



RQF LEVEL 3

C

FBOVS303 FOOD AND BEVERAGE OPERATIONS

Meat, Poultry and Egg Dishes

TRAINEE MANUAL





MEAT, POULTRY AND EGG DISHES



AUTHOR'S NOTE PAGE (COPYRIGHT)

The competent development body of this manual is Rwanda TVET Board ©, reproduced with permission.

All rights reserved.

- This work has been produced initially with the Rwanda TVET Board, with the support from European Union through UBUKERARUGENDO IMBERE.
- This work is copyright, but permission is given to all the Administrative and Academic Staff of the RTB and TVET Schools to make copies by photocopying or other duplicating processes for use at their own workplaces.
- This permission does not extend to making of copies for use outside the immediate environment for which they are made, nor making copies for hire or resale to third parties.
- The views expressed in this version of the work does represent the views of RTB Senior Management.
- 5. RTB owns the copyright to the trainee and trainer's manuals. The providers of training may reproduce these guidelines in part or in full for bona fide study or incompany/workplace training purposes only. Acknowledgment of RTB copyright must be included on any reproductions. Any other use of the manuals must be referred to the RTB.



© Rwanda TVET Board

Copies available from:

- HQs: Rwanda TVET Board-RTB
- Web: www.rtb.gov.rw

KIGALI-RWANDA

Original published version: February 2023.

ii

FOREWORD

Welcome to the world of Technical and Vocational Education and Training (TVET) in the hospitality and tourism sector. In an era of constant evolution and growing demand for skilled professionals, the importance of specialized training cannot be overstated. As the global hospitality and tourism industry continues to flourish, the need for competent individuals equipped with relevant knowledge and practical skills has become crucial. This collection of TVET training manuals serves as a comprehensive resource for those seeking to embark on a fulfilling career or further their expertise within the hospitality and tourism sector. Developed with meticulous attention to detail and in collaboration with industry experts, these manuals offer a wealth of knowledge, practical insights, and hands-on training exercises. The manuals cover a wide range of topics, ranging from essential foundational concepts to specialized areas within the industry. Whether you are interested in hotel management, culinary arts, event planning, travel and tourism, or any other facet of this vibrant sector, you will find invaluable guidance within these pages. At the heart of the TVET approach is the belief that learning should be both practical and relevant.

These manuals have been carefully crafted to ensure that they reflect the real-world challenges and requirements of the hospitality and tourism industry. They are designed to empower learners with the skills, competencies, and confidence needed to excel in their chosen field.

Furthermore, the manuals adopt a learner-centered approach, encouraging active participation, critical thinking, and problem-solving. Throughout each module, learners are encouraged to engage in practical exercises, case studies, and interactive activities that simulate real-world scenarios. This hands-on approach allows learners to apply theoretical concepts and develop the necessary skills that are highly sought after in the industry.

We understand that education is a lifelong journey, and these manuals have been designed to cater to learners at various stages of their professional development. Whether you are a student taking your first steps in the industry, a working professional seeking to enhance your skills, or an instructor guiding aspiring individuals, you will find the manuals to be a valuable asset. I would like to express my sincere appreciation to the authors, industry experts, and educators who have contributed to the creation of these TVET training manuals. Their dedication and expertise have ensured that the manuals are of the highest quality and relevance.

I encourage you to embrace the opportunities presented within these pages, to explore the dynamic world of hospitality and tourism, and to unlock your potential in this exciting industry. By investing in your education and acquiring the skills offered in these manuals, you are taking a significant step towards a rewarding and successful career.

Best wishes on your journey of discovery and growth in the hospitality and tourism sector.

Dipl.-Ing. Paul UMUKUNZI

Director General/ RTB

Rwanda TVET Board (RTB) would like to recognize all parties who contributed actively to the preparation of the Trainer's and Trainee's manuals for this Hospitality and Tourism Level 3 TVET Curriculum.

We wish to extend our thanks to various organizations such as the European Union through UBUKERARUGENDO IMBERE Project for the valuable financial and technical support throughout the project. We would also wish to acknowledge the Food and Beverage Operations experts for their huge contribution in this project, as well as French Press Ltd and its entire production team that technically conducted the whole assignment.



Under European Union funding

Under UBUKERARUGENDO IMBERE supervision and involvement



Under Rwanda TVET Board (RTB) guiding policies and directives

COORDINATION TEAM

Rwamasirabo Aimable

Ntahontuye Felix

Production Team

Authoring, Review and Facilitation

Gerard Kompanyi Bigayimpunzi Claude Jean Baptiste Manirakiza Tumaini Manimbi

Conception, Adaptation, Review and Editing

Ngoga Pacifique Gihoza Jean de DieuSebagabo Samson Rukazamihigo

Formatting, Graphics and infographics

Albert Ngarambe

Asoka Niyonsaba Jean Claude

Technical Support

French Press Ltd.

ACRONYMS

RTB:	Rwanda TVET BOARD
CBT:	COMPETENCE BASED TRAINING
CBA:	COMPETENCE BASED ASSESSMENT
TCS:	Temperature Control for Safety
⁰ F:	Degree Fahrenheit
°C:	Degree Celsius
USDA:	United States department of agriculture
CIA:	Culinary Institute of America

TABLE OF CONTENTS

Author's Note Page (Copyright)ii
Foreword iii
ACKNOWLEDGEMENTS v
COORDINATION TEAM vi
ACRONYMSvii
TABLE OF CONTENTSviii
UNIT 1: PREPARING MEAT DISHES1
Topic 1.1 Selecting tools and equipment for meat dishes5
Topic 1.2: Selecting Meat dishes ingredients
UNIT 2: PREPARING POULTRY DISHES 21
Topic 1.1: Selecting tools and equipment for poultry dishes 25
Topic 2.2: Selecting poultry dishes ingredients 33
Topic 2.3. Poultry preliminary preparations 39
Topic 2.4: Cooking methods for poultry dishes 44
Topic 2.5: Presentation of poultry dishes 47
UNIT 3: PREPARE EGG DISHES 56
Topic 3.1: Selecting tools and equipment for egg dishes 60
Topic 3.2.: Selection of egg dishes ingredients64
Topic 3.3. Preliminary Preparation of egg dishes 69
Topic 3.4: Cooking methods for egg dishes71
Topic 3.5: Presentation of egg dishes74
REFERENCES: 80

INTRODUCTION

Welcome to the training manual for the hospitality and tourism sector in the trade of food and beverage operations. This manual, titled "Meat, Poultry and Egg dishes," is designed to provide comprehensive training for trainees pursuing TVET level 3 in food and beverage operations.

The manual is structured into three units that focus on different aspects of preparing meat, poultry and egg dishes. These units include selecting tools and equipment, selecting ingredients, cooking and presenting meat, poultry and egg dishes.

This manual is designed to be an interactive learning experience, comprising discovery activities that encourage learners to explore and discover concepts, problem-solving activities that require learners to think critically and come up with solutions, guided practice activities that provide step-by-step instructions, and application activities that enable learners to apply their newly acquired knowledge in real-life situations.

Additionally, this manual incorporates assessment activities that provide learners with feedback on their progress and help them identify areas where they need to improve.

By the end of this manual, trainees will have gained a comprehensive understanding of the essential duties and responsibilities required for preparing meat, poultry and egg dishes and be equipped with the necessary skills to perform these duties effectively. Let's get started!

Units:

Unit 1: Preparing meat dishes

Unit 2: Preparing poultry dishes

Unit 3: Preparing egg dishes



Figure 1: Meat dishes preparation

Unit summary:

This module describes knowledge, skills and attitudes required to prepare meat, poultry and egg dishes. At the end of this module apprentice will be able to perform the preliminary preparations of meat, poultry and eggs. Apply their cooking methods and their presentation tips.

Self-Assessment: unit 1

1. Look at the illustration above. Discuss about what is happening or what you see on the illustration. What do you think this learning unit will be about? What topics might be covered?

2. Fill in the self-assessment below.

There is no right or wrong ways to answer this survey. It is for your own use during this course. The trainer will read a skill that is listed in the left column. Think about yourself: do you think you can do this? How well? Read the statements across the top. Put a check in column that best represents your situation. At the end of this unit, we'll take this survey again.

My experience Knowledge, skills and attitudes	I do not have any experience in doing this.	l know a little about this.	I have some experience in doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Describe the meat					
Describe types of butcher meat					
Deboning process					
Trimming meat					
Cut Meat					
Marinate Meat					
Roast meat					
Fry meat					

My experience Knowledge, skills and attitudes	I do not have any experience in doing this.	l know a little about this.	I have some experience in doing this.	I have a lot of experience with this.	I am confident in my ability to do this.
Coat meat					
Boil meat					
Grill meat					
Meat dishes plating					
Garnish meat dishes					

Key Competencies:

Knowledge		Skills		Attitudes
1. Types of butcher meat	1.	Meat preliminary	≻	Maintain hygiene during
		preparation techniques		the preliminary
				preparations.
2. Cooking methods for	2.	Application of cooking	\triangleright	Consider the required
meat dishes		methods of meat dishes		procedures while
				cooking
3. Meat dishes	3.	Application of		Maintain safety
presentation tips		presentation tips for		standards while
		meat dishes.		presenting food



Discovery activity

Task: Observe the above picture and answer the following questions:

- 1. What have you observed on that picture?
- 2. What does that person use to perform his/her task?
- 3. List down any 4 tools used in meat preparation?
- 4. How do you perform meat preliminary preparation?
- 5. What are the cooking methods applied to meat dishes?
- 6. What are the guidelines to apply while presenting meat dishes?

