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.
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.

**TRIPE**
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.

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“Eating offal is not about bravado – it’s a completely wonderful flavour.”
Antonio Carluccio, chef and restaurateur
## 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.

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<tr>
<th>No</th>
<th>Method</th>
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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

(OU TCOME 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. Check offal meet requirements
2. Choose and use the correct tools and equipment
3. Prepare offal to meet requirements for the dish
4. Safely store any prepare offal not for immediate use.

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.

What you must cover

(OU TCOME 1)

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

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<td>sweetbread</td>
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Prepare by

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

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<th>1</th>
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<tr>
<td>cutting and slicing</td>
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<td>marinating/seasoning</td>
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<td>coating with flour</td>
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<td>trimming and de-veining</td>
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‘Far too few of us, I suspect, have tasted top-quality liver at its marvellous best.’
Hugh Fearnley-Whittingstall, TV chef
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What you must know
(OPTION 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.

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.

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.
Notes and feedback

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

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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.