grain structure and are fattier than rib cuts. In the past parts like the hanger steak and skirt steak were even considered offal (organ meat or refuse/was

| Self check 3.1 | Written test |
|----------------|--------------|
|----------------|--------------|

Name _____ ID No _____

Choose the correct answer

1. one of the following tools and equipment is **not** used to cook meat

A. oven B. kitchen range C. Refrigerator D. pan

2. _____ equipment is used to measure Overcooked meat.

A. Dispenser machine B. meat thermometer C. kitchen timer D. scale

3. _____ Is useful for making fried food like French fries, chicken tenders

A. Cleaver B. Deep fryer C. wok D. Dutch oven

4. One of the following is unique

A. oven B. curving knife C. Slice electric knife D. all

| | |
|-------------------|----------------------|
| Operation sheet 3 | Offal and fancy meat |
|-------------------|----------------------|

3.1 Liver and Onions

Ingredients

- 2 pounds sliced beef liver
- 1 ½ cups milk, or as needed
- ¼ cup butter, divided
- 2 large Vidalia onions, sliced into rings
- 2 cups all-purpose flour, or as needed
- salt and pepper to taste

Directions

1. Gently rinse liver slices under cold water and pat dry with paper towels. Place in a shallow dish; pour in enough milk to cover. Let stand while preparing onions, or set aside for longer if you have time. Soaking will remove any bitterness.
2. Melt 2 tablespoons of butter in a large skillet over medium heat. Add onion rings; cook and stir in butter until tender and soft, about 3 to 5 minutes. Transfer onions into a bowl and set the skillet aside.
3. Place flour on a plate; season with salt and pepper. Drain milk from liver and coat liver slices in flour mixture.

Melt remaining 2 tablespoons of butter in the same skillet; increase heat to medium-high and fry coated liver slices until lightly browned, about 3 to 4 minutes on each side. Return onions to the skillet and reduce heat to medium; continue to cook until onions are heated through and liver is slightly pink inside, or longer to suit your taste

| | | | |
|----------------|---|--------------------------------------|----------------------------|
| Page 45 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

3.2 Shank preparation

Ingredients

- ☒ Deselect All
- ☒ 1 cup oil, for frying
- ☒ 3 tablespoons olive oil
- ☒ 1 cup flour
- ☒ 4 each beef shanks, about 6 ounces each
- ☒ Salt and black pepper
- ☒ 2 cups medium diced onions
- ☒ 1 cup medium diced celery
- ☒ 1 cup medium diced carrots
- ☒ 2 tablespoons chopped garlic
- ☒ 3 bay leaves
- ☒ 2 tablespoons chopped fresh thyme
- ☒ 1 cup red wine
- ☒ 2 quarts veal or dark stock
- ☒ 1/4 cup parsley
- ☒ 4 large parsnips, top skin removed and peeled into thin strips

Directions

1. Preheat the oil to 350 degrees F in the fryer.

| | | | |
|----------------|---|---|----------------------------|
| Page 46 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

In a large stock pot or braising pot, add the olive oil. Season the shanks with salt and pepper. Season the flour with Essence. Dredge the shanks in the seasoned flour, coating each side completely. When the oil is hot, sear the shanks for 2 to 3 minutes on each side, or until very brown on all sides. Remove the shanks and set aside. Add the onions to the pan and sauté for 2 minutes. Season with salt and pepper. Add the celery and carrots and continue to sauté for 1 minute. Season with salt and pepper. Stir in the garlic, bay leaves, and thyme. Cook for 1 minute. Deglaze the pan with the red wine, scraping the bottom and sides to loosen the browned particles. Add the stock. Bring the liquid up to a boil and reduce to a simmer. Add the shanks and continue to cook for about 2 hours, basting the shanks often, or until the sauce is stew-like and the meat starts to fall off the bone. Season with salt and pepper if needed. Place the parsnips in the fryer and fry until golden about 1 to 2 minutes, stirring constantly to prevent the parsnips from sticking together. Remove the parsnips from the oil and drain on a paper-lined plate. Season the parsnips with salt and pepper. To serve, mound the pudding in the center of the plate. Lay a few of the shanks on top of the potatoes and spoon some of the gravy over the top. Sprinkle with parsley and garnish with the fried parsnips.

3.3 Sweat bread preparation

Ingredients

2 lbs sweetbreads

- 1 teaspoon salt
- 1 teaspoon vinegar
- ½ cup shallot (chopped)
- 1 tablespoon fresh Italian parsley (finely chopped)
- ¼ cup flour
- 2 teaspoons garlic powder
- 2 tablespoons butter
- 2 tablespoons extra virgin olive oil

Method

- Place the salt and vinegar into a saucepot, with enough water to cover the sweetbreads, and bring to a boil.
- Add the sweetbreads, cover the pot, and simmer for 20 to 30 minutes.
- Drain and cover with cold water.
- Remove all membranes and tubes.
- Slice each sweetbread in half crosswise.
- Mix the flour and garlic powder together and dredge the sweetbreads in the flour mixture.
- Heat butter and oil in a skillet until very hot.
- Place the sweetbreads and shallots into the hot skillet and once you place them in, DO NOT move them around. When they are a light golden color on the bottom side, (about 3 to 5 minutes), with tongs, carefully turn them over to sear the other side until that side becomes a light golden color.
- Remove the sweetbreads and plate them as you desire. Garnish them with the Italian parsley leaves and serve as a wonderful appetizer

3.4 Boiled beef brain

Ingredients

- 0.5 to 0.6 kilograms beef brain
- 2 tablespoons butter
- 2 tablespoons vinegar
- 1 to 2 bay leaves
- 3 to 4 pepper peas
- 1/5 tablespoon pepper
- 1 slice onion
- 1/3 teaspoon salt
- 200 to 250 grams sour cream
- 50 grams flour

| | | | |
|----------------|---|---|----------------------------|
| Page 48 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Instructions

1. Put the brain into a pot of cold water and add 1 tablespoon of vinegar. Leave the brain in the water for one hour.
2. Very gently remove the membrane of the brain without removing it from the water. Once the membrane is gone, replace the water. Make sure water covers the brain.
3. Add salt, pepper, peas, bay leaf and the rest of the vinegar to the pot and place it on medium-high heat. As soon as the water starts boiling, reduce the heat and let it boil slowly for 20 min.
4. In the meantime, chop the onion into small pieces ready for frying.
5. Remove the boiled brain and put it in a colander to drain for 3 to 5 minutes. When the moisture is almost gone, cut the brain into medium-sized pieces, about 3 to 4 centimetres each.
6. Add flour to the brain and fry it with onion, black pepper and any spices you like. (Use butter for frying.)
7. Once the brain has taken on a light brown color, add sour cream and cook it in the oven for 20 to 30 min at 160°C. I use a Pyrex dish for this step.
8. Serve it warm with fresh or cooked vegetables.

Beef brain pairs well with eggs, salad or flavorful sauce

| | |
|----------------------------|-------------|
| Operation sheet 3.2 | Meat |
|----------------------------|-------------|

3.1 Roasting of beef

First class-sirloin, wing ribs, fore ribs, fillet. Second class-topside, middle ribs.

1. Season joints with salt, place on a trivet, or bones, in a roasting tray.
2. Place a little dripping or oil on top and cook in a hot oven at 230-250°C.
3. Baste frequently and reduce the heat gradually when necessary, as for example in the case of large joints.
4. Roasting time is approximately 15 minutes per ½ kg (1 lb) and 15 minutes over.
5. To test if cooked, place on a tray and press firmly in order to see if the juices released contain any blood.
6. Beef is normally cooked underdone and a little blood should show in the juice. Released contain any blood.
7. On removing the joint from the oven, rest for 15 minutes to allow the meat to set and facilitate carving, then carve against the grain.

Note: Serve the slices moistened with a little gravy. Serve with Yorkshire pudding (recipe 32) allowing 25 g (1 oz) flour per portion and garnish with watercress. Serve separately sauceboats of gravy and horseradish sauce. Some roughly chopped onion, carrot, celery can be added to the roasting tray approximately 30 minutes before the joint is cooked to give additions flavor.

3.2 Brown beef stew

| | | | |
|-----------------------|----------|------------------------------|--------|
| Ingredients | quantity | Flour, white or whole meal | 25 g |
| | | Tomato puree | 1 tbsp |
| Prepared stewing beef | 400 g | Brown stock | 750 ml |
| | | Bouquet garni | |
| Dripping or oil | 25 g | Clove of garlic (if desired) | 1 |
| Onions | 75 g | Seasoning | |
| Carrots | 75 g | | |

Procedure

1. Remove excess sinew and fat from the beef.
2. Cut into 2 cm (1 inch) pieces.
3. Fry quickly in hot fat until lightly browned.
4. Add roughly cut onion and carrot and continue frying to a golden color.
5. Add the flour and mix in; singe in the oven or brown on top of the stove for a few minutes, or use previously browned flour.
6. Add the tomato puree and stir in with a wooden spoon.
7. Mix in the stock, bring to the boil and skim.
8. Add the bouquet garni and garlic, season and cover with a lid; simmer gently until cooked, preferably in the oven, approximately 1 ½ -2 hours.
9. When cooked place the meat into a clean pan.
10. Correct the sauce and pass on to the meat.
11. Serve with chopped parsley sprinkled on top of the meat.

