

**FOOD
PREPARATION
3**



INTRODUCTION

- What we will cover in this power point:
- Beef
- Lamb
- Pork
- Veal
- Poultry
- Fish and shellfish



MEATS

- Meat, poultry and seafood are major items on any menus. Being able to prepare and cook the various cuts to the appropriate level of doneness will help ensure customers satisfaction as well as their safety
- **Line cooks must:** be able to cook the meat using the appropriate methods, must be able to process and prepare meats and have knowledge of butcher/portion cut, brining/curing, must be able to cook the meat to the required internal temperature, must be able to carve meat, must be able to identify and choose the appropriate cut of meat

BEEF

- New York steak: cut from strip loin, boneless with a narrow strip of fat
- Prime rib roast: a large cut of meat, sometimes served with the rib attached
- T-bone: a strip loin and tenderloin separated by a T-shaped bone
- Tenderloin: the lean, tender muscle in loin
- Sirloin: cut from the lower loin
- Rib-eye: the center muscle of prime rib
- Inside round: cut from the inside of the leg, consists of muscles from the leg and rump
- Brisket: cut from the breast or lower chest

LAMB

- Chop: a rib or loin with the bone in
- Leg roast: a large cut, wide on one end, narrowing in a conical shape
- Rib rack: an uncut series of ribs
- Shank: a lower section of the leg

PORK

- Belly: cut from the underside of the pig, uncured, unsmoked, unsliced bacon
- Cutlet: lean, boneless cut, sometimes tenderized
- Side ribs: long ribs containing meat and bone
- Back ribs: uncut series of ribs from upper portion of rib closest to backbone
- Pork loin: cut of meat from top of the back between the shoulder and leg
- Loin chop: T-shaped bone that is far along one side
- Tenderloin: lean, tender muscle in loin

VEAL

- **Cutlet:** an oblong boneless slice; sometimes tenderized
- **Loin:** a boned, short loin
- **Chop:** cut from the shoulder or loin
- **Tenderloin:** a lean, tender muscle in the loin
- **Escalope/scaloppini:** small, thin pieces of leg pounded flat

POULTRY

- When working with poultry line cooks must be able to:
 1. Select appropriate cut and identify different poultry cuts
 2. Keep the area your working on sanitized
 3. Use separate tools for raw chicken and cook chicken to prevent cross-contamination
 4. Cook using the appropriate methods/check internal temperature
 5. Process and prepare poultry, and have knowledge of butcher or cut portion, brining or curing and smoking
 6. Keep poultry separate from other meats to prevent cross-contamination

BASIC CUTS OF POULTRY

- **Breast:** a breast quarter, with the wing removed
- **Leg:** a combination of both drumstick and thigh; available bone-in with skin, or boneless and skinless
- **Thigh:** portion of the leg cut above the knee joint; available bone-in with skin, or boneless and skinless
- **Wing:** an all-white meat portion with three sections: drumette, mid-section, and tip
- **Giblet:** edible offal; includes the heart, gizzards, liver and often the neck

PREPARATION OF MEATS/POULTRY

- Line cooks should know how to process and prepare meats and poultry, including knowing the following terms and guidelines:
- Butcher (portion cut): meat or poultry product arrives in the kitchen already butchered into individual portions
- Brining: soaking the meat/poultry in salty water
- Curing: preserving meat/poultry by salting, drying or smoking
- Storing and using poultry: should arrive packed in ice, be kept in ice until used, and used within 24 hours of receiving

EFFECTS OF COOKING MEATS/POULTRY

- Cooking heat affects meat tenderness in two ways:
- 1. If cooked slowly and with moisture present, the meat/poultry is tenderized
- 2. If cooked at too high of heat for too long, the protein in the meat/poultry is toughened
- High heat toughens and shrinks protein and increases moisture loss. Therefore, cooking at a low heat should be a general rule for most meat cooking methods

TESTING FOR DONENESS



- Interior temperature is the temperature of the inner portion of the cooking meat. Knowing the interior temperature allows you to determine how close the meat is to being fully cooked
- Interior temperature varies with the size of the bones, and the length of resting time of the meat
- Measuring the interior temperature of cooked meat is one of the most accurate methods to test for doneness. To find the interior temperature, insert a clean cooking thermometer into the thickest part of the flesh, and wait until the needle stops to check the temperature

DONENESS GUIDELINES

- Guests will request different levels of doneness; line cooks must follow the safety and quality standards for all preparation methods, and be familiar with the following guidelines

Term	Description	Temperature Range	
Blue	Very red	46 – 49 °C	115 – 120 °F
Rare	Red center; soft	52 – 55 °C	125 – 130 °F
Medium rare	Warm red center; firmer	55 – 60 °C	130 – 140 °F
Medium	Pink and firm	60 – 65 °C	140 – 150 °F
Medium well	Small amount of pink in the center	65 – 69 °C	150 – 155 °F
Well done	Gray-brown throughout; firm	71 °C+	160 °F+
Overcooked	Blackened throughout; hard	>71 °C	>160 °F

FISH

- Line cooks must be able to:
 1. Inspect seafood for freshness
 2. Clean and process seafood by using techniques such as deveining, skinning, de-boning, portioning or shucking
 3. Prepare seafood by seasoning, brining or curing
 4. Use the appropriate cooking method and temperature
 5. Cook and check for appropriate doneness
 6. Identify types of seafood, including fish and shellfish
 7. Identify basic cuts, such as whole, fillet and steak

CATEGORIES OF FISH

- **Round:** central backbone with a dorsal fin; salmon, mackerel, trout
- **Flat:** central backbone and ribs, no dorsal fin; sole, halibut
- **Lean:** low in fat, flounder, sole, halibut
- **Fat:** high in fat; mackerel, salmon, shark

BASIC CUTS FOR FISH

- Fish usually come in one of three cuts
 1. **Whole:** cleaned, head intact or removed
 2. **Fillet:** boneless portion cut from side of fish, with or without skin
 3. **Steak:** cross-section slice containing some backbone



SHELLFISH

- Shellfish are soft, saltwater or freshwater animals that may have an external shell and have no internal skeleton or backbone
- **Mollusks:** usually live inside a pair of hard, hinged shells. Include oysters, clams, mussels and scallops
- **Crustaceans:** have segmented shells and jointed legs. Include lobsters, crabs and shrimp
- **Cephalopods:** are neither mollusk or crustacean. Include squid and snails



PREPARING FISH AND SHELLFISH

- When preparing fish and shellfish a line cook should:
- Check for freshness: fish should be fresh, not fishy; eyes should be clear not cloudy, flesh should feel firm to the touch and the skin should feel clean, not slimy
- Store prepared product on ice
- Handle and clean the product correctly, as methods vary for every kind of fish and shellfish. Be aware of the kinds of fish and shellfish that your kitchen serves, and the different forms in which fish and shellfish arrive at the kitchen

COOKING METHODS FOR FISH/SHELLFISH

- Line cooks must be careful to not overcook or undercook fish and shellfish, and to cook them at the correct temperature. Most kinds of shellfish can become tough if overcooked or cooked at too high of a temperature
- Common methods are:
 - Poaching
 - Baking
 - Smoking
 - Sauteing and pan frying
 - Deep frying
 - Steaming
 - Grilling

END

