



**REPUBLIC OF KENYA**

**NATIONAL OCCUPATIONAL STANDARDS**

**FOR**

**FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)**

**KNQF LEVEL: 5**

**ISCED OCCUPATIONAL STANDARD CODE: 1013 454 B**



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## PREPARE CUTS OF MEATS

UNIT CODE: HOS/OS/FP/CR/05/5/B

### UNIT DESCRIPTION

This unit specifies the competencies required to prepare various cuts of meats. It requires the ability to clean and sanitize the working area, assemble the working tools and equipment, prepare butchers meats, fish, sea foods poultry, cold cuts and offal

### ELEMENTS AND PERFORMANCE CRITERIA

| <b>ELEMENT</b><br>These describe the key outcomes which make up workplace function. | <b>PERFORMANCE CRITERIA</b><br>These are assessable statements which specify the required level of performance for each of the elements.<br><i>Bold and italicized terms are elaborated in the Range</i>  |
|---|---|
| 1. Clean and sanitize the working area  | 1.1 Cleaning equipment/materials are identified the as per the HACCP and SOPs.<br>1.2 Working area surfaces are cleaned and sanitized.  |
| 2. Assemble the working equipment   | 2.1 <b><i>Working equipment</i></b> are identified the as per the recipe.<br>2.2 Working equipment are assembled as per the SOPs.   |
| 3. Prepare butchers meats (beef, lamb, mutton, game, pork)                          | 3.1 Identify meats based on menu and recipe.<br>3.2 FIFO procedures are followed.<br>3.3 The ingredients of the day are requested and received.<br>3.4 Thawing (where applicable) is done adhering to HACCP and SOPs.<br>3.5 Freshness and quality is checked as per the SOPs.<br>3.6 The quality of the meat is checked using <b><i>quality standards</i></b> .<br>3.7 Meats are prepared as per the <b><i>menu specifications</i></b> (observe HACCP guidelines).<br>3.8 Meats are stored under recommended temperatures. |
| 4. Prepare fish and sea food  | 4.1 FIFO procedures are followed.<br>4.2 Fish and sea food are prepared using specified knives and colour coded chopping boards<br>4.3 Thawing (where applicable) is done adhering to HACCP and SOPs.<br>4.4 Freshness and quality is checked as per the SOPs.  |

|                      |   |
|----------------------|---|
|                      | <p>4.5 Scaling/shelling of fish and sea food (where applicable) is done as per the quality and safety standards.</p> <p>4.6 The fish and sea food is deboned (filleting) as per the recipe.</p> <p>4.7 Fish and sea food is portioned and stored at the recommended temperatures.</p> <p>4.8 Fish and sea food is segregated from other foods to avoid cross contamination.</p>   |
| 5. Prepare poultry   | <p>5.1 FIFO procedures are followed as per the SOPs.</p> <p>5.2 Poultry is prepared using specified knives and colour coded chopping boards.</p> <p>5.3 Thawing (where applicable) is done adhering to HACCP and SOPs.</p> <p>5.4 Freshness and quality is checked as per the SOPs.</p> <p>5.5 Poultry is prepared as per the recipe.</p>   |
| 6. Prepare cold cuts | <p>6.1 Identify meats based on menu and recipe.</p> <p>6.2 FIFO procedures are followed.</p> <p>6.3 The ingredients of the day are requested and received.</p> <p>6.4 Thawing (where applicable) is done adhering to HACCP and SOPs.</p> <p>6.5 Freshness and quality is checked as per the SOPs.</p> <p>6.6 The quality of the cold cuts is checked using quality standards</p> <p>6.7 Cold cuts are prepared as per the menu specifications (observe HACCP guidelines)</p> <p>6.8 Cold cuts are stored under recommended temperatures</p> |
| 7. Prepare Offal's   | <p>7.1 Types of offal's to be prepared is identified as per the recipe</p> <p>7.2 Skinning (e.g. liver) and trimming (e.g. kidney) as per recipe</p> <p>7.3 Offal cleaned following HACCP procedures</p> <p>7.4 Offal is cut as per the recipe</p> <p>7.5 Offal is marinated as per the recipe</p> <p>7.6 Offal is seasoned as per the recipe</p> <p>7.7 Offal is storage as per SOPs</p> <p>7.8 Offal is presented as observing hygiene standards</p>  |