Topic 1.1 Selecting tools and equipment for meat dishes.

O Activity 1: Problem Solving

Task1.1.1: In your group, discuss about tools and equipment used for

meat dishes preparation.

What are the tools used for meat dishes preparation? What is the equipment used for meat dishes preparation? How do you select tools and equipment for meat dishes?

Key Facts

Selection of meat ingredients:

Common meat ingredients are:

Beef fillet, beef loin, beef ribs, beef topside, beef osso bucco, pork chops, pork spare ribs, pork loin, goat leg, goat ribs, lamb leg, rack of lamb, herbs, spices, cooking oil and salt.

Tools and equipment used for meat dishes preparation and their use.

ΤοοΙ	Image	Function
Bowl		A bowl is a round container typically used for holding or preparing food or any liquid.
Colander		A bowl with holes to allow liquids to pass through. Used for separating solid materials from liquids

Cutlery		Cutlery comprises knives, forks, and spoons; we use them to cut our food into tiny pieces to make it easier to eat them
Cutting board		A cutting board is a flat piece of plastic used for chopping, slicing, and dicing vegetables, fruit, and other food.
Deep fryer		A deep fryer is an electric cooking device that, by immersing foods in hot oil, gets fried until it's crispy
Garlic crusher		The Garlic Crusher crushes garlic with no effort at all
Cleaver		Cleaver is a tool mainly used as a kitchen or butcher knife for chopping and preparing meat
Knife	6 0	A knife is used for slicing, chopping, filleting, and many other types of cutting jobs.
Grater		A grater is a kitchen utensil used for grating and shredding vegetables and other food into fine chunks

Gas stove	The stove in which combustion takes the place of which heat is used for cooking food
Oven	Usually used for baking or roasting and provides a mechanism to control the temperature
Pan	When it comes to kitchenware, a pan is a must-have. You can cook almost anything in a pan, from an omelet to a pancake
Plate	A plate is a plane dish, commonly circular, used in dining service.
Pressure cooker	The pressure cooker, a sealed pot in which food can be cooked instantly under steam pressure, will save you time and money

Refrigerator	A refrigerator is a kitchen appliance used to store food and drinks at low temperatures, typically between 2 and 8 °C (35.6 and 46.4 °F) below the ambient temperature. Refrigerators are widely used in households, restaurants, hotels, hospitals, laboratories, supermarkets
Spatula	The Spatula is a kitchen utensil with a wide, flat, usually slotted surface that turns or flips foods during cooking
Meat Thermomete r	This tool is used to determine a food's (roast, bread, etc.) doneness by registering its internal temperature
Steak hammer	A steak hammer is a kitchen tool used to break down the fibers of tough cuts of meat, enabling you to easily cut them into thin slices. This helps you prepare your steak without destroying the tenderness of the flesh.

Timer	$ \begin{array}{c} $	A timer is a device that can be used to measure time for different amounts.
Tongs		Tongs are used for picking up and holding objects that are too hot to handle
Wok		A wok is a versatile round- bottomed cooking vessel used in Chinese cuisine to quickly cook food over high heat. Woks are used chiefly for stir-frying but can also be used to steam and deep fry.
Wooden spoon	0	A wooden spoon is a utensil commonly used for mixing and stirring substances together.
Sauce Pan With Lid		used for heating and cooking food in liquid,

Meat mincer		Used for mincing meat.

• Selection factors of tools and equipment for Meat

A good selection of tools and equipment contributes to the success of meat preparation process. This selection may be a challenge. However, the following things may be considered when choosing tools and equipment:

- 1. Task to be performed
- 2. The status of the equipment
- 3. High Quality

Consider those the equipment capable of handling the rigors of daily use.

4. Take into account the Dimensions of the Equipment

The available space of your working area will dictate the size of equipment you should consider. While it's advisable to choose kitchen equipment according to your cooking needs

5. Safety of tools and Equipment should Be a Priority

Example for knives Non-slip texture material handles. This is because they make it easier to cut different food, even with wet hands.

To avoid getting burnt, choose tongs with long handles and a lock to stop the arms from opening. Ensure that you use cordless supplies whenever possible.

- 6. Your Kitchen Equipment Should Be Easy to Maintain
- 7. Energy Efficiency of Your Equipment

Remember that quality kitchenware can help sustain the cleanliness and quality of your food. Another important aspect to think about is the energy efficiency of your equipment. Considering energy-efficient supplies will cut on energy wastage, helping you make a huge saving on your monthly bills.

Activity 2: Guided Practice



With guidance of your trainer, select tools and equipment for meat dishes preparation and explain the uses of each.





Visit a nearest hotel or restaurant kitchen and participate in the selection of tools and equipment for meat dishes preparation then write a report on the performance of that activity.

Topic 1.2: Selecting Meat dishes ingredients

Activity 1: Problem Solving

Task 1.2.1: Read and perform the task below:

A Veal escallop has been ordered by the customer of your restaurant, as a culinary arts trainee you are requested to identify the ingredients to be used in the performance of that task

- 1. What are the types of butcher's meat?
- 2. What are the ingredients used in veal escallop preparation?
- 3. What are the factors to consider when grading meat ingredients?

Key Facts

Key Facts (Indicative contents)

Selection of meat ingredients

• Common meat ingredients

Beef fillet, beef loin, beef ribs, beef topside, beef ossobucco, pork chops, pork spare ribs, pork loin, goat leg, goat ribs, lamb leg, rack of lamb, herbs, spices, cooking oil and salt.

12

- Types of butcher's meat
 - ✓ Beef
 - ✓ Lamb
 - ✓ Pork
 - ✓ Goat
 - ✓ Veal

Factors to consider when choosing the meat

The following are common quality points for meat:

- ✓ Shape and general impression of the carcass
- ✓ Color of the lean meat

- ✓ Amount of marbling
- ✓ Weight and age of animal
- Color of meat and bones

For beef:

- Flesh should be bright red
- Flesh should have small flex of fat through it (Marbling)
- The fat should be creamy white and brittle
- The Flesh should smell pleasant
- The texture should be firm
- The fat should be odorless

For Veal (This is the immature beef or calves less than 1year old.)

- The flesh should be pale pink in colour.
- The flesh should be firm in structure.
- Cut surfaces should be slightly moist, hot dry.
- The fat should be firm and pinkish white.
- The kidney should be firm and well covered with fat.
- **For Lamb** is under 1 year old

The Flesh should be dull red in color

The Flesh should have a fine grain

The bones should be porous

The fat should be white and hard

The Flesh should have an even layer of fat

For Mutton: Quality Points are same as lamb apart from:

Mutton has dense bones

Mutton has a strong but pleasant smell

For pork: Flesh should be pale pink in color and resilient to touch

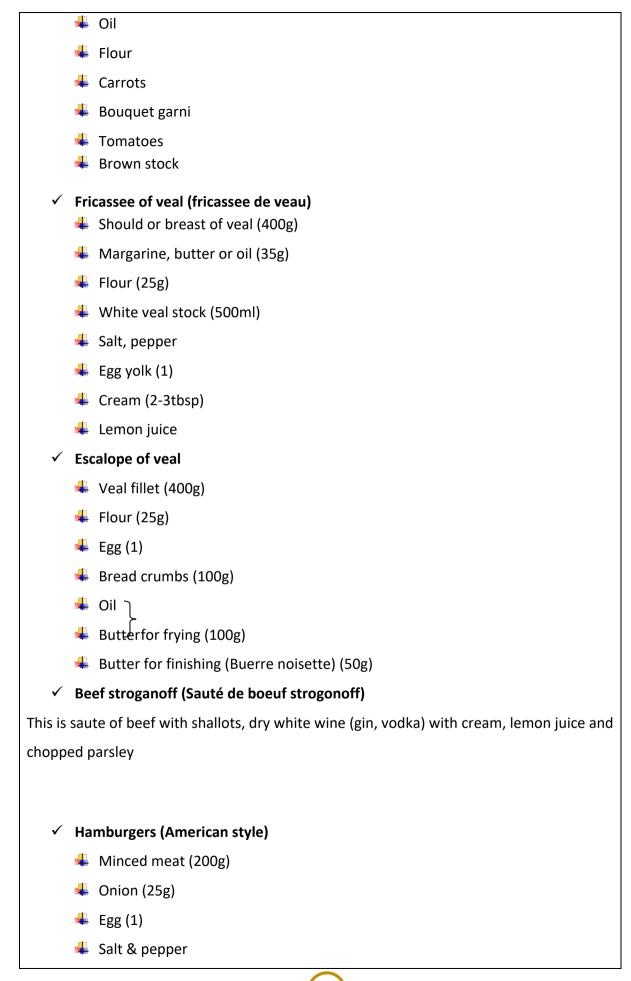
Flesh is fine textured, if Flesh is firm to touch it indicates that the meat is lean

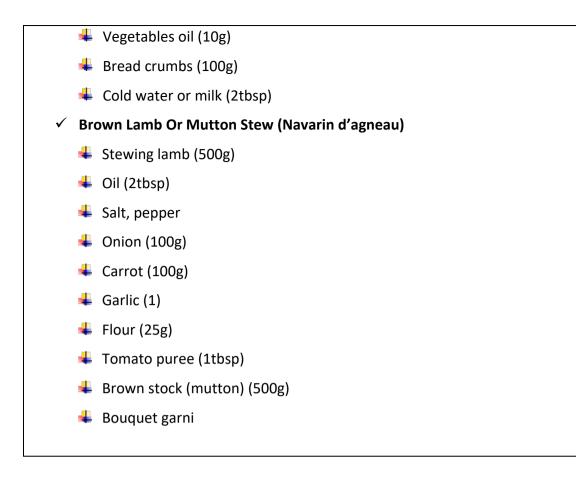
Pork fat should be white and smooth

Pleasant to touch

- Popular Beef recipes and their ingredients:
- ✓ Brown beef stew Ingredients:

📥 Meat







Task: Read and perform the below task under the guidance of your

trainer:

The school canteen is receiving the school management team for lunch where brown beef stew will be served as main course. Select the ingredients to be used in the preparation of that recipe within 10 minutes.

