

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- texture – If the spice has caked together in the bottle or on the lid, it most likely is outdated or moisture has been trapped inside the bottle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.