

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Title: MEAT THEORY AND DEMO

Code No.: FDS120

Program: CHEF TRAINING & HOTEL AND RESTAURANT MANAGEMENT

Semester: ONE & THREE

Date: SEPTEMBER, 1990

Previous Outline Dated: SEPTEMBER, . 1989

Author: G.W. DAHL

New: _____ Revision: X _____

APPROVED: *G. W. Dahl*
Dean, Business & Hospitality

Sept '90
Date

MEAT THEORY AND DEMO

FDS120

Course Name

Course Code

COURSE LENGTH: 30 Hours - 2 periods per week

REQUIRED TEXT: "Professional Cooking", by Wayne Gisslen

PURPOSE:

Meat is the mainstay of most diets. As a Cook, Chef, or Food Service Operator, you will be spending more of your time and money on meats than on any other food. It is important, then, to understand meats thoroughly in order to cook them well and profitably.

MODULE ONE: UNDERSTANDING MEATS:

Upon completion of this module, the student will be able to:

- 1) Describe the composition and structure of meat and tell how it relates to meat selection and cooking methods
- 2) Use the Federal/Provincial meat inspection grading system to help you select and purchase meats
- 3) Explain the significance of aging meat
- 4) Store meats for maximum shelf life

MODULE TWO: BEEF:

Upon completion of this module, the student will be able to:

- 1) Identify the primary cuts of beef and list the major fabricated cuts obtained from each of them
- 2) Select appropriate cooking methods for the most important meat cuts, based upon meat tenderness and other characteristics
- 3) Differentiate the sections of a side of beef (consists of three demonstrations)

MODULE SIX: cont'd

MODULE THREE: VEAL:

- 1) Identify the primary cuts
 - a) cuts obtained from each of them
 - b) Cutting up turkey into parts
- 2) Select appropriate cooking methods for the most important meat cuts, based upon meat tenderness and other characteristics
- 3) Preparing boneless roasts
- 4) This module consists of two demonstrations

MODULE SEVEN: FISH AND SHELLFISH:

MODULE FOUR: LAMB:

Upon completion of this module, the student will be able to:

- 1) Explain how the cooking qualities for fish are affected
- 2) Identify the primary cuts of lamb and list the major fabricated cuts obtained from each of them
- 3) Determine doneness in cooked fish
- 4) Select appropriate cooking methods for the most important meat cuts based on meat tenderness and other characteristics
- 5) This module consists of two demonstrations

MODULE FIVE: PORK:

Upon completion of this module, the student will be able to:

- 1) Identify the primary cuts of pork and list the major fabricated cuts obtained from each of them
- 2) Select appropriate cooking methods for the most important meat cuts based upon meat tenderness and other characteristics

This module consists of two demonstrations:

- a) Dress and fillet round fish and flat fish
- b) Open oysters and clams, split lobsters, and peel and devein

MODULE SIX: POULTRY:

Upon completion of this module, the student will be able to:

STUDENT EVALUATION:

- 1) Identify any domestic poultry item with reference to its kind, class and style
- The student's grade will consist of the following components:
- | | |
|---|-------------|
| - 2) Store poultry items properly | - 60% |
| - Final Test | - 40% |
| 3) Determine doneness in cooked poultry | |
| 4) Truss poultry for cooking | <u>100%</u> |