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## **CU974     Prepare and Cook Meat/Poultry**

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### **Unit summary**

This unit is about preparing and cooking meat/poultry for simple dishes, for example:

- Minute steaks
- Burgers
- Chops
- Sausages
- Bacon
- Chicken nuggets

The unit covers the following types of meat/poultry:

- Coated
- Pre-prepared uncoated
- Steaks
- Chops
- Cuts of chicken

You will use the following preparation methods:

- Defrosting, when necessary
- Basic seasoning

You will use the following cooking methods:

- Grilling/griddling
- Shallow frying
- Deep frying
- Microwaving

You will use the following finishing methods:

- Garnishing
- Presentation

## Evidence requirements

Unit CU974	Prepare and cook meat/poultry
<p>The assessor <u>must</u> assess assessment criteria 1.3, 1.4 1.6, 1.7 and 1.8 by directly observing the candidate's work.</p> <p>The assessor may assess assessment criteria 1.1, 1.2 and 1.5 through questioning or witness testimony if no naturally occurring evidence is available.</p>	
<p>What you must <b>COVER</b> for Learning Outcome 1</p>	<p>There must be performance evidence, gathered through observing the candidate's work for:</p> <ul style="list-style-type: none"> <li>▪ at least <b>two</b> from <b>meat/poultry</b>:               <ul style="list-style-type: none"> <li>a) pre-prepared</li> <li>b) uncoated</li> <li>c) steaks</li> <li>d) chops</li> <li>e) chicken cuts</li> </ul> </li>   <li>▪ at least <b>two</b> from <b>cooking methods</b>:               <ul style="list-style-type: none"> <li>a) grilling/griddling</li> <li>b) shallow frying</li> <li>c) deep frying</li> <li>d) microwaving</li> </ul> </li>   <li>▪ <b>one</b> from <b>preparation methods</b> <ul style="list-style-type: none"> <li>a) defrosting</li> <li>b) seasoning</li> </ul> </li> </ul> <p>Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.</p>

**Description of evidence or activity**

**CU974 Prepare and Cook Meat and Poultry**

<b>Date</b>	<b>Description of evidence/activity</b>	<b>APP/Box number</b>	<b>Assessor signature</b>	<b>IV initial</b>

<b>Learning outcome 1: Be able to prepare and cook meat and poultry</b>					
<b>Assessment criteria</b>					
1.1	Safely store any <b>meat/poultry</b> not for immediate use				
1.2	De-frost <b>meat/poultry</b> when necessary				
1.3 <b>obs</b>	Check that the <b>meat/poultry</b> is fit for cooking				
1.4 <b>obs</b>	Choose the right tools and equipment				
1.5	Prepare <b>meat/poultry</b> to meet requirements				
1.6 <b>obs</b>	Cook <b>meat/poultry</b> as required				
1.7 <b>obs</b>	Finish <b>meat/poultry</b> as required				
1.8 <b>obs</b>	Make sure <b>meat/poultry</b> is at the correct temperature for holding and serving				

The assessor may assess assessment criteria 1.1, 1.2 and 1.5 through questioning or witness testimony if no naturally occurring evidence is available.

<b>What you must cover for Learning outcome 1</b>						
<b>C1</b>	<b>Meat/poultry (obs at least 2)</b>		<b>C2</b>			
	a	pre-prepared				
	b	uncoated				
	c	steaks				
	d	chops				
	e	chicken cuts				
<b>C3</b>	<b>Preparation methods (obs 1)</b>					
	a	defrosting				
	b	seasoning				

Evidence for the remaining points under 'what you must cover' may be assessed through questioning or witness testimony.

<b>Learning outcome 2: Understand how to prepare and cook meat and poultry</b>					
<b>Assessment criteria</b>					
2.1	Describe how to store fresh and frozen meat/poultry correctly before cooking				
2.2	Describe how to check that meat/poultry is fit for preparation and cooking				
2.3	Describe what to do if there are problems with the meat/poultry or other ingredients				
2.4	Describe how to decide when meat/poultry needs defrosting before cooking and why this is important				
2.5	State the right tools and equipment for: defrosting, seasoning and storing meat/poultry				
2.6	Describe how to prepare meat/poultry using different cooking methods				
2.7	State the correct tools and equipment for different cooking methods				
2.8	State why it is important to use correct tools and equipment				
2.9	Describe how to carry out different cooking methods				
2.10	Describe how to finish and season meat/poultry according to requirements				
2.11	State the correct temperatures for holding meat/poultry				