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

# Worksheet 2: Ingredient quality checks (Tutor)

**Accept any suitable response**

In order for any chef to provide a quality menu they must have a good understanding of the quality points associated with their ingredients. ​

1. List the quality checks undertaken for the following ingredients.

**Meat**

* aroma​
* freshness​
* type​
* size​
* damage​
* colour
* packaging​
* temperature​
* texture​
* fat content​
* muscle development​
* period of ageing.

**Duck**

* webbed feet that tear easily​
* plumb breasts with a pliable breastbone​
* undamaged and unbruised skin​
* feet and beak are yellow in colour.

**Chicken and turkey**

* a plump firm breast​
* a pliable breastbone (wishbone)​
* skin that is white and unbroken​.

**Whole fresh fish**

* eyes which are clear and bright, not sunken​
* bright red gills​
* scales should not be missing, but firmly attached to the skin​
* the skin should be moist, even slippery​
* the skin should be shiny and have bright natural colouring​
* the tail should be stiff and the flesh firm​
* the fish should have a fresh sea aroma.

**Shellfish and crustaceans**

* shells not cracked or broken​
* shellfish are tightly closed​
* lobsters, crabs and prawns should be heavy for their size​
* all crustaceans should have their claws tied to prevent damage to each other​
* any crustaceans should have all their limbs​
* should have a fresh sea aroma.

**Dried herbs and spices**

* smell – there should be a strong aroma. If not, there’s a good chance that spice needs to be replaced
* colour – red spices will turn brown as they age, and green spices will darken
* texture – If the spice has caked together in the bottle or on the lid, it most likely is outdated or moisture has been trapped inside the bottle
* date – dried herbs and spices kept in their original containers, should have a best before date.

**Dry pasta**

* uniformly smooth appearance and texture​
* no spots or dark shades must be visible when light shines through it​
* clear and unmistakable amber yellow colour​
* must be odourless​
* must taste slightly sweet​
* when broken it must make a dry sound.