

Select, Prepare & Cook Poultry

Theory

Types of Poultry and Game Birds
Quality Points, Cuts and Purchase Specifications
Preparation, Cooking and Finishing Techniques
Special Tools and Equipment
Hygiene Best Practices
Nutritional Aspects
Sustainable Consumption

Chicken, Duck, Quail and Offal Cookery

Jointing, Trussing, Spatchcocking and Rendering
Plated Main Courses with Accompaniments
Classical Preparations Based on Cut of Poultry, Method of Cookery and Technique
Traditional and Contemporary Presentation

Select, Prepare & Cook Meat

Theory

Types of Meat and Their Sources
Quality Points, Cuts and Purchase Specifications
Preparation, Cooking and Finishing Techniques
Special Tools and Equipment
Hygiene Best Practices
Nutritional Aspects
Sustainable Consumption

Lamb, Beef and Offal Cookery

Plated Main Courses with Accompaniments
Classical Preparations Based on Cut, Method of Cookery and Technique