## RANGE

This section provides work environments and conditions to which the performance criteria apply. It allows for different work environments and situations that will affect performance.

| Variable  | Range   |
|---|---|
| 1. Working equipment<br>May include but not limited to: | <ul style="list-style-type: none"> <li>• Knives</li> <li>• Chopping boards</li> <li>• Meat bats</li> <li>• Cleaver</li> <li>• Thermometers</li> <li>• Files (Sharpener)</li> <li>• Clip boards</li> <li>• Bone saw</li> <li>• Sanitizing buckets</li> <li>• Cleaning brushes</li> <li>• Mincer</li> <li>• Skewers</li> <li>• Gloves</li> <li>• Slicers</li> </ul> |
| 2. Quality standards<br>May include but not limited to: | <ul style="list-style-type: none"> <li>• Colour</li> <li>• Smell</li> <li>• Texture</li> <li>• Freshnes</li> </ul>  |
| 3. Specifications<br>May include but not limited to:    | <ul style="list-style-type: none"> <li>• Drum sticks</li> <li>• Chicken breasts</li> <li>• Chicken wings</li> <li>• Whole roast chicken</li> <li>• Steak</li> <li>• Minced</li> <li>• Ribs</li> <li>• Offal's</li> </ul>  |

## REQUIRED SKILLS AND KNOWLEDGE

This section describes the skills and knowledge required for this unit of competency.

### Required Skills

The individual needs to demonstrate the following skills:

- Kitchen equipment selection and placement

- Knife skills
- Food presentation techniques
- Vegetable cuts e.g. batons, paysanne, mirepoix, macedoine chiffonade julienne
- Cleaning methods e.g. scrubbing, wiping, dusting
- Use tools and equipment
- Methods of preparing meats
- Garnishing
- Marinating
- Deboning
- Personal grooming
- Creativity/innovations
- Communication
- Interpersonal relations

### **Required Knowledge**

The individual needs to demonstrate knowledge and understanding of:

- HACCP- Hazard Analysis of Critical Control Points
- SOPs - Standard Operating Procedures
- OHS-Occupational Health and Safety
- Product knowledge
- Food safety and hygiene e.g. contamination
- Marinating
- Quality control
- Waste management
- Food storage
- Purchase specification
- Processed foods
- Seasonings (Herbs, spices, sugar and salt)
- Condiments
- Fats and oils
- Allergens (gluten free & nut allergy, milk intolerance)
- Special needs
- Garnishes
- Professional ethics
- Healthy eating
- Value addition
- Emerging food trends

### **EVIDENCE GUIDE**

This provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge and range.

|  |   |
|--|---|
| 1. Critical aspects of Competency      | <p>Assessment requires evidence that the candidate:</p> <ul style="list-style-type: none"> <li>1.1 Identified tools and equipment for preparing cuts of meats</li> <li>1.2 Identified ingredients for preparing cuts of meats.</li> <li>1.3 Sanitise the working area and surfaces as they worked</li> <li>1.4 Checked the quality of the meats by using quality standards ie. colour, smell, texture and freshness.</li> <li>1.5 Prevented cross contamination by use of colour coded chopping boards, proper storage and sanitisation of preparation surfaces</li> <li>1.6 Cut meats as per the specifications</li> <li>1.7 Stored the meat cuts appropriately</li> <li>1.8 Portioned meats as per the specifications</li> <li>1.9 Managed waste effectively</li> <li>1.10 Communicated effectively.</li> <li>1.11 Demonstrated positive attitude.</li> <li>1.12 Managed time effectively.</li> </ul> |
| 2. Resource Implications               | <p>The following resources MUST be provided:</p> <ul style="list-style-type: none"> <li>2.1 Fully equipped kitchen</li> <li>2.2 Kitchen tools and equipment</li> <li>2.3 A working environment meeting the OSHA standards</li> <li>2.4 A variety of ingredients</li> </ul>  |
| 3. Method of Assessment                | <p>Competency may be assessed through:</p> <ul style="list-style-type: none"> <li>3.1 Direct observation using a checklist</li> <li>3.2 Written or oral questions</li> <li>3.3 Review of portfolios of evidence and third-party workplace reports of on-the-job performance by the candidate.</li> </ul>  |
| 4. Context for Assessment              | <p>Assessment may be done in the workplace or in a simulated workplace setting (assessment centers)</p>   |
| 5. Guidance information for assessment | <p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>   |