Note: Variations include:

- Add a cooked pulse bean (butter, haricot, and flageolet).
- Add lightly sautéed mushrooms, wild or cultivated, once sauce is strained.
- Glazed vegetables can be added as a garnish.

Glazed vegetables

Glazed carrots, turnips and button onions, peas and diamonds of French beans, and mushrooms may be used. The vegetables are cooked separately and they may be mixed in, arranged in groups or sprinkled on top of the stew.

1. To cook glazed carrots and turnips, turn or cut into even shapes.
2. Barely cover with water in separate thick-bottomed pans and add 25-50 g butter or margarine per ½ kg of vegetables.
3. Season very lightly and allow cooking fairly quickly so as to evaporate the water.
4. Check that the vegetables are cooked, if not add a little more little color.
5. Care should be taken with turnips as they may break up easily.

| | | | |
|----------------|---|---|--|
| Page 51 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

6. Button mushrooms, if of good quality, need not be peeled, but a slice should be removed from the base of the stalk. Wash well, then use whole, halved, quartered or sliced, depending on their size. They may be colored first in the oil, butter or margarine, then cooked in a little stock and butter and seasoned lightly; cover with a lid and cook for a few minutes only.
- Beef bourguignon is a brown beef stew using red wine in place of stock and garnishing with glazed button onions, sautéed button mushrooms and lardons of bacon and heart-shaped croutons.

3.3 Grilled beef

All steaks may be lightly seasoned with salt and pepper and brushed on both sides with oil. Place on hot preheated greased grill bars. Turn half-way through the cooking and brush occasionally with oil. Cook to the degree ordered by the customer.

Serve garnished with watercress, deep-fried potato, and offer a suitable sauce, such as compound butter or sauce béarnaise.

Sirloin steak with red wine sauce

| Ingredients | quantity |
|-----------------|-----------|
| Butter or oil | 50 g |
| Sirloin steaks | 150-200 g |
| Red wine | 60 ml |
| Red wine sauce | ¼ lit |
| Chopped parsley | 100 g |

Procedure

1. Heat the butter in a sauté pan.
2. Lightly season the steaks on both sides with salt and pepper.

3. Fry the steaks quickly on both sides, keep them underdone.
4. Dress the steaks on a serving dish.
5. Pour off the fat from the pan.
6. Deglaze with the red wine. Reduce by a half and strain.
7. Add the bordelaise sauce, re-boil and correct seasoning.
8. Coat the steaks with the sauce.
9. Sprinkle with chopped parsley and serve.

Note: Traditionally two slices of beef bone marrow, poached in stock for 2-3 minutes, would be placed on each steak.

3.4 Beef stroganoff

| | | | |
|--------------------------|------|-----------------|--------|
| Fillet of beef | 400g | Dry white wine | 125 ml |
| Butter, margarine or oil | 50 g | Cream | 125 ml |
| Finely chopped shallots | 25 g | Lemon, juice of | ¼ |

Chopped parsley

Procedure

1. Cut the meat into strips approximately 1x5 cm (1/2 x2 inches).
2. Place the meat in a sauté use over a fierce heat.
3. Add a beef strips, lightly season with salt and pepper and allow cooking rapidly for a few seconds. The beef should be brown but underdone.
4. Drain the beef into a colander. Pour the butter back into the pan.
5. Add the shallots, cover with a lid and allow cooking gently until tender.
6. Drain off the fat, add the wine and reduce to one-third.
7. Add the cream and reduce by a quarter.
8. Add the lemon juice and the beef strips; do not re-boil. Correct the seasoning.
9. Serve lightly sprinkled with chopped parsley. Accompany with rice pilaf.

3.5 Goulash

| Ingredients | <u>quantity</u> |
|-----------------------|-----------------|
| Prepared stewing beef | 400 g |
| Lard or oil | 35 g |
| Onions, chopped | 100 g |
| Flour | 25 g |
| Paprika | 10-25 g |
| Tomato purees | 25 g |
| Stock or water | 750 ml |
| Turned potato | 8 |
| Choux paste | 125 ml |

Procedure

1. Remove excess fat from the beef. Cut into 2cm
2. Season and fry in the hot fat until slightly colored. Add the chopped onion.
3. Cover with a lid and sweat gently for 3 or 4 minutes.
4. Add the flour and paprika and mix in with a wooden spoon.
5. Cook out in the oven or on top of the stove. Add the tomato puree. Mix in.
6. Gradually add the stock, stir to the boil, skim, season and cover.
7. Allow to simmer, preferably in the oven, for approximately 1 ½ -2 hours until the meat is tender.
8. Add the potatoes and check that they are covered with the sauce. (Add more stock if required).
9. Re-cover with the lid and cook gently until the potatoes are cooked.
10. Skim and correct the seasoning and consistency. A little cream or yoghurt may be added at the last moment.
11. Serve sprinkled with a few gnocchi's, reheated in hot saluted water or lightly tossed in butter or margarine.

3.6 Carbonnade of beef

| Ingredients | quantity |
|----------------------------|----------|
| Lean beef (topside) | 400 g |
| Flour, white or whole meal | 25 g |
| Dripping or oil | 25 g |
| Sliced onions | 200 g |
| Beer | 250 ml |
| Castor sugar | 10 g |
| Tomatoes puree | 25 g |
| Brown stock | 500 ml |

Procedure

1. Cut the meat into thin slices.
2. Season with salt and pepper and pass through the flour.
3. Quickly color on both sides in hot fat and place in a casserole. ‘
4. Fry the onions to a light brown color. Add to the meat.
5. Add the beer, sugar and tomato puree and sufficient brown stock to cover the meat.
6. Cover with a tight-fitting lid and simmer gently in a moderate oven at 150-200⁰C until the meat is tender, for approximately 2 hours.
7. Skim, correct the seasoning and serve.

3.7 Braised steaks

| Ingredients | quantity |
|----------------------------|----------|
| Stewing beef | 400 g |
| Fat or oil | 25 g |
| Onions | 75 g |
| Carrots | 75 g |
| Flour, browned in the oven | 25 g |

Tomato purees 25 g
Brown stock 750 ml
Bouquet garni
Clove of garlic
Seasonal

Procedure

1. Remove excess sinew and fat from the beef.
2. Cut into 1/2 -1 cm thick teaks.
3. Fry quickly in hot fat until lightly browned.
4. Add the roughly cut onion and carrot and continue frying to a golden color. Mix in the flour.
5. Add the tomato puree and stir in with a wooden spoon.
6. Mix in the stock, bring to the boil and skim.
7. Add the bouquet garni and garlic, season and cover with a lid and simmer gently until cooked, preferably in the oven, approximately 1 1/2 -2 hours.
8. When cooked place the meat into a clean pan.
9. Correct the sauce and pass on to the meat.
10. Serve lightly sprinkled with chopped parsley.

Note: Braised steaks may be garnished with vegetables (turned or cut in neat, even pieces) or a paste, e.g., noodles.

3.8 Beef olives

Ingredients quantity

Stuffing 50 g
Lean beef /topside/ 400 g
Fat or oil 35 g
Carrot 100 g
Onion 100 g
Flour /browned in the oven/ 25 g
Tomatoes puree 25 g

| | | | |
|----------------|--|---|----------------------------|
| Page 56 of 107 | Author/Copyright Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Brown stock 500ml

Procedure

1. Prepare the stuffing.
2. Cut the meat into thin slices across the grain and bat out.
3. Trim to approximately 10x8cm; chop the trimmings finely and to the stuffing.
4. Season the slices of meat lightly with salt and pepper and spread a quarter of the stuffing down the centre of each slice.
5. Roll up neatly and secure with string.
6. Fry off the meat to a light brown color and the vegetable and continue cooking to a golden color.

Staffing

| | | | |
|---------------------|-------|-------------------------------|------|
| White or whole meal | 50 g | Egg to bind approx. | ½ |
| Breadcrumbs | 1 tsp | Prepared chopped suet | 5 g |
| Chopped parsley | | Sweated onion, finely chopped | 25 g |
| Pinch of thyme | | Salt, pepper | |

Procedure

Mix all the ingredients together with the chopped meat trimmings.

Other stuffing may be used, for example sausage meat, various herbs, duxelle, etc.

Veal, pork or chicken olives can be prepared and cooked by this method.

3.9 Hamburg or Vienna steak

| Ingredients | quantity |
|--------------------------|----------|
| Finely chopped onion | 25 g |
| Butter, margarine or oil | 10 g |
| Lean minced beef | 200 g |
| Small egg | 1 |
| Bread crumbs | 100 g |

Cold water or milk

2 tbsp

Procedure

1. Cook the onion in the fat without color, and then allow cooling.
2. Add to the rest of the ingredients and mix in well.
3. Divide into even pieces and using a little flour makes into balls, flatten and shape round.
4. Shallow fry in hot fat on both sides, reducing the heat after the first few minutes, making certain they are cooked right through.
5. Serve with a light sauce, such as sauce piquant.

