



REPUBLIC OF KENYA

NATIONAL OCCUPATIONAL STANDARDS

FOR

FOOD AND BEVERAGE PRODUCER (CULINARY ARTS)

LEVEL 6

PROGRAMME CODE: 0721 0654 B



TVET CDACC
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NAIROBI

PREPARE MEATS

UNIT CODE: HOS/OS/FP/CR/05/6/B

UNIT DESCRIPTION

This unit specifies the competencies required to plan, prepare and present various meat dishes. It requires the ability to select, prepare, and portion meat using relevant equipment, cooking and food storage methods.

ELEMENTS AND PERFORMANCE CRITERIA

ELEMENT These describe the key outcomes which make up workplace function.	PERFORMANCE CRITERIA These are assessable statements which specify the required level of performance for each of the elements. <i>Bold and italicized terms are elaborated in the Range</i>
1. Prepare butchers meats (beef/lamb, mutton/game/pork)	1.1 Select type and size of equipment suitable to prepare the meats 1.2 Meat cuts and other ingredients identified and selected as per the recipe. 1.3 Weigh and measure meats/ingredients according to recipe 1.4 Thaw frozen meat cuts as per food safety guidelines where required and as per the standard operating procedures 1.5 Hygiene and procedures are observed as per HACCP 1.6 <i>Meats prepared</i> as per the recipe 1.7 Aging of meats done as per the standard operating procedures 1.8 <i>Cooking method</i> applied to meats as per the recipe 1.9 Season meats as per recipe 1.10 Carve meats (where necessary) using carving tools and techniques, taking account of meat and bone structure and waste minimisation 1.11 Portion (where necessary) meats as per recipe 1.12 Where meats are required for cold cuts cool and store as per recipe 1.13 Add sauces and garnishes according to recipe 1.14 Present/dispense meats as per recipe and style of service.

2. Prepare Poultry	<p>2.1 Select type and size of equipment suitable to prepare the meats</p> <p>2.2 Poultry and other ingredients identified and selected as per the recipe.</p> <p>2.3 Weigh and measure poultry/ingredients according to recipe</p> <p>2.4 Thaw frozen poultry as per food safety guidelines where required and as per the standard operating procedures</p> <p>2.5 Hygiene and procedures are observed as per HACCP</p> <p>2.6 Poultry as per the recipe</p> <p>2.7 Aging of poultry done as per the standard operating procedures</p> <p>2.8 Cooking method applied to poultry as per the recipe</p> <p>2.9 Season poultry as per recipe</p> <p>2.10 Carve poultry (where necessary) using carving tools and techniques, taking account of meat and bone structure and waste minimisation</p> <p>2.11 Portion (where necessary) poultry as per recipe</p> <p>2.12 Where poultry are required for cold cuts cool and store as per recipe</p> <p>2.13 Add sauces and garnishes according to recipe</p> <p>2.14 Present/dispense poultry as per recipe and style of service.</p>
3. Prepare fish	<p>3.1 Select type and size of equipment suitable to prepare the fish</p> <p>3.2 Fish and other ingredients identified and selected as per the recipe.</p> <p>3.3 Remove scales (where necessary) from fish as per the SOP's</p> <p>3.4 Weigh and measure fish/ingredients according to recipe</p> <p>3.5 Thaw frozen fish as per food safety guidelines where required and as per the standard operating procedures</p> <p>3.6 Hygiene and procedures are observed as per HACCP</p> <p>3.7 Fish prepared as per the menu and recipe</p>

	<p>3.8 Fish portioned as per specifications</p> <p>3.9 Marinate (where necessary) fish as per the recipe</p> <p>3.10 Fish cooked as per the recipe</p> <p>3.11 Presentation equipment identified and used as per the specification</p> <p>3.12 Garnish and dispense fish as per the recipe and style of service</p>
4. Prepare sea food	<p>4.1 Select type and size of equipment suitable to prepare the sea food</p> <p>4.2 Sea food and other ingredients identified and selected as per the recipe.</p> <p>4.3 Scales removed scales (where necessary) from sea food as per the SOP's</p> <p>4.4 Weigh and measure sea food/ingredients according to recipe</p> <p>4.5 Thaw frozen sea food as per food safety guidelines where required and as per the standard operating procedures</p> <p>4.6 Hygiene and procedures are observed as per HACCP</p> <p>4.7 Sea food prepared as per the menu and recipe</p> <p>4.8 Sea food portioned as per specifications</p> <p>4.9 Marinate (where necessary) food as per the recipe</p> <p>4.10 Sea food cooked as per the recipe</p> <p>4.11 Presentation equipment identified and used as per the specification</p> <p>4.12 Garnish and dispense sea food as per the recipe and style of service</p>
5. Prepare cold cuts	<p>5.1 Select type and size of equipment suitable to prepare the cuts.</p> <p>5.2 Hygiene and procedures are observed as per HACCP</p> <p>5.3 <i>Previously cooked meats</i> identified as per the recipe</p> <p>5.4 Portions of cuts prepared and displayed as per the recipe</p> <p>5.5 Garnish and dispense cuts as per the the recipe and style of service</p>

