



UNIT 231 (2FC5)

COOK AND FINISH BASIC GAME DISHES

Cooking game opens up a world of possibilities – whether it's tender rabbit, meaty venison or the rich, full-bodied flavour of pheasant, there are many classic game dishes to try. Traditional accompaniments with roast game include game chips, fried breadcrumbs, bread sauce, watercress, braised red cabbage and dumplings – giving many game dishes a wintery appeal.

UNIT 231 (LEVEL 2 UNIT, 5 CREDITS)

**COOK AND FINISH
BASIC GAME DISHES**

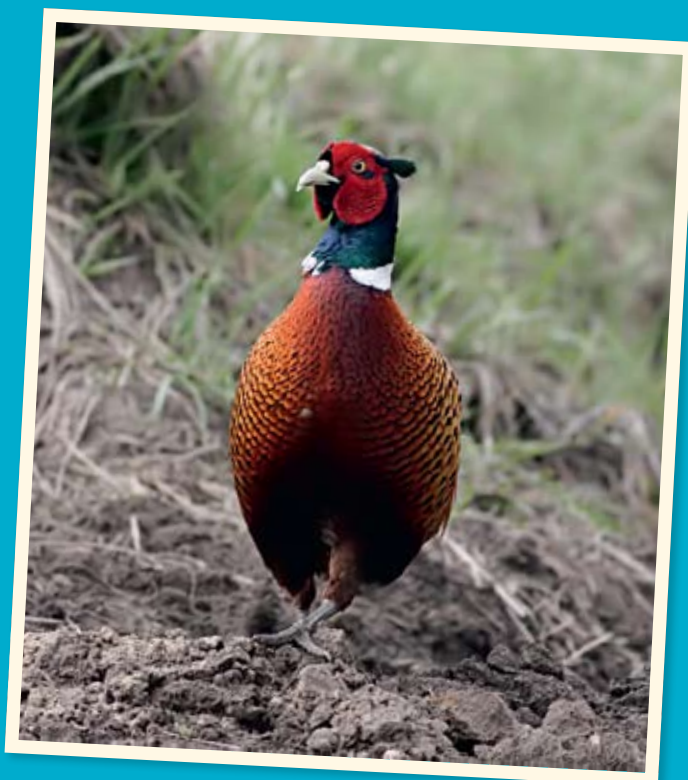
This unit covers the two basic types of game – furred and feathered – and the different cooking methods that can be used for each of them.

Cooking methods covered include grilling and griddling, sautéing, roasting and shallow-frying.

This unit has four learning outcomes.

1. Be able to cook basic game dishes
2. Understand how to cook basic game dishes
3. Be able to finish basic game dishes
4. Understand how to finish basic game dishes

*Did you know?
The pheasant
originates from
Asia and is one
of the world's
most commonly
hunted birds.*



Useful words

BARDING

To cover the breasts of game birds with fat prior to cooking. This helps prevent the meat from drying out.

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.

GRIDDLING

To cook on a heavy metal pan or hotplate that usually has ridges to allow fat to drain away. The ridges give the meat charred lines, which makes for attractive presentation.

GRILLING (OVER AND UNDER FIRE)

To cook meat over or under a direct heat source. It's a healthier way to cook, as fat melts out of the meat. Because game is naturally low in fat, care should be taken, when grilling, that the meat does not dry out.

ROASTING

To cook a large piece of meat or whole bird in an oven or enclosed pot. Roast pheasant wrapped in bacon is a classic British game dish.

SAUTÉING

To cook quickly in hot oil in a frying or sauté pan.

SHALLOW-FRYING

To cook in a pan in a small amount of oil. This method is suitable for medium-sized pieces of game meat, which should be turned and checked regularly. Most game birds are well suited to shallow-frying.