Activity 3: Application

Task: Read and perform the below task:

The school canteen is receiving the school management team for lunch where beef stroganoff will be served as main course. Select the ingredients to be used in the preparation of that recipe within 10 minutes.

15



Cutting food products into uniform shapes and sizes is important for two reasons:

- It ensures even cooking.
- It enhances the appearance of the product

If preliminary preparation is thoroughly and systematically done, then the service will be carried out smoothly.

When cooking meat, always apply this principle: Tender meat quick cooking methods, taught meat slow cooking method.

Food requiring time and temperature control for safety) foods. TCS foods are time and temperature abused any time they're in the temperature danger zone, 41 to 135 degrees F. The longer food is in the temperature danger zone, the more time pathogens have to grow.



At the end of every unit trainees should:

- 1) Re-take the self-assessment they did at the beginning of the unit.
- 2) Fill in the table above and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.



Formative Assessment

The canteen of your school has been selected to host a group of 10 CBT/CBA verifiers from RTB, as culinary arts trainees you are requested to prepare and present within 40 minutes the following meat dishes for their lunch: - Meat Balls - Beef stroganoff.

All necessary tools, equipment and materials are available in the school kitchen.

1. Beef fillet is a common meat ingredient.

Answer: True

2. Types of butcher's meat include beef, lamb, pork, goat, and veal.

The color of the lean meat is a factor to consider when choosing meat.

Answer: True

3. Veal is the mature beef or calves over 1 year old.

Answer: False

4. The fat of pork should be white and smooth.

Answer: True

5. Brown beef stew recipe includes ingredients like meat, oil, flour, carrots, tomatoes, and brown stock.

Answer: True

6. Fricassee of veal recipe includes ingredients like veal, margarine/butter/oil, flour, white veal stock, salt, pepper, egg yolk, cream, and lemon juice.

Answer: True

7. Escalope of veal recipe includes ingredients like veal fillet, flour, egg, bread crumbs, oil, and butter.

Answer: True

8. Beef stroganoff recipe includes ingredients like beef, shallots, dry white wine, cream, lemon juice, and chopped parsley.

Answer: True

9. Hamburgers recipe includes ingredients like minced meat, onion, egg, salt, pepper, vegetable oil, bread crumbs, and cold water/milk.

Answer: True

10. Brown lamb or mutton stew recipe includes ingredients like stewing lamb, oil, salt, pepper, onion, carrot, garlic, flour, tomato puree, brown stock, and bouquet garni.

Answer: True

- 11. Which of the following is NOT a common meat ingredient?
 - a) Beef fillet
 - b) Lamb leg
 - c) Chicken breast
 - d) Pork loin
- Answer: c) Chicken breast
- 12. What is the function of a colander?
 - a) Chopping vegetables
 - b) Mixing ingredients
 - c) Separating solid materials from liquids
 - d) Grating and shredding food

Answer: c) Separating solid materials from liquids

13. Cutlery is used for:

- a) Chopping and preparing meat
- b) Grating and shredding food
- c) Mixing ingredients

18

d) Cutting food into smaller pieces

Answer: d) Cutting food into smaller pieces

- 14. Which tool is used for chopping, slicing, and dicing vegetables?
 - a) Deep fryer
 - b) Cleaver
 - c) Grater
 - d) Knife

Answer: d) Knife

- 15. What is the function of a pressure cooker?
 - a) Grilling food
 - b) Storing food and drinks at low temperatures
 - c) Cooking food instantly under steam pressure
 - d) Mixing and stirring substances together
 - Answer: c) Cooking food instantly under steam pressure
- 16. A meat thermometer is used to:
 - a) Measure time for different amounts
 - b) Determine the doneness of food by registering its internal temperature
 - c) Break down the fibers of tough cuts of meat
 - d) Stir-fry food over high heat

Answer: b) Determine the doneness of food by registering its internal temperature

19

- 17. What is the function of a wooden spoon?
 - a) Turning or flipping foods during cooking
 - b) Mixing and stirring substances together
 - c) Heating and cooking food in liquid

d) Breaking down the fibers of tough cuts of meat

Answer: b) Mixing and stirring substances together

- 18. Which tool is used for mincing meat?
 - a) Meat mincer
 - b) Cleaver
 - c) Colander
 - d) Grater

Answer: a) Meat mincer

19. When selecting tools and equipment for meat preparation, what factor should be considered?

- a) The color of the equipment
- b) The weight of the equipment
- c) The task to be performed
- d) The availability of accessories

Answer: c) The task to be performed

- 20. Which factor should be a priority when choosing tools and equipment?
 - a) Energy efficiency
 - b) The status of the equipment
 - c) High quality
 - d) The dimensions of the equipment

Answer: c) High quality

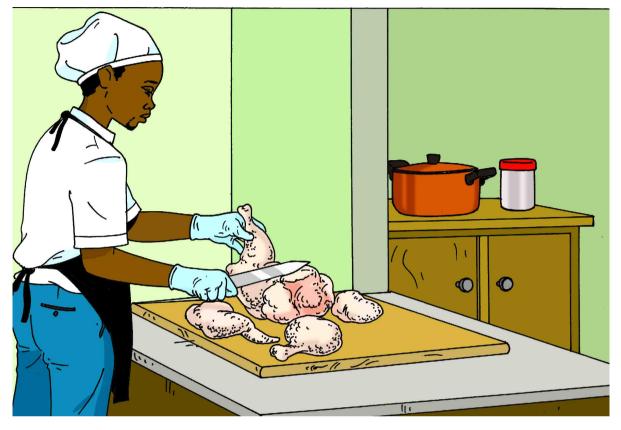


Figure 2: Poultry dishes preparation

Unit summary:

This unit describes knowledge, skills and attitudes required to prepare poultry dishes. At the end of this unit trainee will be able to perform the preliminary preparations of poultry dishes such as deboning, trimming, cutting, trussing, marinating, apply their cooking methods and their presentation tips.

Self-Assessment: Unit 2

1. Fill in the self-assessment below.

There is no right or wrong ways to answer this survey. It is for your own use during this course. The trainer will read a skill that is listed in the left column. Think about yourself: do you think you can do this? How well? Read the statements across the top. Put a check in column that best represents your situation. At the end of this unit, we will take this survey again.

My experience Knowledge, skills and attitudes	I do not have any experience in doing this.	l know a little about this.	I have some experience in doing this.	I have a lot of experience with this.	l am confident in my ability to do this.
Description of poultry					
Identify types of poultry					
Deboning process					
Trimming					
Cut poultry					
Marinate poultry					
Truss poultry					
Roast poultry					
Fry poultry					

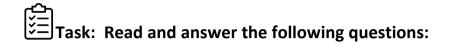
Coat poultry			
Boil meat			
Grill poultry			
Plate poultry			
dishes			
Garnish			
poultry dishes			

Key Competencies:

Knowledge		Skills		Attitudes	
1.	Identification of	1.	Application of poultry		Maintain hygiene during
	types of poultry		preliminary		the preliminary
			preparation		preparations.
			techniques		
2.	Identification of	2.	Application of cooking		Consider the required
	the cooking		methods for poultry		procedures while cooking
	methods for		dishes		
	poultry dishes				
3.	Identification of	3.	Application of		Maintain safety standards
	poultry dishes		presentation		while presenting food
	presentation		guidelines for poultry		
	guidelines		dishes.		







What have you observed on that picture?

What does that person use to perform his/her task?

What are the required preliminary preparations for poultry dishes?

What are the cooking methods that may be applied for cooking poultry?

How can you present a poultry dish?

Topic 1.1: Selecting tools and equipment for poultry dishes.

Activity 1: Problem Solving

 \checkmark Task: In your group, discuss about tools and equipment for poultry dishes preparation then answer the below questions:

What are the tools used for poultry dishes preparation?

What are the equipment used for poultry dishes preparation?

How do you select tools and equipment for poultry dishes?