Note: The steaks may be garnished with French fried onions and sometimes with a fried egg.

| | |
|------------|---------------|
| LAP Test 3 | demonstration |
|------------|---------------|

1. prepare Liver and Onions
2. prepare Shank preparation
3. prepare Sweat bread preparation
4. prepare Beef stroganoff
5. prepare Goulash
6. prepare Carbonnade of beef
7. prepare Braised steaks
8. prepare Beef olives
9. prepare Hamburg or Vienna steak

Unit Four: Cooking and presenting chicken dishes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Identifying tools and equipment to cook chicken item
- Selecting and using a variety of appropriate cooking methods for chicken.
- Cutting chicken dishes into joint, portioned and cooked
- Cooking chicken dish
- Portioning and serving chicken dish

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Identify tools and equipment to cook chicken item
- Select and using a variety of appropriate cooking methods for chicken.
- Cut chicken dishes into joint, portioned and cooked
- Cook chicken dish
- Portion and serving chicken dish

4.1 Identifying tools and equipment to cook chicken item

Kitchen Tools and Equipment Every

- | | |
|---------------------|-------------------------|
| 1. Pans | 11. Can Opener |
| 2. Pots | 12. Colander |
| 3. Knife | 13. Tongs |
| 4. Cutting Board | 14. Peeler |
| 5. Ladle | 15. Shears |
| 6. Spatula | 16. Kitchen Thermometer |
| 7. Measuring Spoons | 17. Blender |
| 8. Measuring Cups | 18. Kitchen Scale |
| 9. Mixing Bowls | 19. Oven |
| 10. Whisk | 20. Mixer |

4.2 Selecting and using a variety of appropriate cooking methods for chicken

Cook Chicken

Being one of the most versatile meats, you can cook chicken in many ways. So after learning how to prepare chicken before cooking, it's best to explore the best ways to cook it! Here are easy ways to cook chicken at home.

Fry:- The easiest way to cook chicken is by frying it in oil. But for the best possible fried chicken, try to keep the oil's temperatures between 325°F and 400°F.

Roast:- Roasted chicken is one of the most uncomplicated yet delicious dishes you can make out of the meat.

Pan:-fry or sautéed. A simple two-stage cooking procedure that gives you different delicious results is pan-frying or sauteing chicken. You'll only need a hot pan, a small amount of oil, and

juicy chicken! And not only is this method simple, but it's also gratifying. It lets the chicken's flavor develop while ensuring it's fully cooked.

Grill:. Grilling is similar to broiling when it comes to simple procedures. For this, all you need to do is toss the chicken to a grill. However, you need to be more attentive for this one.

Smoke:- If you're looking to try a different chicken cooking method that involves the oven than roasting, try smoking the chicken. This method is when you set the grill up as a smoker. It's an excellent alternative as it rewards you with rich-tasting meat without hassle.

Braise:- To get the most delicious results of cheaper and less tender cuts of chicken, braising is the way to go. Braised chicken is one of the most delicious soulful dishes you can make out there. And the meat will nearly fall off its bones, every time!

Bake:- Baking and roasting chicken is similar, yet so different. After all, you prepare baked chicken with individual parts instead of the entire bird. Not to mention, we usually dredge baked chicken with flour before cooking.

Poach:-One of the easiest ways to cook chicken is by poaching it. Moreover, it's one of the healthiest dishes you can make out of the bird! It's low fat, moist, and juicy. What's there not to like about this cooking method?

Broil:-Broiling involves tossing the bird in a broiler—it's that easy! And this cooking method rewards you with a delicious chicken dish perfect for any taste bud.

4.3 Cut chicken dishes into joint, portioned and cooked

The pieces of cut chicken are named as follows:

- Drumstick
- Thigh
- Wing
- Winglet
- Breast

- Carcass

The steps to skin a chicken and cooked.

Step 1: Loosen up: Remove the whole chicken from the refrigerator and let it stand for 10 to 15 minutes to warm up slightly. With the breast-side up, gently press on the bird to flatten and loosen joints.

Step 2: Wings: Grab hold of one of the wings and loosen the joints by gently pulling and twisting. Using a sharp boning knife, cut the skin and tendons on the wing bone – this will allow you to easily separate the skin and tendons

Step 3: Thighs and legs: Bend the thigh and leg backwards to pop the joint. Using your boning knife, slice the skin to expose the meat and bone. Using your fingers, gently pull the leg from the bones, being careful to keep the oyster attached



Figure 4.3 cutting kitchen parts

Step 4: Breasts and tenderloins: Find the center breast bone. Run your knife along the side of the bone from the top of the breast to the bottom, until the breast is completely separated from the breast and keel bones. Using your fingers, gently pull the breast meat away from the bones.

| | | | |
|----------------|---|---|----------------------------|
| Page 63 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Step 5: Save the bones! “Don’t throw away the chicken bones or carcass. Wrap them in plastic. wrap and freeze once you have 3 or 4 saved up, use them to make chicken stock.”

Portioning a chicken is easy when you know how. Here butcher Olly Seabright takes us through the process. Remember it's often cheaper to buy a whole chicken and break it down, than buy separate pieces

Portioned and cooked

1. Chicken breast

Oftentimes what people try first, chicken breast is a white meat that is ideal for oven baking and pan-frying. It includes the strip used for chicken tenders, and it has the lowest fat content in the whole chicken. It is usually served boneless and is attached to the ribs.

Typical Recipes and Uses

Chicken breast is popular in salads, stir-fries, and fried chicken. The meat is relatively plain, so it is often paired with a sauce or rich marinade to impart some extra flavor.

2. Chicken Tenders.

Are white meat and part of the chicken breast. It is the part of the breast that isn’t attached to the rib, making it easy to remove. They are coined “tenders” due to their location-derived texture. Muscles in meat that don’t move as often tend to be more tender (think filet mignon), and because this portion of the chicken breast doesn’t move as often, it is more tender.

3. Chicken Wings

Along with chicken breasts, chicken wings are the other half of the “chicken forequarter”. Chicken wings are white meat and divided into the “wingette” and “drumette”, or wing and drum, more commonly.

| | | | |
|----------------|---|---|--|
| Page 64 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

4. Chicken Drumstick

The drumstick comes from the chicken leg or hindquarters of the chicken. Each chicken has two legs that can be divided into two parts, the drumstick, and the thigh.

Drumsticks are considered “dark meat”, and the drumstick’s meat, in particular, is a characteristic pink. It is also juicier and fattier than the breast.

5. Chicken Thigh

A chicken thigh is the other half of the chicken leg, so it is also dark meat and renowned for being the juiciest part of the chicken. It is tender, flavorful, and usually cheaper than chicken breast. Chicken thighs are used in everything. From casseroles to grilling, to oven baking, there is no limit. Take advantage of their juicy nature by cooking them low and slow.

6. Chicken Liver

Chicken liver is considered “offal”, which means organ meat. Livers are responsible for filtering toxins and are a central component of nutrient absorption. Because of this, livers are very Chicken backs are what is left of the chicken after the wings, breasts, and legs have been removed. They have high fat content, lots of bones, and a lot of marrow, making them ideal for chicken soup and stock.

8. Chicken Hearts

Chicken hearts are a delectable organ meat (offal) that have been eaten for thousands of years. They are chewy, musky, and considered dark meat.

| | | | |
|----------------|---|---|----------------------------|
| Page 65 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