VENISON

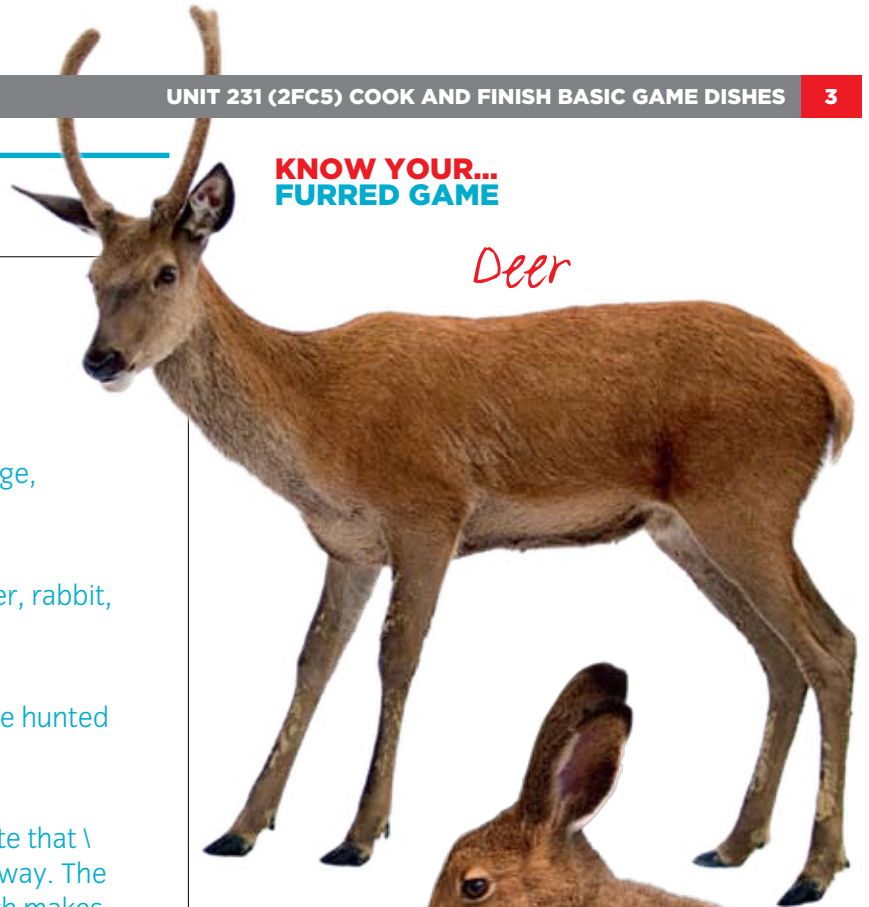
Meat from deer. Venison is one of the more common game meats and can come pre-prepared and jointed.

WILD BOAR

A lean meat from the ancestor of the domestic pig. Wild boar has a rich, gamey flavour, which is stronger in older animals. It is often used to make sausages.

KNOW YOUR... FURRED GAME

Deer



Hare



Wild boar



Rabbit



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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 the 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 Combine game with other ingredients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 Cook game to meet the requirements of the dish.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

'British game is a wonderful resource, and I think people are starting to realise how versatile and manageable it is to cook with.'
Rachel Green,
TV chef



*Did you know?
Wild boar had been extinct in Britain for around 300 years, before being reintroduced in the 1980s and 1990s.*

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 furred	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 feathered	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooking by				
All must be covered. At least four of these must be observed by your assessor.				
1 grilling/griddling	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 sautéing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 roasting	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 combining cooking methods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 shallow frying	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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**COOK AND FINISH
BASIC GAME DISHES****What you must do****(OUTCOME 3)**

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.

For assessment criteria 6, where there is no naturally occurring evidence for both 'holding' and 'serving', the assessor may assess the candidate through questioning or witness testimony for one of them (ie either holding or serving) but must observe the other.

Circled numbers

must be observed

1 2 3 4

- | | | | | |
|--|-----------------------|-----------------------|-----------------------|-----------------------|
| 5 Garnish and present the dish to meet requirements | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 6 Make sure the dish is at the correct temperature for holding and serving | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7 Safely store any cooked game not for immediate use | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8 Make sure the dish has the correct colour, flavour, consistency and quantity. | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

**HINTS AND TIPS
BUYING GAME**

Always ask your supplier about the age of your game. Younger game can be roasted quickly. Older game is best cooked slowly as a casserole or pot roast.

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 cook basic game dishes you need to:

- K1** Describe how to check game meets dish requirements
- K2** State which types of game are available in which seasons
- K3** State what quality points to look for in different types of game
- K4** Describe what to do if there are any problems with the game or other ingredients
- K5** State the correct tools and equipment to carry out different cooking methods
- K6** State why it is important to use the correct tools and equipment
- K7** Describe how to carry out different cooking methods
- K8** State why it is important to use the correct cooking techniques
- K9** Describe how to keep game moist
- K10** State the correct temperatures for cooking different types of game
- K11** State healthy eating options when cooking game.

(OUTCOME 4)

To understand how to finish basic game dishes you need to:

- K12** Describe how to carry out different finishing methods
- K13** Describe how to correct a game dish to meet dish requirements
- K14** State the correct temperatures for holding and serving game dishes
- K15** State healthy eating options when finishing game dishes.

EXPERT ADVICE COOKING GAME

Jose Souto, game chef at Game-to-Eat has this advice for cooking game:

- Game is a very different commodity compared with our more mainstream meats and because of this it needs special attention and understanding.
- Game is one of our only truly seasonal foods – it lives in the wild; it eats wild food and is on the wing or hoof all day. This makes the meat low in fat, well flavoured and very healthy. Because game is low in fat, if it's overcooked it can tend to be dry and tough.
- Different parts of a carcass can be used for different methods of cookery as in other meats. A rabbit or hare's legs and shoulder are good for braising and stewing, but the saddle is better suited, once prepared, for roasting or pan frying.



Notes and feedback

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



Did you know?

Venison gets its name from the Latin word 'venor' which means 'to hunt'.