Key Facts

Tools and equipment for poultry preparation

Having the right kitchen tools and equipment is a must to reduce your time in the kitchen while preparing your poultry. These tools and equipment for making quick preparation will help you during your busy days!

Number Tool Image Function Bowl Image A bowl is a round container typically used for holding or preparing food or any liquid.

Some tools and equipment for poultry preparation

Colander		A bowl with holes to allow liquids to pass through. Used for separating solid materials from liquids and washing veg and fruits Cutlery comprises knives,
Cutlery		forks, and spoons; we use them to cut our food into tiny pieces to make it easier to eat them
Cutting board		A cutting board is a flat piece of wood used for chopping, slicing, and dicing vegetables, fruit, and other food.
Deep fryer		A deep fryer is an electric cooking device that, by immersing foods in hot oil, gets fried until it's crispy
Garlic crusher		The Garlic Crusher crushes garlic with no effort at all
Cleaver	0	Cleaver is a tool mainly used as a kitchen or butcher knife for chopping and preparing meat

Knife		A knife is used for slicing,
	0 0	chopping, filleting, and
		many other types of cutting
		jobs.
Gustan		A sustau is a bitches stausil
Grater		A grater is a kitchen utensil
	00000	used for grating and
	999999 999999	shredding vegetables and
	00000	other food into fine chunks
	00000	
Gas		The stove in which
stove		combustion takes the place
		of which heat is used for
		cooking food
Oven		Usually used for baking or
		roasting and provides a
		mechanism to control the
		temperature
		•
Pan		When it comes to
		kitchenware, a pan is a
		must-have. You can cook
		almost anything in a pan,
		from an omelet to a
		pancake

Kitchen Shears	20	Are used to tackle a variety of cutting chores, such as snipping string, and butcher's twine, trimming artichoke leaves, and dividing taffy.
Perforat ed spoon		In the kitchen, a perforated spoon is a cooking utensil that can be used in various ways. In addition, to stirring foods in pots and pans, this type of spoon has deep holes that are ideal for draining grease from meats or veggies
Plate		A plate is a plane dish, commonly circular, used in dining service.
Pressure cooker		The pressure cooker, a sealed pot in which food can be cooked instantly under steam pressure, will save you time and money

Refrigera tor	A refrigerator is a kitchen appliance used to store food and drinks at low temperatures, typically between 2 and 8 °C (35.6 and 46.4 °F) below the ambient temperature. Refrigerators are widely used in households, restaurants, hotels, hospitals, laboratories, supermarkets
Spatula	The Spatula is a kitchen utensil with a wide, flat, usually slotted surface that turns or flips foods during cooking
Steak hammer	A steak hammer is a kitchen tool used to break down the fibers of tough cuts of meat, enabling you to easily cut them into thin slices. This helps you prepare your steak without destroying the tenderness of the flesh.

Timer	$55 \frac{60}{50} \frac{5}{50} \frac{5}{10}$ 45 15 40 20 35 30 30	A timer is a device that can be used to measure time for different amounts.
Tongs		Tongs are used for picking up and holding objects that are too hot to handle
Wok		A wok is a versatile round- bottomed cooking vessel used in Chinese cuisine to quickly cook food over high heat. Woks are used chiefly for stir-frying but can also be used to steam and deep fry.
Wooden spoon	0	A wooden spoon is a utensil commonly used for mixing and stirring substances together.
Sauce Pan With Lid		used for heating and cooking food in liquid,



Selection factors of tools and equipment for Poultry dishes

A good selection of tools and equipment contributes to the success of meat preparation process. This selection may be a challenge. However, the following things may be considered when choosing tools and equipment:

- 1. Task to be performed
- 2. The status of the equipment
- 3. High performance

Consider those the equipment capable of handling the rigours of daily use.

4. Take into account the Dimensions of the Equipment

The available space of your working area will dictate the size of equipment you should consider. While it's advisable to choose kitchen equipment according to your cooking needs

5. Safety of tools and Equipment should Be a Priority

Example for knives non-slip texture material handles. This is because they make it easier to cut different food, even with wet hands.

To avoid being burnt, choose tongs with long handles and a lock to stop the arms from opening. Ensure that you use cordless supplies whenever possible.

- 6. Your Kitchen Equipment Should Be Easy to Maintain
- 7. Energy Efficiency of Your Equipment

Remember that quality kitchenware can help sustain the cleanliness and quality of your food. Another important aspect to think about is the energy efficiency of your equipment. Considering energy-efficient supplies will cut on energy wastage.



Task: Under guidance of your trainer in the kitchen, select tools and equipment for poultry dishes preparation and explain the uses of each.



Task: Read and perform the below task:

Visit a nearest hotel or restaurant kitchen and participate to the selection of tools and equipment for poultry dishes preparation then write a report on the performance of that activity.

Topic 2.2: Selecting poultry dishes ingredients

Activity 1: Problem Solving

Task: In your groups, read and answer the following questions:

A roasted chicken has been ordered by the customer of your restaurant, as a culinary arts trainee you are requested to identify the ingredients to be used in the performance of that task

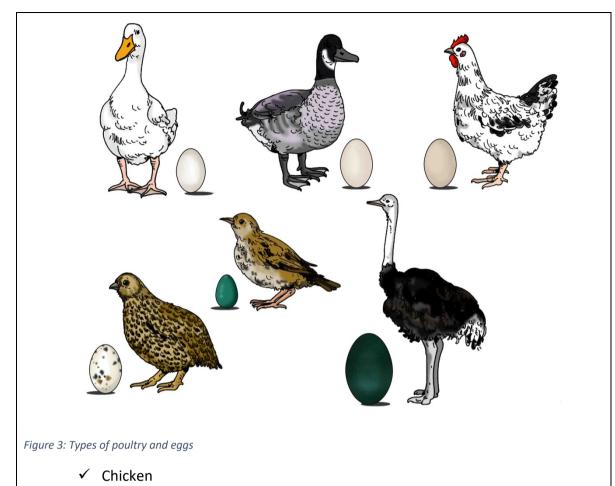
- 1. What are the types of poultry?
- 2. What are the ingredients used in a roasted chicken preparation?
- 3. What are the factors to consider when grading poultry dishes ingredients?

Key Facts

Common poultry dishes ingredients:

- ✓ Poultry
- ✓ Fats
- ✓ Flavorings
- ✓ Spices
- ✓ Seasonings

Types of poultry



- ✓ Quail
- ✓ Duck
- ✓ Goose
- ✓ Turkey
- ✓ Hilsa
- Ostrich
- ✓ Bantam

Factors to consider in poultry ingredients selection

Fresh chicken should have a pinkish color. Avoid cosmetic damages, such as bruising or tears in the skin, skin should not look wrinkled. Which can affect the chicken's quality and freshness. Chicken should also be plump; when you press against it, the meat should be somewhat resilient, resuming its shape after a few seconds. SKIN should be white to yellow (depending on breed) with blue tinges.

LEGS/BREAST should be free of cuts, sores, blood patches & bruises.

FAT should be light yellow in color, not too plentiful, especially in the cavity

BREAST should be straight, firm and well fleshed with the point of the breast bone being pliable.

LEGS should be short and well fleshed small scales and spurs.

If buying frozen chicken, check that the package is well sealed

For poultry

- Plump Breasts
 - Blue/Purple tint to legs
 - Skin Unbroken
 - No sign of Bruising
 - No excess fat
 - Little or No smell
 - Breast bone should be Flexible

For Duck

- Should have plump elongated breasts
 - small compact legs
 - breast bone should be flexible
 - No excess fat under skin
 - Skin should be intact
 - no sign of bruising
 - Pleasant smell
 - Flesh is dull red in color

Some popular chicken recipes and their ingredients

✓ Chicken Shawarma

Ingredients

- 🔱 1 cup plain Greek yogurt
- 2 tsp cumin
- 2 tsp cardamom

- 4 2 tsp turmeric
- 2 tsp cinnamon
- 2 tsp salt
- 4 3 large boneless skinless chicken breast, sliced into 1inch strips
- 4 2 tbsp Extra Virgin Olive Oil
- 4 2 large red bell peppers, cut into 1/2-inch thin strips
- 4 1 purple onion, cut into 1/2-inch thin slices
- 4 1/2 cup peppered peppers
- ✓ Roasted Chicken
 - \rm </u> Chicken
 - Seasonings
 - \rm Lelery
- ✓ Saute of chicken(poulet sauté)

Ingredients

- Chicken (1)
- Butter, margarine or oil (50g)
- \rm Salt, pepper.
- Stock (thick) (250ml)
- Chopped parsley
- ✓ Chicken sauté with mushrooms (poulet sauté aux champignons)

Ingredients

- 4 Chicken (1)
- Butter, oil or margarine (50g)
- Chopped shallots (10g)
- Button mushrooms (100g)
- Dry white wine (60ml)
- Jus lié (thickned stock)(250ml)
- Salt, pepper
- Chopped parsley
- ✓ Supreme of chicken in cream sauce (suprême de volaille à la crème)

36

Ingredients

4	Butter, oil or margarine.
4	Supreme of chicken
4	Flour
4	White wine.
4	Cream.
4	Salt, cayenne.
🗸 Chi	cken a la King
	½ cup butter
	1 (4.5 ounce) can mushrooms, drained, liquid reserved
	1 green bell pepper, chopped
	½ cup all-purpose flour
📥 :	1 teaspoon salt
4 3	¼ teaspoon ground black pepper
4 :	1 ½ cups milk
4 :	1 ¼ cups hot water
4	1 ½ teaspoons chicken bouillon powder
4	4 cooked, boneless chicken breast halves, chopped
4	4 ounces chopped pimento
<i>.</i> –	
	asted chicken (poulet roti)
4 (Chicken (1)
4	Oil, butter or margarine (50g)
4	Brown stock (125ml)
4	Game chips (25g)

Bread sauce (milk, onion, butter, breadcrumbs, fresh) (125ml)



Activity 2: Guided Practice

Task: Read and perform the below task under guidance of your trainer:

The school canteen is receiving the school management team for lunch where a roasted chicken will be served as main course. We are requested to select the ingredients to be used in the preparation of that recipe within 10 minutes.



