



Hospitality and Catering

Producing meat dishes

Lesson 3

Understand the importance of preparing, cooking, storing and serving meat dishes safely with completion of this course.





Cooking meat - sealing

All meat is usually 'sealed' at the beginning of cooking.





Cooking meat - sealing

‘Sealing’ is frying meat in hot oil to seal in the juices and create flavour by browning the meat.





Sealing

Enhances the colour and flavour.

Seals in moisture and juices.





How to seal

Use a frying pan or roasting tray.

Light covering of oil on the bottom.

Heat until just beginning to smoke.





How to seal

Add meat and turn all sides when light to golden brown.

Remove from pan if cooking through a different method later.





Revision Activity 3

What does sealing a cut of meat mean?