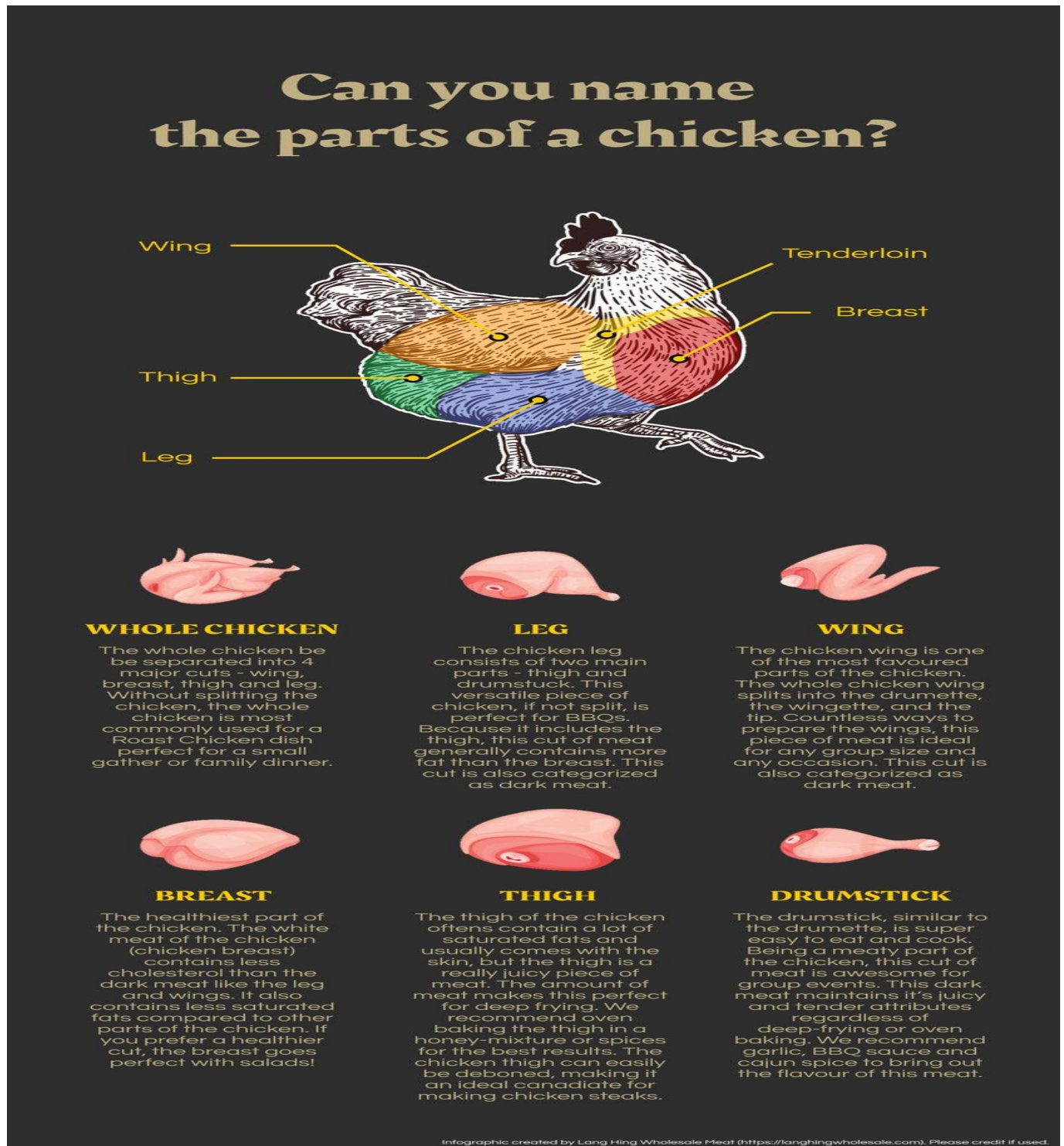


Figure 4.4 chicken parts

| | | | |
|----------------|--|---|----------------------------|
| Page 66 of 107 | Author/Copyright Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Typically, the chicken consumers buy can be split up into 6 major pieces. This includes the whole chicken, the chicken wings, the chicken leg, the chicken breasts, the chicken thighs, and the chicken drumstick.

1. Whole chicken: The whole chicken is basically the chicken that comes in for processing after being de-feathered and slaughtered. This whole chicken can be enjoyed like a Turkey but it can also be split into 4 major parts — leg, wings, breasts, and thighs. Typically, the whole chicken would be the cheapest to buy, since none of the labor of cutting the chicken would be included.

2. Chicken Leg: You don't see the chicken leg a lot at the supermarket. This is because the chicken leg is usually split into the chicken thigh and the chicken drumstick, as they are more commonly bought. This piece of chicken is considered to be dark meat and typically contains more cholesterol and saturated fats compared to white meat like chicken breasts.

3. Chicken Wings: We all know about chicken wings. They are a staple food for any party, event or sports gathering. The chicken wings can actually be split into 3 major parts, including the drumette, wingette and the tip. The tip doesn't really have that much usage but the drumette and wingette can typically be found in the sports bars. Super versatile and the piece of chicken that is perfect for almost any occasion. Below is an image that shows the cut-up parts of the chicken wing:



Figure 4.5 chicken wingets

4. Chicken Breast: When you need to bulk for the season, people typically go for chicken breasts. Known to be the healthiest part of the chicken, the breasts have relatively low saturated fats. Although depending on how you cook this, the chicken breast (or poultry breast in general)

can feel a bit tough. Not the most flavorful part of the chicken but goes super well with some salad dressing and greens.

5.Chicken Thigh: My personal favorite part of the chicken. The chicken thigh can be enjoyed with or without the bone and contains a lot of flavor and juice being dark meat and containing some great chicken skin. Deep-frying is one of the best ways to enjoy this piece of meat.

6.Chicken drumstick: Easy to eat, fast to cook. The chicken drumstick is a consumer-favourite oftentimes. There are countless ways to enjoy the chicken and because it's the drumstick, it's easy to pick up and just eat (please wash your hands though). We recommend going with an over-bake recipe or having this in a BBQ for like 20 minutes. We can't recommend this tender piece of chicken enough.

4.4 Cook chicken dish

When Preparing Chicken Before Cooking

Avoid-Now that you know how to prepare chicken before cooking, keep these tips in mind to avoid making common mistakes and going back to square one:

Never Leave Raw Chicken Out for Too Long

Always treat chicken with a time stamp. After all, chicken can be dangerous when left out for too long at room temperature. That's because this is the time when the meat develops hazardous bacteria. And if consumed, this might result in different foodborne illnesses—or food poisoning.

So I recommend placing the chicken in the fridge instead of on your kitchen countertop. And only take the meat out when you're ready to cook it.

But if you're handling frozen chicken, thaw it inside the fridge about two days before cooking.

Not Knowing When to Throw Away Raw Chicken

Remember, raw chicken is supposed to be pink and a little slippery. It's not supposed to be slimy, grayish, or smelly. So if you notice any of these rotting signs on your raw chicken, it's

| | | | |
|----------------|---|---|--|
| Page 68 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

time to throw it away. And this applies to all forms of chicken. So whether you brought it from the grocery or took it out of the freezer, toss it off when necessary.

Instead, make sure to shop intentionally. Have a plan and cook chicken within two days of purchase. And regularly check the raw chicken for the appropriate color, odor, and texture.

Incorrectly Storing Chicken

Chicken juice can leak and drop outside of a container when stored improperly. And this can lead to severe bacteria contamination, especially when coming in contact with vegetables and fruits. So always keep your chicken correctly.

It's best to place chicken on a plate with a cover. And store it on the bottom shelf of your fridge. Doing this prevents it from contaminating other contents on your fridge.

Reusing Tools Used on Raw Chicken

Although reusing kitchen tools is a great time-saver, it can be detrimental to your health. After all, it puts your ingredients at risk for cross-contamination. That's why avoid using kitchen utensils, cookware, and cutting boards on raw chicken and other foods.

If needed, always make sure to wash kitchen tools after coming in contact with raw chicken.

Improperly Marinating Chicken

Although chicken tastes best when marinated, this can be dangerous to your health when done incorrectly. Leaving raw chicken on your kitchen countertop to marinate at room temp encourages bacteria to grow. After all, bacteria multiply best in warm environments.

Instead, marinate the raw bird inside a sealed and airtight container in your fridge. And don't forget to throw away the remaining juices when you're done.

| | | | |
|----------------|---|---|--|
| Page 69 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

| | |
|-----------------------|---------------------|
| Self check 4.1 | Written test |
|-----------------------|---------------------|

Name _____ ID No _____

From the following statement choose the correct answer

1. From the following listed one is unique

A. Colander B. Tongs C. Chef D. Peeler

2. _____ is used for peeling, coring, and carving garnishes from vegetables and fruits

A. pot B. Paring knife C. Spatula D. Sauce pan

3. Which one of the following is different from the other

A. bake B. Smoke C. Grill. D Stew

| Operation sheet 4. | Chicken |
|--------------------|---------|
|--------------------|---------|

4.1 Chicken Nugget

Ingredient

400g chicken breast fillets

4 tbsp plain flour

1 egg, lightly beaten

115g panko breadcrumbs or other dried breadcrumbs

2 tbsp vegetable or sunflower oil

Method

STEP 1-Cut the chicken into bite-sized pieces. Put the pieces on a layer of cling film, cover with another layer of cling film, then use a rolling pin to bash the pieces until around 2-3mm thick and uniform.

STEP 2-You can either cook the chicken nuggets in a frying pan or in the oven. If you're not pan-frying, heat the oven to 220C/200C fan/gas 7 and lightly oil two baking trays.

STEP 3-Tip the flour onto a plate and mix with a pinch of salt. Put the beaten egg in a bowl, and tip the breadcrumbs into another bowl.

STEP 4-Dip each chicken piece in the flour, then into the egg (shaking off the excess), and finally toss in the breadcrumbs and transfer to the lightly oiled baking tray. We find that breadcrumbing using one hand is less messy.

| | | | |
|----------------|---|---|----------------------------|
| Page 71 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

STEP 5-If cooking the nuggets in the oven, bake for 10-15 mins, turning halfway through. If pan-frying, heat the oil in a large frying pan over a high heat and cook the nuggets in two or three batches for 3-4 mins on each side until golden. carefully remove with a slotted spoon. Serve with tomato sauce

4.2 Grilled chicken breast

4 (8 oz. each) boneless skinless chicken breasts

1/4 cup olive oil

1/4 cup low-sodium chicken broth

1 Tbsp minced garlic

1 tsp honey

1 tsp dried thyme

1 1/4 tsp salt

1/2 tsp black pepper

How to Prepare and Grill Chicken Breasts

Place chicken on a cutting board. Cover with plastic wrap and pound chicken with the flat side of meat mallet to help even out its thickness (it should be about 3/4-inch thick).

Transfer chicken breasts to a resealable bag.

In a small mixing bowl whisk together olive oil, chicken broth, garlic, honey, thyme, salt and pepper. Pour mixture over chicken in bag then seal bag while pressing excess air out and rub marinade over.