Task: Read and perform the below task:

The school canteen is receiving the school management team for lunch where chicken a la king will be served as main course. You are requested to select the ingredients to be used in the preparation of that recipe within 10 minutes.

Topic 2.3. Poultry preliminary preparations

Activity 1: Problem Solving

Task 1.2.1: Read and answer the below:

A Chicken saute with mushrooms has been ordered by the customer of your restaurant, as a culinary arts trainee you are requested to perform its preliminary preparation.

What are the preliminary preparations applied to poultry? How do you cut poultry? How do you debone and marinate a poultry? How to perform poultry coating?

Key Facts

Preliminary preparations of poultry dishes ingredients.

✓ Dissection of a poultry

We've pulled together a guide to help you get the best from different cuts of chicken below.



39

https://www.jamieoliver.com

Breast

Arguably the most popular part of a chicken, you can buy breast either whole or pre-sliced, and with the skin either on or off. It's the leanest cut of the bird and, without the skin, becomes leaner still. Chicken breast can be pan-fried, stuffed, baked, roasted or barbecued.

Wings

The cheapest cut of the bird. They come on the bone and when roasted, grilled or barbecued, their skin becomes crispy and delicious. They are higher in fat than breast meat, with a similar fat content to thighs and drumsticks.

Drumsticks

Drumsticks are the chicken's shins. Like wings, they come on the bone and are cheap and easy to cook. They are also a big barbecue favorite.

Thighs

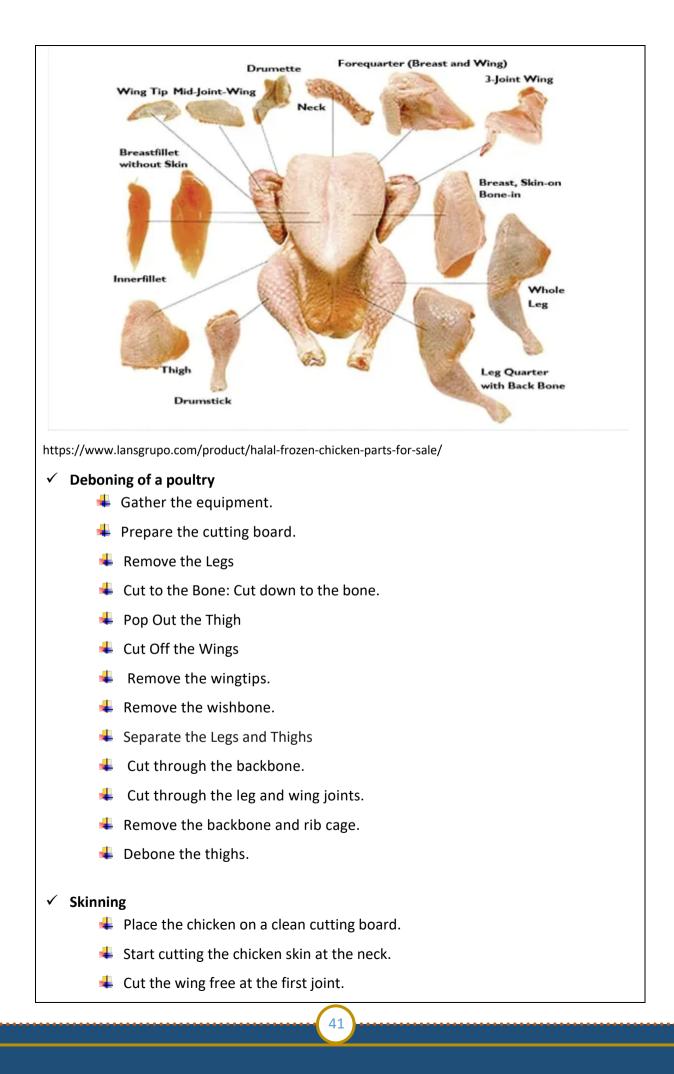
Arguably the tastiest part of the chicken, thighs is little parcels of tender, juicy meat from the top of the bird's leg. You can buy them bone in, or bone out, and with the skin on or off. The meat is darker and firmer than the white breast meat and needs slightly longer to cook.

Legs

Instead of dividing the legs into drumsticks and thighs, try leaving them whole, then roasting them in the oven or grilling them on the barbecue. They look great served whole on a platter with hearty, punchy flavors.

Whole Chicken

Whether you roast the bird whole, or break it down into the different cuts yourself, buying an entire chicken is often the most economical way to enjoy the meat. Poaching chicken is a wonderful way to retain all the flavors of the bird, or roast it simply with a lemon and some herbs in the cavity.



- Separate the skin from the meat over the breast area of turkey.
- Slice the skin on the back free
- Trim the skin around the ends of the thighs.
- Cut the hip joints and snap the thighs free.
- Pull the skin completely free from the chicken.

✓ Trussing:

Trussing a chicken

- Clean the legs
- Remove the wish-bone.
- Place the chicken on its back
- Hold the legs backs firmly
- Insert the trussing needle, midway between the leg joints.
- 🜲 Turn on to its side.
- Use the skin of the neck to cover the neck
- Tie the ends of string securely.
- Secure the legs also by trussing them. (the carcass and over the legs)

✓ Marinating

- Enough for 400g chicken
- \rm 🗍 garlic clove, crushed
- 4 2 tbsp lemon juice
- 2 tbsp olive oil
- 4 handful of fresh herbs such as parsley, basil or coriander, finely chopped
- Mix the garlic, lemon juice, olive oil and herbs in a large bowl and season well.
- Marinate the chicken for 1-2 hours.

✓ Brining:

Toss the salt, sugar, pepper and garlic into a pot and cover with 2 cups of boiling water.

Stir. Add another liter of water-cold this time-

Place the chicken into the pot.

Cover and refrigerate for at least 3 hours and up to 6. It's just that easy

Activity 2: Guided Practice



Read and perform the below task under the guidance of your trainer:

The school canteen is receiving the school management team for lunch where roasted chicken will be served as main course. We are requested to perform poultry preliminary preparations by trimming, portioning, cutting and marinating within 10 minutes.

Activity 3: Application



Read and perform the below task:

Ask trainees to read and perform the task below:

The school canteen is receiving the school management team for lunch where chicken a la king will be served as main course. You are tasked to perform the chicken preliminary preparations by trimming, portioning, cutting and marinating within 10 minutes.

Topic 2.4: Cooking methods for poultry dishes



Read and answer the below questions:

A poultry dish has been ordered by the customer of your restaurant, as a culinary arts trainee you are requested to cook it.

When cooking poultry, what are the guidelines to be applied.

What are the levels of poultry doneness?

What are the cooking methods applied for poultry?

KEY FACTS

Cooking Methods of poultry dishes

Moist cooking methods

- ✓ stewing
- ✓ braising
- ✓ poaching
- ✓ boiling
- ✓ steaming
- ✓ Frying.

Dry cooking methods

- ✓ Broiling,
- ✓ Roasting,
- ✓ Sautéing

Cooking temperature for poultry dishes

All parts of the chicken (internal and external) need to reach a steady temperature of **75°C** to be eaten safely. This also includes any stuffing, wings, and legs

Roasted chicken (poulet roti)
Ingredients
Chicken (1)
Oil, butter or margarine (50g)
Brown stock (125ml)
Game chips (25g)
Bread sauce (milk, onion, butter, breadcrumbs, fresh) (125ml)
Preparation procedure
Lightly season the chicken
Place it in a roasting tin.
Cover with the oil, butter or margarine.
Place in hot oven (20-25minutes)
Turn on to the other leg.
Cook until weldone and baste frequently.
To test if cooked, piece with a fork between the drumstick and thigh and hold
over a plate. (The juice issuing from the chicken should not show any sign of blood)
Make roast gravy with the stock.



Read and perform this task under the guidance of your trainer:

The school canteen is receiving the school management team for lunch where roasted chicken will be served as main course. We are requested to cook this dish within 30 minutes.



Read and perform the task below:

The school canteen is receiving the school management team for lunch where a chicken a la king will be served as main course. You are requested to cook this dish within 30 minutes.

Topic 2.5: Presentation of poultry dishes



Read and answer the following questions:

A poultry dish has been ordered by the customer of your restaurant, as a culinary arts trainee you are requested to present it to the guests.