6. Prepare hot/cold starters, Sandwiches,canapes	6.1 Select type and size of equipment suitable to prepare the hot/cold starters, Sandwiches,canapes. 6.2 Hygiene and procedures are observed as per HACCP 6.3 Ingredients for hot/cold starters, sandwiches,canapes identified as per the recipe. 6.4 Preparation of hot/cold starters, sandwiches,canapes done as per the recipe 6.5 Portions made according to the recipe and style of service
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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. <i>Beef/ lamb/ mutton/ game prepared</i> may include but not limited to:	<ul style="list-style-type: none"> • Deboning • Larding • Trimming • Tenderising • Marinating • Dressing
1. <i>Cooking method</i> may include but not limited to:	<ul style="list-style-type: none"> • Boiling • Grilling • Roasting • Braising • Deep frying • Pan frying • Sauté • Poach
2. <i>Previously cooked cuts</i> may include but not limited to:	<ul style="list-style-type: none"> • Chicken • Fish and sea food • Beef • Mutton • Game

Variable	Range
	<ul style="list-style-type: none"> • Ham • Pork

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 use
- Food presentation techniques
- Thickening sauces
- De-boning
- Filleting
- Carving of meat
- Knife skills
- Vegetable cuts
- cooking methods
- Cleaning methods (scrubbing, cleaning with cold/warm water, use of vegetable wash)
- Use of other working tools and equipment (chopping board)
- Creativity/Innovation
- Garnishing
- Personal grooming
- Seasonings

Required Knowledge

The individual needs to demonstrate knowledge and understanding of:

- Hazard Analysis of Critical Control Points (HACCP)
- Standard Operating Procedure (SOP)
- Occupational Safety and Health (OHS)
- Work place procedures
- Thickening agents
- Seasoning sauces
- Various types of sauces and their differences

- Time management
- Thickening sauces
- Efficient workflow
- Culture and religion (kosher, halal, vegans)
- Special needs
- Garbage management
- Food trends (organic products, molecular gastronomy)
- Hospitality law
- Political, Economic, Social, Technological Environmental and Legal (PESTEL)
- Allergens (gluten free & nut allergy, milk intolerance)
- Professional ethics
- Costing and cost control
- Meat curving
- Cooking with wines and spirits
- Fats and oils
- Sugar and salt
- Condiments
- Communication
- Accounting (basic)
- Interpersonal relations
- Management (supplies, human resource)
- Problem solving skills
- Planning and organizing
- ICT
- First Aid

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 evidences that the candidate:</p> <p>1.1 Demonstrated understanding of the different classifications of meats.</p> <p>1.2 Demonstrated ability to use a wide range of meat types, cuts and products.</p> <p>1.3 Demonstrated ability to use safe and accurate cutting techniques</p> <p>1.4 Demonstrated ability to use a variety of preparation techniques for meats.</p> <p>1.5 Demonstrated ability to prepare and cook a variety of meats and meat dishes using suitable cooking techniques.</p> <p>1.6 Hygienically handled and stored meats</p>
2. Resource Implications	<p>The following resources MUST be provided:</p> <p>2.1 Fully equipped operational commercial/institutional kitchen including industry-current tools, utensils and equipment.</p> <p>2.2 Ingredients for preparing various types of meats.</p>
3. Method of Assessment	<p>Competency may be assessed through:</p> <p>3.1 Direct observation using a checklist of the learners preparing various meats.</p> <p>3.2 Written or oral questions to test knowledge.</p> <p>3.3 Review of portfolios of evidence and third party workplace. reports of on-the-job performance by the candidate.</p>
1. Context of Assessment	<p>Competency may be assessed:</p> <p>4.1 On-the-job</p> <p>4.2 Off-the –job</p> <p>4.3 During Industrial attachment</p>
5. Guidance information for assessment	<p>Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended.</p>