Let chicken rest in fridge 2 hours and up to 12 hours

| | | | |
|----------------|---|---|----------------------------|
| Page 72 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

4.3 Chicken kebab

Ingredients

3 pounds boneless, skinless chicken breasts, cut into large cubes

1 cup plain yogurt

1 cup lemon juice

1 cup onion juice

1 cup olive oil

½ teaspoon chopped garlic

½ teaspoon ground black pepper

½ teaspoon saffron

8 skewers, or as needed

Directions

Mix yogurt, lemon juice, onion juice, olive oil, garlic, black pepper, and saffron together in a large bowl. Add chicken pieces to the marinade and toss to coat. Cover with plastic wrap and marinate, 8 hours to overnight.

Preheat an outdoor grill for medium-high heat and lightly oil the grate.

Remove chicken from marinade; thread through skewers. Discard unused marinade.

Cook on the preheated grill, turning frequently, until golden brown on all sides and meat is no longer pink in the center, about 8 minutes per side.

| | | | |
|----------------|---|---|--|
| Page 73 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

4.4 Prepare chicken piccata

Ingredients

1 cup all-purpose flour

1 teaspoon salt

½ teaspoon ground black pepper

4 skinless, boneless chicken breast halves - trimmed and cut in half crosswise

½ cup butter

¾ cup dry white wine

1 lemon, juiced

1 teaspoon capers

1 lemon, sliced & 2 teaspoons chopped fresh parsley

Directions

Mix flour, salt, and black pepper in a bowl. Dredge the chicken breast pieces in the seasoned flour to coat; tap off excess flour.

Melt butter in a skillet over medium heat until hot but not starting to brown. Pan-fry coated chicken breast pieces in the hot butter until golden brown, the juices run clear, and the chicken is no longer pink inside, about 10 minutes. Turn the chicken pieces often. Remove chicken from skillet and keep warm.

Pour white wine into the skillet and scrape pan to dissolve any browned bits of food on the bottom. Mix in lemon juice, reduce heat to low, and simmer until sauce is slightly thickened, about 10 minutes. Stir often. Stir capers into sauce and place chicken back into skillet, turning to coat with sauce.

| | | | |
|----------------|---|---|--|
| Page 74 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|---|---|--|

To serve, transfer chicken to a serving platter, top with sauce, and garnish with lemon slices and fresh parsley

4.5 Prepare chicken burger

1 pound ground white meat chicken

- ☐ 2 cups coarse to fine fresh bread crumbs, divided (not canned)
- ☐ 1/2 cup low-fat milk
- ☐ 3 tablespoons grated sweet onion (or finely, finely minced)
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 3/4 teaspoon coarse grained salt
- ☐ Cracked black pepper
- ☐ 1 teaspoon olive oil

Directions

Be sure to use ground white meat chicken. If you're buying your ground chicken from the grocery store, ring the bell and ask them if they've got what you're looking for or if they'll grind some chicken breast for you. You can also grind it yourself in a food processor. Remove all excess fat and cartilage from boneless, skinless chicken breast and tenders, cut into 1-inch cubes and pulse until coarsely chopped.

Use fresh bread crumbs. It only takes a few extra minutes. Remove crusts from good bread or don't remove the crusts, tear into chunks and pulse in a mini chopper or food processor. Make a giant batch and freeze them so next time you can skip this step.

Place chicken in a mixing bowl. Using a rubber spatula, fold in milk, 1/2 cup bread crumbs, onion, cayenne, salt and pepper. The mixture will be very wet which means it will be a tiny bit

| | | | |
|----------------|--|---|--|
| Page 75 of 107 | Author/Copyright Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|--|---|--|

icky forming it into patties but forge ahead. Place remaining 1 1/2 cups bread crumbs on a dinner plate or cookie sheet. Divide chicken meat into 4 or 5 piles (you decide which portion size is best for you) and using your hands, shape into patties. Coat each patty with bread crumbs. Heat olive oil in a large non-stick skillet over medium heat and fry patties until golden and cooked through, about 5 minutes per side. Serve immediately

4.6 chicken ala king

| Ingredients | quantity |
|--------------------------|----------|
| Button mushrooms | 100 g |
| Butter or margarine | 25 g |
| Red pimento | 50 g |
| Cooked boiled chicken | 400 g |
| Sherry | 30 ml |
| Chicken volute | 125 ml |
| Cream or non-dairy cream | 30 ml |

1. Wash, peel and slice the mushrooms.
2. Cook them without color in the butter or margarine.
3. If using raw pimento, discard the seeds, cut the pimento in dice and cook with the mushrooms.
4. Cut the chicken in small, neat slices.
5. Add the chicken to the mushrooms and pimento.
6. Drain off the fat. Add the sherry.
7. Add the volute, bring to the boil.
8. Finish with the cream and correct the seasoning.
9. Place into a serving dish and decorate with small strips of cooked pimento.

Note: 1 or 2 egg yolks may be used to form a liaison with the cream mixed into the oiling mixture at the last possible moment and immediately removed from the heat. Chicken a la king may be served in a border of golden brown duchesse potato or a pilaf of rice may be offered as an accompaniment. It is suitable for hot buffet dish.

4.7 Fricassee of chicken

| | | | |
|----------------|---|---|----------------------------|
| Page 76 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

Ingredients

quantity

| | |
|---------------------|-------------|
| Chicken | 1 ¼ -1 ½ kg |
| Butter or margarine | 50 g |
| Flour | 35 g |
| Chicken stock | ½ lit |
| Yolks of eggs | 1-2 |
| Cream | 4 tbsp. |
| Chopped parsley | |

Procedure

1. Cut the chicken as for sauté and season with salt and pepper.
2. Place the butter in a sauté pan. Heat gently.
3. Add pieces of chicken. Cover with a lid.
4. Cook gently on both sides without coloring. Mix in the flour.
5. Cook out carefully without coloring. Gradually mix in the stock.
6. Bring to the boil and skim. Allow to simmer gently until cooked.
7. Mix the yolks and cream in a basin /liaison/.
8. Pick out the chicken into a clean pan.
9. Pour a little boiling sauce on to the yolks and cream and mix well.
10. Pour all back into the sauce, combine thoroughly but do not re-boil.
11. Correct the seasoning and pass through a fine strainer.
12. Pour over the chicken, reheat without boiling.
13. Serve sprinkled with heart-shaped croutons, fried in butter.

Note: A fricassee of chicken with button onions and mushrooms can be made similarly with the addition of 50-100 g button onions and 50-100 g button mushrooms. They are peeled and the mushrooms left whole, turned or quartered depending on size and quality. The onions are added to the chicken as soon as it comes to the boil and the mushrooms 15 minutes later. Heart-shaped croutons may be used to garnish. This is a classic dish known as fricassee de

| | | | |
|----------------|---|---|----------------------------|
| Page 77 of 107 | <u>Author/Copyright</u> Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 |
| | | | November, 2022 |

4.8 Curried chicken

| Ingredients | quantity | | |
|----------------------|----------|--------------------|-------|
| Chicken 1 ¼ - 1 ½ kg | 1 | Flour | 10 g |
| Oil | 50 ml | Curry powder | 10 g |
| Onion | 200 g | Tomato purees | 25 g |
| Clove garlic | 1pcs | Chicken stock | ½ lit |
| Sultanas | 25 g | Chopped apple | 50 g |
| Chopped chutney | 25 g | Grated root ginger | 10 g |
| Desiccated coconut | 10 g | | |
| Ground ginger | 5 g | | |

PROCEDURE

1. Cut the chicken as for sauté, season lightly with salt.
2. Heat the oil in a sauté pan, add the chicken.
3. Lightly brown on both sides.
4. Add the chopped onion and garlic.
5. Cover with lid; cook gently for 3-4 minutes.
6. Mix in the flour and curry powder.
7. Mix in the tomato puree. Moisten with stock.
8. Bring to the boil, skim.
9. Add the remainder of the ingredients. Simmer until cooked.
10. The sauce may be finished with 2 tablespoon cream or yoghurt.

Note: Accompany with 100 g plain boiled rice and/or grilled poppadum; This is a European recipe in use today. For a traditional Asian recipe the curry powder would be replaced by either curry paste or a mixture of freshly ground spices /turmeric, cumin, allspice, fresh ginger, chili and clove/. See also the chapter on ethnic cooking

| | |
|-------------------|----------------------|
| LAP test 4 | Demonstration |
|-------------------|----------------------|

Name _____ ID _____

1. Prepare chicken Nugget
- 2 Prepare grilled chicken breasts
3. Prepare chicken kebab
4. Prepare chicken piccata
5. Prepare chicken burger
6. Prepare chicken ala king
7. Prepare Fricassee of chicken
8. Prepare Curried chicken

Unit Five: Cooking and presenting fish dishes

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Selecting and using a variety of appropriate cooking methods for fish.
- Cooking and presenting a variety fish item
- Portioning and serving fish dishes

This guide will also assist you to attain the learning outcomes stated in the cover page.

Specifically, upon completion of this learning guide, you will be able to:

- Select and use a variety of appropriate cooking methods for fish.
- Cook and present a variety fish item
- Portion and serve fish dishes

5.1 Selecting and using a variety of appropriate cooking methods for fish

How to Cook Fish

There are many common methods used to cook fish; the most popular are described below.