What are the tools used in poultry dishes presentation?

How do you present poultry dish?



Texture consideration Color contrast Portion size Right plate Edible garnishes Poultry garnishes Roast or fried chicken may be served in a border of celery or fried oysters, or with a simple garnish of parsley or cress. Roast duck is attractive with endive and slices of oranges and olives or with rice cups filled with currant jelly



Read and perform the task below under the guidance of your trainer:

The school canteen is receiving the school management team for lunch where roasted chicken will be served as main course. We are requested to present this poultry dish to the guests within 5 minutes.



Read and perform the task below:

The school canteen is receiving the school management team for lunch where chicken a la king will be served as main course. You are requested to present this poultry dish to the guests within 5 minutes.

Formative Assessment

K&G restaurant located in Kicukiro district, Gikondo sector is hosting 12 guests for lunch where grilled chicken and chicken a la king have to be served. However, this restaurant is facing a problem of poor quality service due to lack of qualified saucier. As a well-trained trainee you are tasked to prepare and present the above dishes within 45 minutes.

All necessary tools, equipment and materials are available in the school kitchen.

Respond by true or false

- 1. Poultry is a common ingredient in poultry dishes.
- 2. Fats are commonly used in poultry dishes.
- 3. Flavorings are commonly used in poultry dishes.
- 4. Spices are commonly used in poultry dishes.
- 5. Seasonings are commonly used in poultry dishes.
- 6. Chicken is a type of poultry.
- 7. Quail is a type of poultry.
- 8. Duck is a type of poultry.
- 9. Goose is a type of poultry.
- 10. Turkey is a type of poultry.
- 11. Hilsa is a type of poultry.
- 12. Ostrich is a type of poultry.
- 13. Bantam is a type of poultry.
- 14. Fresh chicken should have a pinkish color.
- 15. The skin of fresh chicken should be white to yellow.
- 16. Frozen chicken should have a well-sealed package.
- 17. Plump breasts are desirable characteristics in poultry.
- 18. Poultry should have a blue/purple tint to the legs.
- 19. Skin should be intact and unbroken in poultry.
- 20. Roasted chicken typically includes celery as an ingredient.
- 21. Chicken a la King includes mushrooms and pimento as ingredients.
- 22. Roasted chicken (poulet roti) uses oil, butter, or margarine for cooking.

- 23. Which cut of chicken is considered the leanest?
 - a) Wings
 - b) Drumsticks
 - c) Thighs
 - d) Breast

Choose the correct answer

24. Which cut of chicken is known for having crispy and delicious skin when roasted, grilled, or barbecued?

- a) Wings
- b) Drumsticks
- c) Thighs
- d) Breast
- 25. Which part of the chicken is often considered the tastiest?
 - a) Wings
 - b) Drumsticks
 - c) Thighs
 - d) Breast

26. Which cut of chicken is recommended to be roasted or grilled whole, without dividing into drumsticks and thighs?

- a) Wings
- b) Legs
- c) Thighs
- d) Breast
- 27. Which method of cooking a whole chicken helps retain all the flavors?

- a) Roasting
- b) Grilling
- c) Poaching
- d) Baking
- 28. Which step is involved in the deboning process of a poultry?
 - a) Removing the wishbone
 - b) Cutting off the wings
 - c) Separating the legs and thighs
 - d) Deboning the thighs
- 29. What is the first step in the process of skinning a chicken?
 - a) Cutting the wing free at the first joint
 - b) Separating the skin from the meat over the breast area
 - c) Slicing the skin on the back free
 - d) Placing the chicken on a clean cutting board
- 30. What is the purpose of trussing a chicken?
 - a) Removing the wishbone
 - b) Marinating the chicken
 - c) Deboning the chicken
 - d) Securing the legs and carcass
- 31. What is the recommended marinating time for chicken?

- a) 30 minutes
- b) 1-2 hours
- c) 4-6 hours
- d) Overnight

- 32. What is the purpose of brining a chicken?
 - a) Adding flavor to the meat
 - b) Tenderizing the meat
 - c) Retaining moisture in the meat
 - d) All of the above



 Re-take the self-assessment at the beginning of the unit then fill in the table in the Trainee's Manual to identify their areas of strength, areas for improvement and actions to take to improve.



The strict use of appropriate presentation tools and equipment and strict application of presentation guidelines provide an attractive appearance to the food with a positive impact on the customer.

Appropriate tools and equipment are required when preparing poultry dish.

When handling poultry ingredients safety conditions should to be applied as poultry is a high-risk food.

Concerning the meat doneness, poultry should be well done and cooked at a minimum temperature of 1650F.

For the service a portion size of 80g of cooked poultry is recommended as per standard.

Post-Assessment: Prepare poultry dishes

There is no right or wrong way to answer this pre-assessment. It is for your own use during this course. The facilitator will read a skill that is listed in the left column. Think about yourself: do you think you can do this? How well? Read the statements across the top. Put a check in column that best represents your situation.

My assessment: Knowledge, skills and ability	I don't have any experience	l have a little experience	l often do it	l confiden tly do it	l excellently do it
Identify poultry dish ingredients					
Poultry parts					
Poultry types					
Poultry Dissection of poultry					
deboning					
Skinning					
Trussing					
Marinating					
Brining					
Portioning					
Plating					
Garnishing					



At the end of every unit trainees should:

- 1) Re-take the self-assessment they did at the beginning of the unit.
- 2) Fill in the table above and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.



Figure 4: Egg dishes preparation

Unit summary:

This unit describes knowledge, skills and attitudes required to prepare egg dishes. At the end of this unit trainee will be able to select egg dishes ingredients, tools for egg dishes preparation as per recipe perform the preliminary preparations of eggs, cook and present egg dishes.

Self-Assessment: unit 3

1. Look at the illustration above. Discuss about what is happening or what you see on the illustration. What do you think this learning unit will be about? What topics might be covered?

2. Fill in the self-assessment below.

There is no right or wrong way to answer this pre-assessment. It is for your own use during this course. The facilitator will read a skill that is listed in the left column. Think about yourself: do you think you can do this? How well? Read the statements across the top. Put a check in column that best represents your situation. At the end of this learning outcome, you will take this assessment again.

My assessment: Knowledge, skills and ability	l do not have any experience	l have a little experience	l often do it	l confidently do it	l excellently do it
Identify egg dishes ingredients					
Identify the types of egg dishes					
Demonstrate time management					
Identify cooking methods for egg dishes					
Apply cooking methods of egg dishes					
Demonstrate consistency in the application					
Identify egg dishes presentation guidelines					

Apply presentation			
guidelines for egg dishes.			
Demonstrate arts when			
presenting			

Key Competencies:

Knowl	edge	Skills		Attitu	des
1.	Identify the types of	1.	Application of egg	1.	Demonstrate time
	egg dishes		preliminary		management
			preparation		
			techniques		
2.	Identify cooking	2.	Application of	2.	Demonstrate
	methods for egg		cooking methods		consistency in the
	dishes		of egg dishes		application
3.	Identify egg dishes	3.	Application of	3.	Demonstrate arts when
	presentation		presentation		presenting
	guidelines		guidelines for egg		
			dishes.		





^ў≡ Task:

Observe the picture above and answer the following questions:

What have you observed on that picture?

What does that person use to perform his/her task?

What are the required preliminary preparations for egg dishes?

What are the cooking methods that may be applied for cooking egg dishes?

How can you present an egg dish?

Topic 3.1: Selecting tools and equipment for egg dishes.

Activity 1: Problem Solving

In your groups and discuss about tools for egg dishes preparation.

What are the tools used for egg dishes preparation?

Determine the use of each tool in egg dishes preparation?

KEY FACTS

Tools and equipment for egg dishes

Egg Slicer

Used to evenly cut egg slices.



https://goto.target.com/ry6119

Egg Cooker

Used for your favorite scrambled egg recipes, you can hard boil, soft boil, scramble and poach eggs in this egg cooker. All you need to do is add water, place your eggs in the cooker and press start.



Source: www.tasteofhome.com

Egg Ring

This egg ring prevents them from taking up the whole pan. Plus, it creates perfectly round eggs each and every time.



https://tasteofhome.urlgeni.us

Omelet Maker

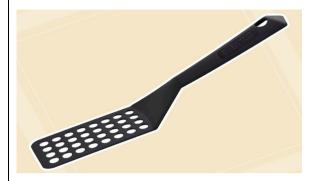
In just a few minutes, you can have four eggs ready to go—and in the same amount of time, throw it in the dishwasher for easy cleaning.



https:// tasteofhome.urlgeni.us

Slotted Tuner

Use this slotted turner to flip and cook different types of eggs. a turner is the best tool for the job.



Source: https:// tasteofhome.urlgeni.us

Frying Pan

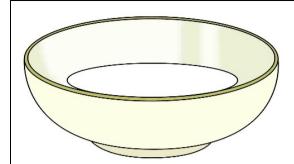
It's no surprise that a frying pan is an essential kitchen tool, especially for cooking eggs. This nonstick pan evenly cooks any dish with its stainless steel bottom.



