



UNIT 224 (2FP5)

PREPARE GAME FOR BASIC DISHES

Game has a long tradition in Britain and there's been renewed interest in it recently, as farmed game has become more widely available. The rich flavours and lean meat unique to game have won fans both among gourmets and the health-conscious. This unit will help you understand the preparation methods appropriate to different kinds of game.

UNIT 224 (LEVEL 2 UNIT, 4 CREDITS)

PREPARE GAME FOR BASIC DISHES

Some people may be unfamiliar with game, but as it becomes more and more popular, chances are you will find yourself preparing and cooking it more often.

This unit covers the preparation methods you will need to know about when you are dealing with both skinned and plucked game. Among the methods covered are checking and preparing the cavity, seasoning, marinating, trimming, cutting (portioning and dicing), stuffing, filling and trussing game.

This unit has two learning outcomes:

1. Be able to prepare game for basic dishes
2. Understand how to prepare game for basic dishes.



*Wild boar
Medallions of
wild boar, lightly
pan-fried and
served with a
pomegranate
reduction.*

**KNOW YOUR...
FEATHERED GAME**

Useful words

DRESSED

Birds that have been cleaned, plucked and trussed.

FEATHERED

Game birds, including pheasant, partridge, grouse, pigeon and quail.

FURRED

Game animals that have fur, such as deer, rabbit, hare and wild boar.

GAME

A variety of wild animals or birds that are hunted and used for food.

MARINATING

To soak food, usually meat, in a mixture before cooking to give it extra flavour and tenderise it. The mixture can include oil, vinegar or wine and aromatics such as garlic, chilli or herbs.

PLUCKING

To remove the feathers from a bird, by pulling them out of its skin, either by hand or using a machine. All birds need to be plucked before cooking.

PORTIONING

To cut meat into the pieces that are the right size for cooking or serving.

PREPARING THE CAVITY

To check the inside of the bird or animal before cooking. Sometimes, it will need to be washed and dried. The cavity may also be filled with a stuffing.

SKINNING

To remove the fur and skin from an animal to prepare it for cooking.

STUFFING

To fill the cavity of a bird or piece of meat with other ingredients before cooking. Stuffing helps give the meat flavour and keep it moist.

TRIMMING

To remove the bones, fat and connective tissue from meat to improve its presentation.

TRUSSING

To tie a bird or piece of meat with string, so that it keeps its shape during cooking.

*Pheasant**Woodcock**Grouse**Pigeon**Partridge*

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FOR BASIC DISHES**

Evidence

This space is to record your evidence for this unit. The criteria that you should be able to record are within the learning outcomes.

No	Method	Summary of evidence, or portfolio reference	Assessor initials
1			
2			
3			
4			

Photocopy if required

*Assessment method key: **O** Observation; **PD** Professional discussion; **Q** Questioning; **WP** Work product; **WT** Witness testimony; **Oth** Other

What you must do

(OUTCOME 1)

You must show that you can perform consistently to the same standard. This will be assessed by your assessor using various methods which must include observation of your performance.

Circled numbers

must be observed

	1	2	3	4
1 Check game meets dish requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Choose and use tools and equipment correctly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Prepare game to meet dish requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Safely store any prepared game not for immediate use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

HINTS AND TIPS GRILLING GAME

If you are cooking game on a griddle, lightly brush or spray each side of the meat with oil. Because there is almost no fat in these meats, they tend to stick to the griddle. Venison is best cooked rare or medium-rare on a medium-hot griddle.



*Did you know?
Four different types of grouse commonly live in the UK.*

What you must cover

(OUTCOME 1)

You must show that you have covered **ALL** of the following:

1 2 3 4

Game

All must be covered. **Both** must be observed by your assessor.

1 skinned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 plucked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Prepare

All must be covered. At least **three** of these must be observed by your assessor, which must include a minimum of **one** from **cutting**.

1 checking and preparing the cavity	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 checking for and removing shot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 seasoning/marinating	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 trimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 cutting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
portioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
dicing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
trimming	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 stuffing/filling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 tying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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EXPERT ADVICE PREPARING GAME

Jose Souto, game chef at Game-To-Eat has this advice for choosing and preparing game:

- Your game should look good and smell good. Some shot damage is permissible, but if there is a large amount of shot damage send it back. Good game suppliers select only prime birds with minimal shot damage to send you whole. Damaged birds will be jointed to remove damage, or discarded.
- Game such as pheasants and partridge should be hung for at least two to three days in a cold, well-ventilated area. Hanging for longer will give the birds a stronger game flavour.
- Large game such as venison needs to be hung for seven to 14 days (or longer depending on taste), again in a cold, well-ventilated area. This gives the large muscle a chance to relax and the meat time to mature.

What you must know

Evidence for this section can be collected in a variety of ways. Your assessor will discuss with you how to collect and record this information.

(OUTCOME 2)

To understand how to prepare game for basic dishes you need to:

- K1** Describe how to check game meets requirements
- K2** Describe what quality points to look for in fresh game: skinned and plucked
- K3** Describe what to do if there are problems with the game or other ingredients
- K4** State the correct tools and equipment required to carry out different preparation methods
- K5** Describe how to carry out relevant preparation methods correctly
- K6** State the importance of using the correct tools, equipment and techniques
- K7** Describe how to store prepared game
- K8** State healthy eating options when preparing game.

Notes and feedback

You or your assessor may use this space for any notes or additional comments about your work.



Did you know?
In England and Wales, by law, game cannot be shot on Christmas Day and Sundays.



'Game birds are wild birds eating natural food, so if you want to eat something fantastic and support an ethically sound food source, this is where it's at.'
Jamie Oliver, chef and restaurateur