Grilled Fish- Salmon, tuna, swordfish, and shark, grill beautifully. Make sure that your grill is very clean and oil it lightly before adding the fish. more delicate fish fillets, using a grill basket will make grilling any type of fish much easier

Steamed Fish- Is a great investment if you like this method of cooking fish. To steam fish, place water or stock in a large saucepan and add seasoning ingredients; everything from lemons to ginger will work. Bring the liquid to a simmer, place the fish in the steamer(s) and place over the simmering water. Do not let the liquid boil; this will cook the fish too quickly and it could overcook in seconds.

Microwave Fish-The microwave oven will cook fish very well as long as you follow a few rules. First, make sure that you rotate the fish halfway through the cooking time so the fish cooks evenly. If the fillets are of uneven thickness, fold the thinner parts under each other so the fish is about the same thickness throughout. And standing time is very important; let the dish stand on a flat surface according to the recipe so the food finishes cooking.

Broiled Fish-Broiled fish can be really delicious, especially if you season the fish well before cooking. Be sure to preheat the broiler before adding the fish. Make sure the fish is 4-6" away from the broiler and watch carefully. Thinner fillets (1/2") probably won't have to be turned over; thicker fillets (1") should be carefully turned halfway through cooking.

Roasted Fish-Baking at a high oven temperature really concentrates the flavors of fish and helps the sugars on the surface caramelize for superior flavor. Roasting is baking at temperatures above 400 degrees F. You can season the fish with just about anything you like before roasting.

Poached Fish-Fish is poached in a flavored liquid called a court bouillon. Just about any aromatic herb or vegetable can be used in the poaching liquid. There's one important rule for poaching: do not let the water boil! The liquid should be barely simmering. If the water boils the outside of the fish will overcook quickly.

Poached fish is a simple and delicious dish that can be prepared quickly and easily. Poaching is a good technique for cooking lean fish like tilapia, cod, sole, haddock, snapper or halibut, as well as fatty fish like salmon or trout.

Poaching preserves moisture and adds flavor without adding fat — though you may want to serve poached fish with a sauce. The method shown here calls for making a simple velouté sauce from the poaching liquid

Baked Fish-Baking is one of the easiest ways to cook fish. Just follow the recipe instructions for cooking, covering, and standing times.

Sauteed Fish-Using just a bit of olive oil and making sure to preheat the pan are the two tips for a perfectly sauteed piece of fish. Also remember to let the fish cook undisturbed for 2-3 minutes to develop a nice crust. Be sure not to crowd the fish; cook it in batches rather than overcrowd the pan. The best way to sauté thin fillets is to cook over medium high heat for 2-3 minutes, then turn, cook for another minute or two, then remove the pan from heat and let the residual heat cook the fish. Cook thick fillets 5-6 minutes on the first side, then reduce heat to medium and cook for 4-5 minutes longer.

Fried Fish-Deep fried fish is usually battered, then gently lowered into 375 degree oil and cooked for about 4 minutes per side, turning once and carefully.

N.B .Everyone knows that fish is good for you. The fats in fish, especially fatty fish like salmon, tuna, and mackerel, are thought to help prevent heart disease, and can even aid in preventing diseases like Alzheimer's and strokes.

5.3 Cooking and presenting a variety fish cuts item

Fish Cuts

Fish is popular among health-conscious eaters because it's a rich source of protein and omega-3 fatty acids. It also contains certain vitamins and minerals, like selenium, phosphorus, and vitamin B12. When choosing fish, it's indispensable to consider not just the type of fish. Perfecting your recipe also requires giving some thought to the fish cut.

The most common fish cuts include filets, steaks, whole fish, loin, tail, butterfly fillet, and pocket cuts. Different fish cuts offer different textures, flavors, and cooking times. While some cuts are ideal for quick cooking methods like grilling, others are perfect when slow-cooked or braised. The type of fish and the cut you choose will ultimately depend on your personal preferences and the dish you're trying to create.

Given all the different factors, it's no wonder many home cooks feel overwhelmed when shopping for fish. To help you discern all the other options, we've put together a guide to different types of fish cuts.

Types of fish cutting styles

The different types of fish cuts will determine how you prepare your fish. Will you grill it, fry it, or bake it? Each method yields different results.

Here are the different types of fish cuts:

Loin- A loin is a thick, meaty cut that runs along the fish's back. It's similar to a steak in appearance and texture. The loin cut includes the tender flesh near the backbone and the fatty belly meat. It's generally boneless and skinless, though there may be some small pin bones.

Loin cuts are mainly from large fish like tuna, swordfish, and halibut. While you can cook the loin whole, it's often cut into steaks or slices. The thick cut is best suited for grilling, baking, or broiling. It can also be pan-fried, but make sure not to overcook it as the flesh can become dry.

Because the loin is such a high-quality cut, it's usually one of the more expensive fish cuts. Trimming the loin into thick, uniform pieces is a skilled task that takes practice. As a result, you're likely to pay more for professionally prepared loin cuts.

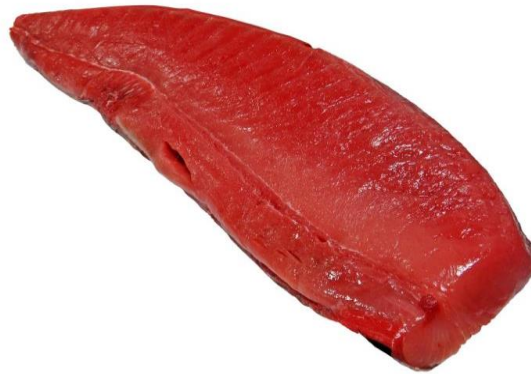


Figure 5.1 Loin cutting fish

Tail- The tail is the fleshy back end of the fish closest to the tail. It's a thick, meaty cut that tapers down to a point. Although not as popular as other cuts, the tail can be a delicious and nutritious option. Most people overlook the tail cut because it doesn't have the same firm texture as other cuts. However, when cooked properly, the tail can be just as tender and juicy.

Seasoned and roasted tail cuts make a great appetizer or main course. You can also grill, fry, or bake tail cuts. The size and shape of the tail cut will vary depending on the type of fish. Some common fish that come as tail cuts include salmon, tuna, and tilapia.



Figure 5.2 tail cutting fish

Fillet- The word “fillet” in French is “filet,” meaning “string or thread.” As the name suggests, a fillet is a long, thin fish strip with no specific shape or size. It's cut parallel to the fish's backbone, removing the skin, and usually includes the tender flesh closest to the bone. The cut is in its most natural form and requires no further trimming.

While most fillet cuts are boneless, it's still possible to find tiny pin bones in the flesh. You can remove these bones by running your fingers along the fillet or using a pair of tweezers. Fish fillets are some of the most popular cuts as they're easy to cook. The cut is versatile and can be baked, grilled, poached, roasted, or fried



Figure 5.3 fillet cutting

Steak-A fish steak is a thick, meaty cut similar to a beef steak. It's a cross-section cut of the fish that runs along the length of the body, perpendicular to the spine. Steaks often include the backbone and are cut boneless or with some bones. The standard steak thickness is about an inch, but they can be cut thinner or thicker.

Some of the most popular fish for steak include tuna, swordfish, salmon, and halibut. Before cooking the steak, it's important to scale and remove the skin. However, you can cook salmon steaks with the skin still intact. Because of the thick cut, the best way to cook fish steaks is by grilling, baking, or broiling.

You can also pan-dress and fry fish steaks, but it's important to use high-quality oil and not overcrowd the pan. When pan-frying or baking, seal the steak on both sides of the fish before cooking it through



Figure 5.4 steak cutting fish

Butterfly fillet-A butterfly fillet can either be boneless or with the bones still attached. As the name suggests, it's a fillet that's been cut open and spread out to form the shape of a butterfly. The cut begins with a fillet, slicing one side of the fish from behind the fish's head, then cutting along the length of the fish and tapering towards the tail to open it up like a book.

Repeating the process on the fish's other side will leave you with a connected butterfly fillet. You can then remove the bones if desired. This cut is popular for fish that have large, meaty filets like salmon and halibut. It's a good choice for grilling, baking, or pan-frying



Figure 5.5 butter fly

Whole fish-As you might have guessed, a whole fish is simply the entire fish scaled, gutted, and ready to cook. You can buy whole fish either with the head on or off. Some will have the viscera (internal organs) and gills removed, while others will not. You can stuff gutted whole fish with herbs and vegetables before cooking or cook them as is.

Pocket cut-Fish like tuna and swordfish have a large loin, making them ideal for a pocket cut. The pocket cut is similar to a butterfly fillet, but instead of cutting all the way through the fish, you leave the two halves connected at the backbone. This cut forms a pocket that you can stuff with herbs, vegetables, or other ingredients before cooking.

Closing-Fish comes in many varied shapes and sizes, so there's no one-size-fits-all answer to cuts. When choosing a cut, consider the type of fish and the desired cooking method. From the above article, you should be able to understand the different kinds of fish cuts and how to use them. So next time you're at the seafood counter, don't be afraid to ask for a specific cut.

5.3 Portioning and serving fish dishes

Fish dishes:- Fish has been an important source of protein for humans throughout recorded history

Fish are usually low in fat and high in omega-3 fatty acids. Omega-3 improves mental functions and helps in maintaining a healthy heart by lowering blood pressure. Researchers have discovered that eating fish regularly may reduce the risk of diseases ranging from asthma to prostate cancer.