Source: https:// tasteofhome.com

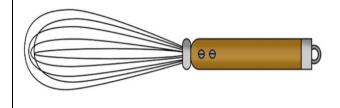
Mixing Bowls

Scramble your eggs in a mixing bowl, use one to combine your ingredients for an egg salad, and have a bowl handy for an ice bath. It's nice to have a selection of sizes and a bowl for all egg occasions



Whisk

Sure, you could use a fork, but a whisk can make a quicker, creamier scrambled egg and is there for you to break up the yoke. Whip up your soft scrambled eggs for the most beautiful cheesy egg sandwich





Under the guidance of your trainer perform the task below:

As we are hosting guests for breakfast in our school canteen, we are requested to select and prepare tools to be used in egg dishes preparation.



Make a visit to the nearest hotel and perform the task below:

Visit a nearest hotel or restaurant kitchen and participate to the selection of tools and for egg dishes preparation then write a report on the performance of that activity.

Topic 3.2.: Selection of egg dishes ingredients

Activity 1: Problem Solving

Discuss about egg dishes ingredients and answer the below questions:

An omelet with ham has been ordered by the customer of your restaurant, as a culinary arts trainee you are requested to identify the ingredients to be used in the performance of that task.

- 1. What are the types of eggs?
- 2. What is the egg composition?
- 3. What are the types of egg dishes?
- 4. What are the ingredients used in an omelet with ham preparation?
- 5. What are the factors to consider when choosing egg dishes ingredients?

Key Facts

Egg recipes

- ✓ Plain omelet
- ✓ Spanish omelet
- ✓ Tomato omelet
- ✓ Hardboiled egg
- ✓ Poached eggs
- ✓ Soft boiled egg
- ✓ Scrambled egg

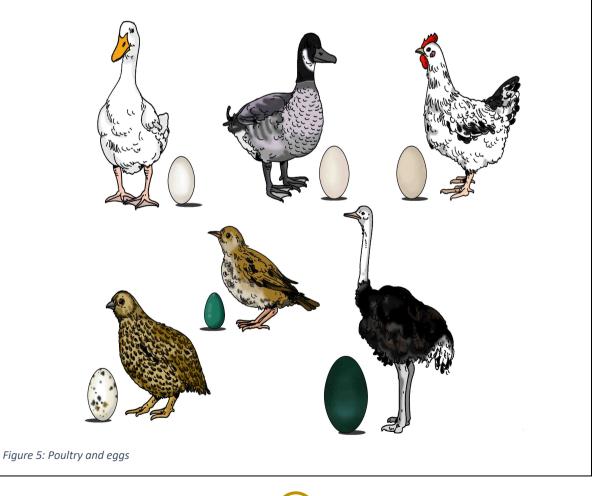
Types of eggs by standard

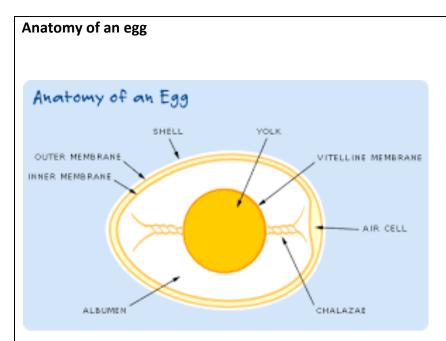
- ✓ Standard White Eggs
- ✓ Standard Brown Eggs
- ✓ Furnished / Enriched / Nest-Laid Eggs
- ✓ Free-Run Eggs
- ✓ Free-Range Eggs

- ✓ Organic Eggs
- ✓ Omega-3 Eggs
- ✓ Vitamin-Enhanced Eggs
- ✓ Vegetarian Eggs
- ✓ Processed Eggs

Types of edible Eggs as per poultry

- ✓ Chicken Eggs
- ✓ Quail Eggs
- ✓ Duck Eggs
- ✓ Goose Eggs
- ✓ Turkey Eggs
- ✓ Hilsa Eggs
- ✓ Ostrich Eggs
- ✓ Bantam Eggs





Source: https://mymodernmet.com/egg-food-art/

Criteria for egg selection

- ✓ Consider refrigeration
- ✓ Check for cracks
- ✓ Check the date: you can keep the eggs in your fridge for three to five weeks, even if they are past the "sell by" date. .
- ✓ Choose the right grade
- ✓ Choose the right type
- ✓ Choose the best size for your purpose:

Egg freshness

- ✓ Check the expiration, sell by or pack dates
- ✓ Conduct a sniff test
- ✓ Complete a visual inspection
- ✓ Perform a float test

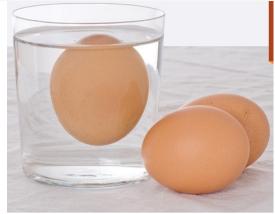


Figure 6: Eggs freshness test

Plain Omelets

Ingredients

- ✓ Eggs (2-3)
- ✓ Butter, margarine or oil (10g)

Scrambled eggs (Oeufs brouillés)

Ingredients

- ✓ Eggs (6-8)
- ✓ Milk (2tbsp)
- ✓ Salt, pepper
- ✓ Butter or oil (50g)

Hard-Boiled Egg & Avocado Half Bagel

Ingredients

- 1/2 whole-grain bagel
- 1/2 medium avocado, mashed
- 1/4 teaspoon (1.25 ml) garlic powder
- Salt and pepper, to taste
- 2 slices tomato
- 1 hard-boiled egg, sliced into quarters

Pesto Egg-in-a-Hole with Bacon

Ingredients

1 slice whole-grain bread

2 slices turkey bacon

1 teaspoon (5 ml) cooking oil

1 large egg

1 tablespoon (15 ml) store-bought pesto (or leftover homemade pesto)



Perform the task below under the guidance of your trainer:

The school canteen is receiving the school management team for breakfast where scrambled eggs and special omelets will be served as per the menu. We are requested to select the ingredients to be used in the preparation of those recipes within 10 minutes.



Read and perform the task below:

The school canteen is receiving the school management team for breakfast where Egg mimosa and Spanish omelets will be served as per menu. You are requested to select the ingredients to be used in the preparation of those recipes within 10 minutes.

Topic 3.3. Preliminary Preparation of egg dishes



Ask trainees to read and answer the below questions:

Egg dishes have been ordered by customers of your restaurant, as a culinary arts trainee you

are requested to perform their preliminary preparation.

What are the preliminary preparations for egg dishes?

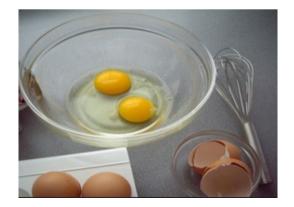
How do you crack eggs?

How do you beat/ whip eggs?

Key Facts

Preliminary preparations of egg dishes ingredients.

- 1. Cracking
 - Use a single, firm tap the egg will crack, easily split open, and the yolk and white will slide out,
 - ✓ Give the egg a confident tap on a *flat* surface,
 - ✓ Hold the egg over the bowl or pan,
 - ✓ Press your thumbs lightly into the crack, until you break the membrane.
 - ✓ Then pull gently apart to let the egg slide out.



Source: https//www.bonappetit.com Figure 7: Cracking and beating eggs.

2. Beating



Source: https//www.bonappetit.com

Figure 8: Egg beating

Beat the egg with a fork or whisk until the yolk and white are combined. Avoid the over beating.



Perform the task below and ask for clarification from your trainer where necessary:

The school canteen is receiving the school management team for breakfast where scrambled eggs and special omelets will be served as per the menu. We are requested to perform the preliminary preparations of the ingredients to be used in the preparation of those recipes within 15 minutes.



Perform the task below:

The school canteen is receiving the school management team for breakfast where Egg mimosa and Spanish omelets will be served as per menu. You are requested to perform the preliminary preparations of the ingredients to be used in the preparation of those recipes within 15 minutes.

Topic 3.4: Cooking methods for egg dishes



Read and answer the following questions:

Egg dishes have been ordered by customers of your restaurant, as a culinary arts trainee you are requested to cook them.

When cooking egg dishes, what are the guidelines to be applied.

What are the levels of egg dishes doneness?

What are the cooking methods applied for egg dishes?

KEY/SUMMARY NOTES 3.3

Cooking methods for egg dishes

- ✓ Soft boiled. Cookware: Pot. Preparation: Cover eggs with cold water, bring to boil, cover, shut off heat and let sit for 2-8 minutes. ...
- ✓ Hard boiled. Cookware: Pot. ...
- ✓ Poached. Cookware: Sauté Pan.
- ✓ Sunny side up. Cookware: Skillet.
- ✓ Over easy. Cookware: Skillet.
- ✓ Scrambled. Cookware: Nonstick Skillet.

