



UNIT 232 (2FC6)

COOK AND FINISH BASIC OFFAL DISHES

Serious meat-eaters find few dishes as delicious as a meltingly tender oxtail stew, tender calves' liver or soft and subtle sweetbreads in a creamy sauce. These 'more challenging' cuts can make low-cost, highly nutritious delicacies and are often no more difficult to cook than a steak. And whether it's devilled kidney, or steak and kidney pie, offal features in some of Britain's favourite dishes.

UNIT 232 (LEVEL 2 UNIT, 5 CREDITS)

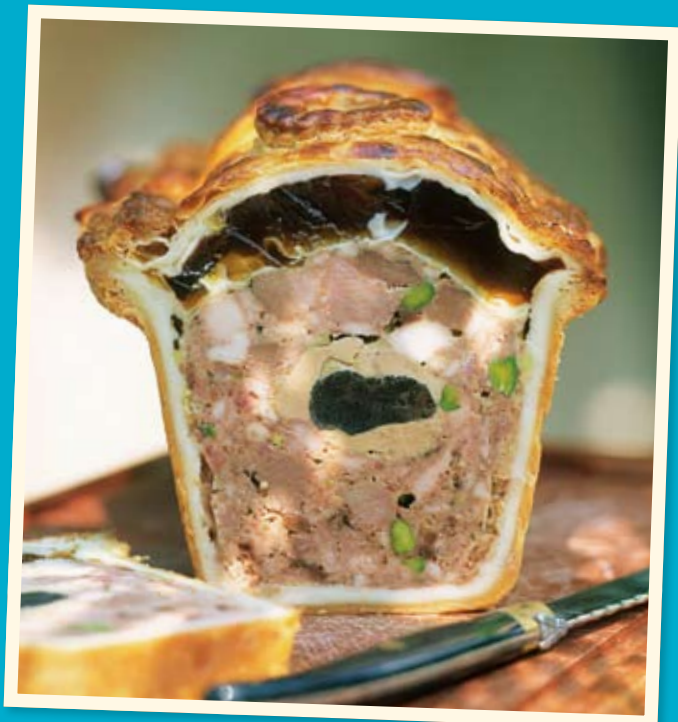
COOK AND FINISH BASIC OFFAL DISHES

Offal is used in some of Britain's most well-known and best-loved dishes.

This unit covers a range of different types of offal that you will be most likely to deal with in your work, including liver, kidney and sweetbreads.

This unit has four learning outcomes.

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



Pork and liver pie
A mouthwatering mix of pork and liver with black truffles encased in a short-pastry crust.

Useful words

BRAWN

A jellied terrine made from the meat from a pig's head, and sometimes with the feet, tongue and heart.

GRIDDLING

To char or sear meat on the hot bars of a griddle, to give a striped pattern.

GRILLING

To cook meat over or under a direct heat source. It's a healthier way to cook as fat melts out of the meat.

HAGGIS

A traditional Scottish dish made of a sheep's stomach stuffed with diced sheep's liver, lungs and heart, oatmeal, onion, suet and seasonings.

KIDNEY

A small organ with a strong flavour and rich in vitamins A and K. Calves', lambs' and pigs' kidneys are popular fried, grilled or braised.

LIVER

A large organ taken from many different types of animal. Calves', lambs' and pigs' liver are most commonly used; often grilled or fried, or in pâtés.

PÂTÉ

A meat paste often made from liver. Pâté can be smooth or coarse and is usually spread with warm toast or crusty bread.

SHALLOW-FRYING

To cook in a pan in a small amount of oil. Frying is a popular way to cook offal.

SWEETBREAD

The thymus glands of lamb or veal. They have a soft, creamy texture and slightly sweet flavour.

KNOW YOUR... OFFAL DISHES



Steak and kidney pie



Liver pâté



Tripe and onions



Haggis

Brawn



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**COOK AND FINISH
BASIC OFFAL 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



HINTS AND TIPS LIVER PORTIONS

Liver is a rich meat with an intense flavour, so small portions – around 120g – should be enough for a main course.

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 offal for type, quantity and quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 Choose and use tools and equipment correctly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 Combine offal with other ingredients.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What you must cover

(OUTCOME 1)

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

1 2 3 4

Offal

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

1 liver	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 kidney	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 sweetbread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Cooking by

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

1 grilling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 griddling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 shallow frying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 boiling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 braising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 poaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 combining cooking methods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 baking	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 steaming	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 bain-marie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 sautéing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Did you know?

The world black pudding throwing competition takes place every year in Bury. The object is to throw black puddings at a row of Yorkshire puddings on a wall and knock them off.

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**COOK AND FINISH
BASIC OFFAL 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 5, 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

- | | | | | | |
|---|--|---|---|---|---|
| 4 | Garnish and present the dish to meet requirements | ● | ● | ● | ● |
| 5 | Make sure the dish is at the correct temperature for holding and serving | ● | ● | ● | ● |
| 6 | Make sure the dish has the correct colour, flavour, consistency and quantity | ● | ● | ● | ● |
| 7 | Safely store any cooked offal not for immediate use. | ● | ● | ● | ● |

*Did you know?*

Tripe is the stomach of a cow, pig or sheep, and is high in protein and low in fat.

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 offal dishes you need to:

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

(OUTCOME 4)

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

- K10** Describe how to carry out different finishing methods
- K11** Describe how to correct an offal dishes to meet finishing requirements
- K12** State the correct temperatures for holding and serving offal dishes
- K13** State healthy eating options when finishing offal.

EXPERT ADVICE LIVER QUALITY

Before you start cooking a piece of liver, it is important that you can tell whether it is up to standard. Here are some points to consider:

- Has it been stored at the correct temperature?
- Are there any signs that the meat is discoloured, smells bad? You should be looking for a deep red, clean appearance and a fresh smell.
- The liver should not appear slimy, or have any dry patches.



Notes and feedback

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



HINTS AND TIPS COOKING LIVER

Liver is at its best if it is cooked briefly over a high heat and served pink. Large livers should be sliced thinly, but chicken livers are usually small enough to serve whole.

'it's all too easy to forget there are more parts to an animal than the prime cuts, but the bits we too often dismiss are often the most interesting to cook with.'
Nigel Slater, TV chef

