



#### UNIT 225 (2FP6)

## PREPARE OFFAL FOR BASIC DISHES

Offal is rapidly making a comeback and often turns up on the menus of the world's finest dining establishments. Offal is any of the organs and offcuts of an animal that are often discarded. Heart, tongue, oxtail and sweetbreads are just some of the things that come under the heading of offal. This unit will help people who are unfamiliar with offal to understand the preparation methods needed to cook with it.

UNIT 225 (LEVEL 2 UNIT, 3 CREDITS)

## PREPARE OFFAL FOR BASIC DISHES

Offal is rapidly gaining popularity, and this unit is about how to prepare it for use in basic dishes.

Among the points covered are what to look for in fresh offal, including liver, kidney and sweetbread.

You will also find out how to choose the right tools and equipment to cut, slice, marinate, season and coat the offal, as well as what to use when skinning, trimming, blending and mincing.

This unit has two learning outcomes.

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



### *Pâté*

*Pâté can be made from the liver of pigs, ducks, chickens or geese. It can be served in a crust (en croûte) or moulded as a terrine.*



## Useful words

### BLENDING

Mixing various different ingredients together either in a blending machine, or by hand, to create flavour and texture combinations.

### COATING

To cover food with other ingredients before cooking. Coatings include seasoned flour, egg and breadcrumbs, and batter.

### KIDNEY

An animal organ with a strong flavour. Calf's, lamb's and pig's kidneys are rich in vitamins A and K, and are usually fried, grilled or braised.

### LIVER

A large organ from an animal that can be grilled, fried, braised or used in pâtés.

### MARINATING

A preparation method to tenderise and flavour meat. It involves soaking the offal in a mixture, usually of oil, salt, pepper and flavourings such as herbs and spices.

### MINCING

To pass meat or other ingredients through a grinding machine to give it a finer texture. Cheaper cuts of meat are normally chosen for mincing, which is used when making pâté.

### OFFAL

The edible organs and offcuts from an animal. Sometimes referred to as 'organ' meat.

### SEASONING

To add ingredients such as salt, pepper and spices to a food to help bring out its flavour.

### SKINNING

To use a knife to remove the skin or membrane from a piece of meat or offal.

### SWEETBREAD

The two thymus glands, usually from young cattle or sheep, that have a delicate, sweetish flavour. Sweetbreads are a good source of protein.

### TRIMMING

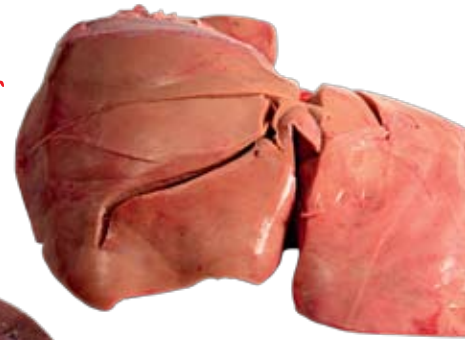
To cut away bone, excess fat, or sinews from a piece of meat or offal in order to improve its presentation.

### TRIBE

The lining of the stomach from an animal, usually a cow. Tripe has a gelatinous texture and needs to be cooked for a long period to make it digestible.

### KNOW YOUR... OFFAL

*Liver*



*Kidney*



*Sweetbread*



*'Eating offal is not about bravado - it's a completely wonderful flavour.'*  
Antonio Carluccio,  
chef and restaurateur

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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 offal meet requirements	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 Choose and use the correct tools and equipment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 Prepare offal to meet requirements for the dish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Safely store any prepare offal not for immediate use.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



### HINTS AND TIPS OFFAL FLAVOUR

Soaking kidneys or liver in milk for half an hour will tone down their strong flavour. The offal from younger animals generally has a milder flavour than that from older animals.

*'Far too few of us, I suspect, have tasted top-quality liver at its marvellous best.'*

*Hugh Fearnley-Whittingstall, TV chef*

## What you must cover

### (OUTCOME 1)

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

	1	2	3	4
<b>Offal</b> All must be covered. At least <b>two</b> of these must be observed by your assessor.				
1 liver	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 kidney	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 sweetbread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Prepare by

All must be covered. At least **four** of these must be observed by your assessor.

1 cutting and slicing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 marinating/seasoning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 coating with flour	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 skinning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 trimming and de-veining	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 blending and mincing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**PREPARE OFFAL  
FOR BASIC DISHES***Did you know?*

An attempt to bake the world's biggest steak and kidney pie in a field near Bristol in 1998 used 1.5 tonnes of kidney, 4.5 tonnes of beef and 7000 onions.

**EXPERT ADVICE  
CHECKING QUALITY**

Kidneys are high in vitamins A and K, and can be used in a range of dishes, including the old favourite, steak and kidney pudding. To ensure you choose the best quality possible, look out for the following points:

- The kidneys should be clean, and a reddish-brown colour. Look for kidneys that are evenly coloured, with no dark, dry or dull spots.
- The kidneys should have a pleasant, clean aroma.
- They should not feel slimy.
- If there is fat around the kidney, it should be a creamy colour.

## What you must know

**(OUTCOME 2)**

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.

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

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

## Notes and feedback

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

*Did you know?*  
A large number of offal dishes originated from the north-west. About a century ago, there were 260 tripe shops in Manchester alone.