Egg cooking temperatures

- ✓ 4°C (165°F): Microwave egg and egg-containing dishes to 74°C (165°F) and let stand covered for two minutes
- ✓ 68°C (155°F): Cook foods prepared with raw shell eggs not broken for immediate service to 68°C (155°F) for 17 seconds
- ✓ 63°C (145°F): Cook raw shell eggs broken for immediate service to 63°C (145°F) for 15 seconds
- ✓ 57°C (135°F): Hold cooked eggs and egg-containing foods hot at 57°C (135°F) or above

- ✓ 21°C (70°F): Cool cooked eggs and egg-containing foods from 57°C (135°F) to
 21°C (70°F) within two hours and to 5°C (41°F) within an additional four hours
- ✓ 7°C (45°F): Refrigerate untreated shell eggs while stored or displayed at 7°C (45°F)
- ✓ 5°C (41°F): Hold cooked eggs and egg-containing foods cold at 5°C (41°F) or below

Scrambled eggs (Oeufs brouillés)

Ingredients

- Eggs (6-8)
- Milk (2tbsp)
- Salt, pepper
- Butter or oil (50g)

Preparation procedure

- Break the eggs in a basin
- Add the milk or cream
- Season with salt and pepper
- Mix with a whisk
- Melt 25g butter in a thick-bottomed pan
- Add the eggs and cook over a gentle heat and stir
- When cooked, remove from the heat
- Correct the seasoning and mix in the remaining 25g butter
- Serve in individual egg dishes.



Perform the task below under the guidance of your trainer:

The school canteen is receiving the school management team for breakfast where scrambled eggs and special omelets will be served as per the menu. We are requested to prepare those recipes within 35 minutes.



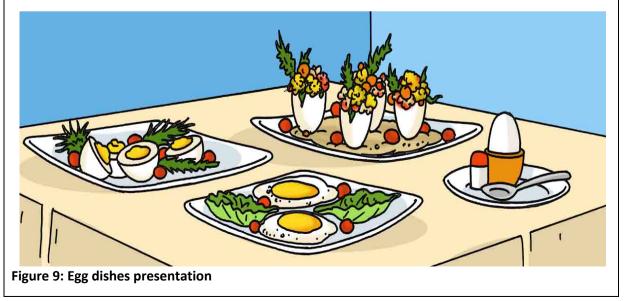
Perform the task below:

The school canteen is receiving the school management team for breakfast where Egg mimosa and Spanish omelets will be served as per menu. You are requested to prepare those recipes within 35 minutes.

Topic 3.5: Presentation of egg dishes

key/summary notes 3.4

- Presentation tools and equipment for egg dishes
 - ✓ Egg cups
 - ✓ Egg cutters
 - ✓ Cookie cutters
 - ✓ Ring molds
 - ✓ Shapes molds
 - ✓ Pastry bags
 - ✓ plates
 - ✓ Cup
 - ✓ Platter
 - ✓ Spatulas
 - ✓ Forks
- Egg Dishes presentation tips
 - ✓ Play with color and texture.
 - ✓ Garnish Appropriately.
 - ✓ Play with Height.
 - ✓ Use the right plate
 - ✓ Respect the portion size
 - ✓ Use edible garnishes



Recipe Scrambled egg and bun on a plate with cereal. Boiled eggs on white plate with garnish. Scrambled egg with herbs. Fried egg with bacon and toasted bread. Egg in a sandwich. Egg in a sandwich. Scrambled egg in Manhattan plate. Garnishes for egg dishes Toast Crisp slices of bacon Parsley A bed of chopped spinach, Mashed potato Chopped meat. A sauce or puree is a very attractive garnish for poached eggs.

✓ Grated cheese



Perform the task below under your trainer guidance:

The school canteen is receiving the school management team for lunch where roasted chicken will be served as main course. We are requested to present this poultry dish to the guests within 5 minutes.



Perform the task below:

The school canteen is receiving the school management team for breakfast where Egg mimosa and Spanish omelets will be served as per menu. You are requested to present those recipes within 5 minutes.

Points to Remember

Eggs are fragile items to be handled with care.

Eggs are fragile items to be handled with care.

Egg dishes are high risk food that requires a high standard of hygiene in their preparation and they have to be presented immediately after preparation.

Egg dishes have to be served immediately after their preparation.



- 1) Re-take the self-assessment you did at the beginning of the unit.
- 2) Fill in the table below and share results with the trainer for further guidance.

Areas of strength	Areas for improvement	Actions to be taken to improve
1.	1.	1.
2.	2.	2.



XY restaurant located in Nyarugenge district, Muhima sector is hosting 15 guests for breakfast where Hard boiled eggs, Ham Omelet and mimosa eggs have to be served. However, this restaurant is facing a problem of poor quality products due to lack of qualified cook. As a well-trained trainee you are tasked to prepare and present the above dishes within 45 minutes.

All necessary tools, equipment and materials are available in the kitchen store.

Answer by true or false

- According to food safety guidelines, microwave eggs and egg-containing dishes should be cooked to a temperature of 74°C (165°F) and then allowed to stand covered for two minutes.
- Foods prepared with raw shell eggs that are not broken for immediate service should be cooked to a temperature of 68°C (155°F) for 17 seconds.
- Raw shell eggs that are broken for immediate service should be cooked to a temperature of
- Cooked eggs and egg-containing foods should be held hot at a temperature of 57°C (135°F) or above.
- Cooked eggs and egg-containing foods should be cooled from 57°C (135°F) to 21°C (70°F) within two hours and then to 5°C (41°F) within an additional four hours.
- 6. Untreated shell eggs should be refrigerated while stored or displayed at 7°C (45°F).
- Cooked eggs and egg-containing foods should be held cold at a temperature of 5°C (41°F) or below.

Choose the correct answer

- 8. Which of the following is NOT a presentation tool or equipment for egg dishes?
 - a. Egg cups
 - b. Egg cutters
 - c. Cookie cutters

- d. Plates
- e. Forks

9. Which presentation tip suggests playing with color and texture?

- a. Play with Height
- b. Respect the portion size
- c. Use the right plate
- d. Garnish Appropriately
- e. Use edible garnishes
- 10. What is a suitable garnish for poached eggs?
 - a. Toast
 - b. Crisp slices of bacon
 - c. Parsley
 - d. A sauce or puree
 - e. Grated cheese
- 11. Which of the following is NOT a garnish for egg dishes?
 - a. Chopped meat
 - b. Mashed potato
 - c. A bed of chopped spinach
 - d. Egg cups
 - e. Grated cheese
- 12. Which of the following is a presentation tool for shaping egg dishes?
 - a. Egg cutters
 - b. Ring molds
 - c. Spatulas
 - d. Forks
 - e. Plates

REFERENCES:

- 1. Bali S. P. (2017) Theory of cookery. Oxford University Press: New Deli, India
- Campbell J. Foskett D., Ceserani V., (2007) Advanced Practical Cookery 4th Ed. Hodder education: London, UK
- 3. CIA (2011) The Professional Chef 9th Ed. Wiley
- Foskett D., Paskins P. Rippington N., Thorpe S. (2019) Practical Cookery 14th Ed. Hodder education: London, UK
- 5. Schmidt A. Chefs Book of Formulas, Yields & Sizes third ed.
- 6. Gleason J. (2014) Introduction to Culinary Arts 2nd Ed. Pearson
- Bailey, Adrian & Ortiz, Elisabeth Lambert, 1915-2003 & Dowell, Philip & Radecka, Helena, 1939- 1980, The book of ingredients, Michael Joseph, London
- Bittman.M; 2012; How to Cook Everything The Basics: All You Need to Make Great Food; Houghton Mifflin Harcourt
- Cersani, Kinton&Foskett; 1995 (8th edition), Practical Cookery; Hodder and Stoughton Cracknell.H, Kaufmann.R; 2009 (3rd edition); Practical Professional Cookery; Cengage
- 10. Learning Dark .Graham, McLean.
- Deirdre &Weatherhead. Sarah; 2011 (2nd edition); Kitchen Operations 2nd Ed, Pearson Australia Dodgshun.
- Graham, Peters. M; 2012 (6th edition); Cookery for the Hospitality Industry;
 Cambridge University Press
- 13. Draz, John &Koetke, Christopher 2014, The culinary professional, Second edition, Tinley Park, Illinois The Goodheart-Willcox Company, Inc
- Ford, J., Zelman, M., Hunter, G., Tinton, T., Carey, P., Walpole, S. and Rippington, N;
 2010; Professional Chef; Cengage Learning
- Graham Dark, Deirdre McLean & Sarah Weatherhead 2011; Kitchen Operations 2nd Ed; Published by Pearson Australia
- H.L. Cracknell& R.J. Kaufman, Revised Third Edition, 1999; Practical Professional Cookery; Published by The Macmillan Press Ltd, UK
- 17. Harold Magee, 2004; Magee on Food and Cooking; Published by Hodder and Stoughton, United Kingdom

- McGee. H; 2004; McGee on food and cooking: an encyclopedia of kitchen science, history and culture; Hodder & Stoughton
- McLean.D,Satori.l, Walsh C&S; 2004;The Professional Cook's book: Commercial Cookery; Tertiary Press
- 20. Shirley Cameron, Suzanne Russell; Cookery the Australian Way, 7th ed. 2006; Macmillan Education Australia
- 21. The Culinary Institute of America (CIA); 2011 (9th edition); The Professional Chef; Wiley
- 22. The Culinary Institute of America (CIA); 2014 (4th edition); Techniques of Healthy Cooking; Wiley
- 23. https://www.lansgrupo.com/product/halal-frozen-chicken-parts-for-sale/
- 24. Source: https//www.bonappetit.com
- 25. https:// tasteofhome.com
- 26. https://mymodernmet.com/egg-food-art/
- 27. https://www.jamieoliver.com

