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.
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.
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.
# UNIT 232 (2FC6)
## 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.

<table>
<thead>
<tr>
<th>No</th>
<th>Method</th>
<th>Summary of evidence, or portfolio reference</th>
<th>Assessor initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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. Check the offal for type, quantity and quality
2. Choose and use tools and equipment correctly
3. Combine offal with other ingredients.

What you must cover

(OUTCOME 1)

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

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

2. Offal
   - All must be covered. At least two of these must be observed by your assessor.
     1. liver
     2. kidney
     3. sweetbread

3. Cooking by
   - All must be covered. At least five of these must be observed by your assessor.
     1. grilling
     2. griddling
     3. shallow frying
     4. boiling
     5. braising
     6. poaching
     7. combining cooking methods
     8. baking
     9. steaming
     10. bain-marie
     11. sautéing

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.
UNIT 232 (2FC6)

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.

<table>
<thead>
<tr>
<th>Circled numbers</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>4</strong> Garnish and present the dish to meet requirements</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>5</strong> Make sure the dish is at the correct temperature for holding and serving</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>6</strong> Make sure the dish has the correct colour, flavour, consistency and quantity</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>7</strong> Safely store any cooked offal not for immediate use.</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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 dish 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.
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