

Unit 308: Produce and present advanced main course dishes using standardised recipes

Worksheet 4: Prepare, cook and finish meat, poultry and offal (Tutor)

Accept any suitable response

1. Explain the following meat preparation methods

Larding

- This is a process where fat is added to the learner cuts of meat artificially. Pork fat is generally used and strips are threaded through the meat using a larding needle, this in essence produces the marbling of the meat. Larding provides the meat by enhancing the moisture and adding flavour. This technique is especially useful for preparing game, such as venison, which is much leaner than other meats.

Barding

- Another method employed by a chef to introduce fat to meat is barding. Barding is achieved using either bacon or fatback, pork fat, which is sliced and normally layered on the joint. Additionally, larding can be used to introduce the fat to specific areas within a meat joint. This technique bastes the meat whilst roasting and adds flavour to the finished product.

Chining

- Commonly known as a French Trim. Chining refers to the process of cleaning the bones of sinew and muscle. This technique gives your meat a clean, professional and well-presented appearance. It is often trimmed off to allow easier carving at the table

Trussing

- To tie meat with string, which may be woven through the meat by using a needle threaded with the string, in order to create a more compact shape to the food being prepared. Trussing utensils may also include skewers or pins that are used instead of string to hold the meat together.

2. Describe the following beef dishes.

Tournedos rossini

- A fillet steak served on a brioche bed, with liver pate and a rich red wine reduction.

Chateaubriand Béarnaise

- The thick part of the fillet which is sealed, roasted in the oven then served with a béarnaise sauce.

Beef bourguignonne

- The meat from the shin is used in this dish and is marinated in a red wine overnight. The meat is then browned, and vegetables are added. The cooking process takes approximately 3.5 hours. The residue on the surface, of fat and impurities, can be removed using a spoon. Alternatively, the dish can be cooled for the fat to set, removed and then gently reheated.

3. Describe the following offal and a dish that can be cooked using the offal.

Sweetbreads

- Comes from the thymus or pancreas glands, in cooking it is often the taken from a calf or lamb. These are delicate in their flavour and are best cooked by braising or grilling. The sweetbreads should be served with a suitable sauce such as a reduction, a béarnaise or a Mornay sauce.

Bone marrow

- In some parts of the world the bone marrow is recognised as a delicacy and eaten from the bone. It is also used as an accompaniment to other dishes such as tornedos. The marrow is blanched, removed from the bone, chopped, seasoned and herbs added. It can then be formed, cut or the bone reused and stuffed with the mixture.

Kidney

- Can be served at breakfast as a sautéed choice served with a sauce, or as a main course where it can be grilled with the addition of garlic butter. Ox kidney are large and are generally braised or used in puddings. Lamb and calf kidney's are usually grilled or fried as they are more tender.

4. Describe the following poultry dishes.

Coq au vin

- Coq au vin means chicken in wine. Uses the bone-in, skin-on chicken. Like all braised dishes, tougher cuts with lots of connective tissue work best, and on a chicken that would be the thigh/leg section. The bacon and the wine make a rich red wine sauce as the flavours develop during the cooking process.

Duck à l'orange

- Or canard à l'orange is a French dish in cuisine bourgeoise consisting of a roast duck with a bigarade sauce. Use fat ducks, either wild or domesticated.

Chicken chasseur

- The French for pan frying is sauté, one of the classical dishes for this technique of cooking is sauté poulet chasseur. The chicken is cut for sauté, 8 pieces, then browned and cooked on the stove with the addition of shallots, button mushrooms, jus and white wine. The dish is finished with tomato concasse and tarragon.

5. List five different tips that could be given to a new commis chef when plating advanced main course dishes:

- create height on the plate
- cut meat horizontally
- play with textures
- use contrasting colours
- match presentation to the restaurant theme
- choose the right plates
- serve smaller portion sizes
- use edible garnishes and decorations
- when in doubt, keep it simple.

6. Describe **two** finishing checks that should be done before food is sent to the guest.

- **Correct temperature** – the best procedure for checking doneness is to use a cooking thermometer, checking to make sure the fish has reached an internal temperature of 63°C. It is important to remember that after a cut of beef is removed from the heat source, the internal temperature will continue to rise.

- **Resting** – there are benefits from a ‘resting’ period before serving. The resting period, which may range between 10–30 minutes, depending on the cut of meat, it allows the juices to redistribute, the muscle in the meat to relax and allows the internal temperature to rise because of residual heat.
- **Serving and portioning** – it is important to ensure that the correct portions are served to the guest, ensuring that it is not too small or not too large. The portion should represent the dish and any accompaniments being served.
- **Garnishing** – a garnish is often best as a simple, colourful ingredient. Use edible garnishes whenever possible. Garnishes are not only for decoration; they can add new flavours and textures to the meal as well. Vary the colour and texture. Pick a colour that contrasts with the colour of the dish, so the garnish is more visible and appealing.