White fish like cod are a great source of low fat proteins while oily fish like sardines, salmon and mackerel are dense with omega-3 acids

Fried fish in batter



Figure 5.6 fish fried in batter

- Mix together 1 cup flour, 1/4 cup cornstarch, baking powder and salt in a bowl.
- Stir in enough club soda to make a batter about the consistency of thin pancake batter. You ...

Breaded fish- Breaded Fish is a **delicious snack** that can be made at home with ease. All you need is fish fillets, breadcrumbs and eggs. This breaded fish recipe, in particular, is full of flavour as it is baked and comes with a crunchy top layer for added



deliciousness.

Figure 5.7 breaded fish

- Fish finger- Fish fingers** (British English) or **fish sticks** (American English) are a processed food made using a whitefish, such as cod, hake, haddock, shark or pollock, which has been battered or breaded. They are commonly available in the frozen food section of supermarkets. They can be baked in an oven, grilled, shallow fried, or deep-fried.



Figure 5.8 Fish fingers

- Grilled fish-** Grilling is fast and efficient, and it will produce a more flavorful meal that your whole family can enjoy.



Figure 5.9 grilled fish

- **Fish cake-** A **fishcake** (sometimes written as **fish cake**) is a culinary dish consisting of filleted fish or other seafood minced or ground, mixed with a starchy ingredient, and fried until golden.



Figure 5.10 fish cake

Fish Cutlets-A fishy party starter! Steamed fish minced with spices, combined with potatoes, shaped into cutlets and fried to perfection.



Figure 5.11 fish cutlets

| Self check -5.1 | Written test |
|-----------------|--------------|
|-----------------|--------------|

Name _____ ID _____

Give the correct answer

- 1.what are types of fish cuts
- 2.Difine the portioning and serving
- 3.list cooking methods for fish
4. List the equipment to cook fish item

| Operation sheet-5 | Fish |
|-------------------|------|
|-------------------|------|

5.1 Fried fish in batter

Season the batter to taste if desired with seasoning of your choice

INGREDIENTS

Units: US

- 2 lbs cod (fresh or frozen and thawed)
- 1 ¼ cups all-purpose flour, divided
- ½ cup cornstarch, divided
- 1 teaspoon baking powder
- 16 ounces club soda
- 1 teaspoon salt (plus seasoning of your choice..Old Bay, Lemon Pepper etc)
- oil (for frying)

ADVERTISEMENT

DIRECTIONS

- Mix together 1 cup flour, ¼ cup cornstarch, baking powder and salt in a bowl.
- Stir in enough club soda to make a batter about the consistency of thin pancake batter. You don't want it too thick, just thick enough to nicely coat a spoon.
- Season the batter to taste if desired with seasoning of your choice. I suggest Old Bay, Lemon Pepper seasoning, or seasoned salt. set aside.
- In another bowl, mix together remaining ¼ cup flour and ¼ cup cornstarch.
- Heat oil in a deep pan to 375°F Use a candy thermometer if you need to. Oil in pan should be about 3" to 4" deep.
- Cut fish into portion sizes and remove any pin bones, and pat dry.
- Dredge the fish in the dry flour/cornstarch mixture. Shake off any excess. This allows the batter to stick to the fish.
- Dip dredged fish into batter allowing any excess to drip off before carefully adding the fish to the hot oil.
- Cook the fish one or two pieces at a time until golden brown. Drain on paper towels o

- r better yet, on a cake cooling rack set up over paper towels.
- Serve while hot.

5.2 Breaded fish

Ingredients

For Breadcrumb Mixture

- 4 slices large white sandwich bread torn into smaller pieces
- 2 tbsp unsalted butter melted
- ½ tsp Kosher Salt
- ¼ tsp black pepper
- 2 tbsp Italian Parsley chopped
- 1 small shallot minced
- 2 cloves of garlic minced

For Breaded Fish

- **Breadcrumb mixture**
- ¼ cup all-purpose flour
- 5 tbsp all-purpose flour
- 2 Eggs large
- 3 tbsp Mayonnaise
- ½ tsp Paprika
- ¼ tsp cayenne pepper
- 4 inches pieces of white fish fillet skinless and 1 to 1 ½ inches thick

Instructions

| | | | |
|----------------|--|---|--|
| Page 93 of 107 | Author/Copyright Ministry of Labor and Skills | Preparing Meat Chicken and Fish Dish | Training module Version -1 November, 2022 |
|----------------|--|---|--|

1. Take a food processor or a blender. Add the slices of bread, ¼-teaspoon salt and ¼-teaspoon pepper. Pulse the mixture 8-9 times until it is finely crumbled. Preheat the oven at 176-degree Celsius. Place the breadcrumbs on a baking sheet and bake them for 10-13 minutes until they turn golden brown. Remove them from the oven and let them cool. Then transfer them to a plate and add the minced shallots, garlic and parsley. Mix all the ingredients.
2. In a bowl, add the eggs, mayonnaise, paprika and cayenne pepper. Lightly whisk the eggs. Then add the ¼ cup of flour and mix again.
3. Make the counter ready with the Breadcrumb mix, Egg mix and all-purpose flour in the third plate. Now take the fish fillet and pat it dry with a paper towel. Dredge it in the flour. Shake off the excess flour. Then dip the fillet in the egg mixture. Lastly, coat the fillet with the breadcrumbs. Press the crumbs gently to make sure they stick to the fish. Coat the rest of the fillets and place them on a wired rack. Coat the baking sheet with some oil and place the rack inside it.
4. Increase the temperature of the oven to 218-degree Celsius. Bake the Breaded Fish for 18-25 minutes.

5.3 Fish finger

Ingredients

- ☐ 600g / 1.2lb white fish fillets , *patted dry (Note 1)*
- ☐ Oil spray (*olive oil or any plain*)

Crumb

- ☐ 1 1/2 cups (75g) panko breadcrumbs (*Note 2*)
- ☐ 1/4 cup (25g) parmesan
- ☐ 2 tsp paprika , *optional*

- ☐ 1/2 tsp salt and pepper , *each*

Batter

- ☐ 1 egg
- ☐ 1 tbsp mayonnaise
- ☐ 2 tbsp flour
- ☐ 1/4 tsp salt and pepper , *each*

Serving

- ☐ Tartare sauce or other seafood dipping sauce
- ☐ Lemon wedges
- ☐ Finely chopped chives or parsley , *garnish (optional)*

Instructions

1. Preheat oven to 180°C / 350°F.

Crumbing:

1. Toast breadcrumbs: Spread breadcrumbs on tray. Spray with oil, bake 4 minutes until golden. Transfer toasted breadcrumbs into bowl, add remaining Crumb ingredients and mix.
2. Increase oven to 220°C / 425°F (fan 200°C). Spray used tray with oil.
3. Batter: Mix Batter ingredients in a separate bowl.
4. Cut the fish into strips 1.5 x 11 cm / 3/5 x 4.5" (they shrink 30% in length).
5. Place fish in Batter, gently mix with rubber spatula to coat. Do not leave sitting around (will become watery), coat immediately.
6. Breading: Pick up fish with tongs, place in breadcrumbs. Spoon over crumb, use fingers to press to adhere.

7. Baking: Transfer to baking tray. Spray with oil, bake 13 minutes or until crispy on the outside.
8. Serve immediately with lemon wedges, Tartare Sauce or other Sauce of choice - see here for recipes, any of these great for fish fingers! Also Note 3 for few quick sauce options

5.4 Grilled fish

Ingredients

- 1 ½ pounds salmon fillets
- lemon pepper to taste
- garlic powder to taste
- salt to taste
- ⅓ cup soy sauce
- ⅓ cup brown sugar
- ⅓ cup water
- ¼ cup vegetable oil

Directions

1. Season salmon fillets with lemon pepper, garlic powder, and salt.
2. In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large resealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
3. Preheat grill for medium heat.
4. Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork

5.5 Fish cake

Ingredients

- 2 large potatoes, peeled and halved
- 1 pound cod fillets, cubed

- 1 large egg, beaten
- 1 tablespoon butter
- 1 tablespoon grated onion
- 1 tablespoon chopped fresh parsley
- 3 tablespoons oil for frying

Directions

1. Place potatoes into a large pot and cover with salted water; bring to a boil. Reduce the heat to medium-low and simmer until almost tender, about 15 minutes. Add cod and continue to cook until cod and potatoes are both soft, about 5 more minutes.
2. Drain well and transfer to a large mixing bowl. Add egg, butter, onion, and parsley; mash until well combined, then form into four patties.
3. Heat oil in a large skillet over medium-high heat. Add patties and cook until golden brown, 3 to 5 minutes per side. Drain on paper towels before serving.

| | |
|-------------------|----------------------|
| Lap test 5 | demonstration |
|-------------------|----------------------|

Name _____ ID No _____

- 1 Prepare fried fish in batter
- 2 Prepare breaded fish
- 3 Prepare fish finger
- 4 Prepare grilled fish
- 5 Prepare fish cake

Unit six: Storing meats, chicken and fish items

This learning guide is developed to provide you the necessary information regarding the following content coverage and topics:

- Storing Hot items in hot holding cabinets
- Storing Cold items in cold holding cabinets

This guide will also assist you to attain the learning outcomes stated in the cover page. Specifically, upon completion of this learning guide, you will be able to:

- Store hot items in hot holding cabinets.
- Store Cold items in cold holding cabinets

6.1 Storing Hot items in hot holding cabinets.

Hot holding cabinets are temperature maintenance units in the same vein as refrigeration equipment. And though they are heated, foodservice operators do not use this equipment for cooking.

