Unit 308: Produce and present advanced main course dishes using standardised recipes

Worksheet 4: Prepare, cook and finish meat, poultry and offal

1.   Explain the following meat preparation methods:

Larding

*   _____

    _____

    _____

    _____

    _____

Barding

*   _____

    _____

    _____

    _____

    _____

Chining

*   _____

    _____

    _____

    _____

    _____

Trussing

*   _____

    _____

_____

_____

_____

2.   Describe the following beef dishes:

Tournedos rossini

- _____

  _____

  _____

Chateaubriand béarnaise

- _____

  _____

  _____

Beef bourguignonne

- _____

  _____

  _____

3.   Describe the following offal and a dish that can be cooked using the offal.

Sweetbreads

- _____

  _____

  _____

Bone marrow

- _____

  _____

  _____

Kidney

- _____

_____

_____

4.   Describe the following poultry dishes:

Coq au vin

- _____

_____

_____

Duck a l'orange

- _____

_____

_____

Chicken chasseur

- _____

_____

_____

5. List five different tips that could be given to a new commis chef when plating advanced main course dishes:

- _____

- _____

- _____

- _____

- _____

6.   Describe two finishing checks that should be done before food is sent to the guest:

   •   _____

        _____

        _____

        _____

        _____

   •   _____

        _____

        _____

        _____

        _____