

SAULT COLLEGE OF APPLIED ARTS & TECHNOLOGY

SAULT STE. MARIE, ONTARIO

COURSE OUTLINE

Course Outline: MEAT THEORY AND DEMONSTRATION

Code No.: FDS 120

Program: CHEF TRAINING & HOTEL & RESTAURANT MANAGEMENT

Semester: I

Date: September 1986

Author: G.W. DAHL

New: \_\_\_\_\_ Revision: X \_\_\_\_\_

APPROVED:   
Chairperson

86-06-08  
Date

MEAT THEORY & DEMONSTRATION

FDS 120

---

Course Name

---

Course Number

Course Length: 30 hours

OBJECTIVES:

- 1) Students will demonstrate a basic understanding of wholesale cuts of meat, fish and poultry.
- 2) Students will be able to identify the characteristics of the different grades of meat, fish and poultry.
- 3) Students will be able to determine the yields and uses of various cuts of meat.

Topics To Be Covered in Demonstrations:

- Beef wholesale cuts
- Veal wholesale cuts
- Pork wholesale cuts
- Lamb carcasses
- Turkey and poultry butchery
- Filleting of steaks, etc.
- Filleting of flat and round fish
- Preparation of seafood
- Larding and barding
- Force meats and sausages

Topics To Be Covered in Theory:

- Meat grading
- Meat wholesale cuts, yields and uses
- Characteristics of good beef, veal, lamb and poultry
- Poultry grades, yields and uses
- Preparation of poultry items for cooking
- Characteristics of good poultry
- Fish sizes, yields and cuts
- Characteristics of variety meats, yields and their uses
- Force meats, sausages and other special preparations
- Shellfish; kinds, sizes, grading and methods of preparation

Evaluation:

- two tests will be given with no re-writes
- lab project sheets will be given and marked after each demonstration
- attendance is compulsory at demo/lab

Lab Project Sheets - 40%

Tests - 60%