Hot Holding cabinets prolong the time operators can hold food fresh and flavorful before beings served. When high-volume demand requires a short window of delivery/service time, like school lunch and banquet services, the need to prepare ahead and hold the food becomes paramount. Also, operations that serve high food volumes that require longer cooking times, like barbecue joints, rotisserie cooked foods, etc., will require the ability to cook in advance.

Insulated cabinets and those configured to hold foods at higher temperatures can keep menu items out of food danger zones for longer time periods. Foods must be held at temperatures at least 141 degrees F for proper food safety. Operators will often set the internal cabinet temperatures about 10 degrees F higher than the desired internal food to compensate for door openings and heat loss during standard daily business.

This equipment category includes stationary, reach-in and roll-in rack systems or mobile cabinets for transporting heated foods. Factories typically differentiate hot holding cabinets by heat systems and the different size trays or pans the units will hold.

Most manufacturers either have a top- or bottom-mounted heat system, which consists of a heating element and, depending on the manufacturer, some type of air movement inside the cabinet. Humidity controls can help improve holding conditions for foods more prone to drying out during holding. Available heating systems include convected air with fan-driven circulation, radiant heat with no mechanical air movement and humidity control systems with thermostatically controlled air temperatures from ambient up to 200 degrees F and humidity generated from ambient to 95 RH.

Cabinets may come insulated, often with Energy Star approvals, and non-insulated for economy and short-term holding needs. Cabinets are typically constructed of aluminium, stainless steel or a combination of both.

chafing dish

A chafing dish is a great way to keep food warm at a buffet or party. You can use it to heat up food in the oven before transferring it to the dish, or you can place food in the dish and keep it warm with a Sterno fuel canister. Chafing dishes come in different sizes, so be sure to choose one that is big enough for your needs. They are also available in electric and non-electric models.

6.2 Storing Cold items in cold holding cabinets

Cold holding units are **used to keep food cold** and avoid unnecessary time spent in the temperature danger zone this helps to keep food safe in accordance with food safety protocol. Cold food must be kept and held below the temperature danger zone in order to stay as safe as possible for human consumption.

In many restaurants with high volume, busy hotels, and popular catering business, a holding cabinet is nearly a required piece of foodservice equipment. A holding cabinet allows you to prepare side dishes, appetizers and even main entrees in large batches and then hold them at an exact temperature until you need to serve them.

Holding cabinets vary in size and capacity, from small undercounter and compact models to large, full-sized floor models that can hold many trays or pans of food. Many models are mobile, so you can position your menu items exactly where you need them until you are ready to serve them to guests.

General tips for preventing food contamination and spoilage:

A .Food hygiene

- Keep raw and cooked meats separate to avoid cross- contamination
- It is useful to have a separate chopping board for raw meat. Do not put ready to eat
- food, such as bread, salad or fruit on a worktop or chopping board that has been
- touched by raw meat, unless it has been washed thoroughly first
- Cook eggs, meat, fish and poultry thoroughly to kill bacteria
- Thaw frozen meat and poultry thoroughly before cooking
- Cool and cover leftovers

- Preheat leftovers until piping hot to ensure that all bacteria are destroyed
- Wash fruits and raw vegetables before eating
- Prior to consumption, rinse fresh fruits and vegetables to remove possible pesticide
- residues, soil, and/or bacteria

B .Personal hygiene

• Wash hands thoroughly with soap and water and dry them at each of these times:
before starting to prepare food; after touching raw meat, including poultry; after touching raw eggs; after going to the toilet; after touching the bin and after touching pets or other animals

• Cover or tie back hair and wear a clean apron/cloth whenever you are going to prepare food

- Avoid touching face or hair while preparing food
- Keep fingernails clean and short
- Do not cough or sneeze over food
- Avoid wearing rings, earrings or watches when preparing food
- Cuts and wounds should be covered with a waterproof dressing
- A person who has been ill, especially with food poisoning, should not work with food or be in the food preparation area

C . Kitchen hygiene

Cleaning the kitchen and all areas, surfaces and utensils used for food preparation is important to keep food safe and prevent bacteria from spreading. Avoiding the build-up of refuse also leads to better hygienic conditions in a kitchen. One must ensure that the area and utensils that have been used for food preparation are cleaned before doing anything else. ‘Clean as you go’: This provides a clean environment for other food preparations.

The following should be noted:

- Ideally, the kitchen should have adequate lighting and ventilation
- Ensure having adequate supply of water and cleaning materials
- Always wash worktops/chopping tables and utensils before food preparation begins
- Regularly disinfect and change kitchen cloths as these are an ideal breeding ground for bacteria

- Use separate cloths for kitchen (dishes) and bathroom (hands and body)
- Keep kitchen bin covered, empty daily and disinfect once a week
- Disinfect worktops regularly
- Keep pets and all domesticated birds and animals out of the kitchen at all times including night
- Sweep kitchen floor daily and wash and disinfect regularly
- Wipe up any spoilt foods straight away
- Sanitize worktops/chopping tables and utensils thoroughly (with detergent) after they have been touched by raw meat, including poultry or raw eggs
- Always ensure using clean utensils for serving food as this prevents the spread of bacteria

D. Environmental *hygiene*

The environment in which we live has a big impact on the safety and hygiene of the food that we eat. For this reason, proper environmental hygiene should be maintained in our households, in the markets from where we buy household food, in homestead gardens where vegetables are grown and in all public and private areas and water sources.

At household/community level we should ensure:

- Proper refuse disposal in designated places
- We use clean pit latrines/toilets (defecating and urinating should happen in designated places only)
- We have sufficient supplies of water, soap and other disinfectants
- Water places are kept clean and not used by animals
- To keep public places clean at all times Failure to maintain environmental hygiene

may lead to waste being washed into our sources of water and food. It also leads to rapid multiplication of flies that further spread germs and bacteria.

Cooking Tips

- All foods that are not eaten raw should be properly cooked (includes boiling, frying, roasting)
- Especially meat (beef, pork, chicken) should be well cooked as eating undercooked meat can lead to worms

- Meat that is properly cooked does not have any pink parts. If meat has pink parts, one should continue cooking as this meat is still undercooked
- To check a whole chicken or other thick piece of meat, pierce the thickest part of the leg with a clean knife until the juices run out. The juices should not have any pink or red in them
- Leftover food should always be kept in clean covered containers and kept in cool temperatures. This food should be reheated (until piping hot) before eating. However, leftovers should not be reheated more than once and should be used within 1 – 2 days of cooking

| Self-check 6 | Written test |
|--------------|--------------|
|--------------|--------------|

Name _____ ID No _____

Matching

A

1. chafing dish,
cross

-

2. *Environmental hygiene*

3. *Food hygiene*

4. Appropriate hygiene practices

5. protect workers from cuts or mechanical injury

6. Perishable foods:

7. Semi-perishable foods.

8. Non-perishable foods:

A. Keep raw and cooked meats separate to avoid

contamination

B. to keep food warm at a buffet or party

C. Proper refuse disposal in designated places

D. PPE

E. Avoid potential food borne illnesses

F. Dry, bottled and tinned foods

G Eggs, milk, cream, fresh meat

H bread, cakes, fresh fruit

Reference

1. Commercial chicken meat (5th edition) Rev. ed. of: Commercial chicken production manual / Mack O. North, Donald D. BeU. 4th ed. c1990
2. Commercial chicken meat (5th edition) Rev. ed. of: Commercial chicken production manual / Mack O. North, Donald D. BeU. 4th ed. c1990
3. Essentials of food Science (4th edition) Vickie A. Vaclavik Elizabeth W. Christian. For further volumes: Essentials of food Science (4th edition). <http://www.springer.com/series/5999>. ISBN 978-1-4614-9138-5 (eBook)

Participants of this Module (training material) preparation

| No | Name | Qualification (Level) | Field of Study | Organization/ Institution | Mobile number | E-mail |
|----|----------------|--------------------------|---|------------------------------|------------------|--------------------------|
| 1 | Mamit Ayalew | B | Hotel Mgt | Bishoftu P.T.C | 0911723484 | mamitayalew@gmail.com |
| 2 | Amsale Wube | B | Hotel Mgt | Harar P.T.C | 0913632156 | amsale123@gmail.com |
| 3 | Wale Getaneh | B | Food Technology & Process Eng. | Bole M.College | 0929241229 | waleg917@gmail.com |
| 4 | Getish Gedefaw | B | Hotel Mgt | TTI | 0911911007 | getishde@gmail.com |
| 5 | Efrem kitila | B | Hotel Mgt | Woliso P.T.C | 0917289283 | efremkitila922@gmail.com |
| 6 | Abdi Hundessa | B | Hotel Mgt | G/winget P.T.C | 0917737767 | abdi17hundessa2gmail.com |