



Hospitality and Catering

Producing meat dishes

Lesson 6

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





Basic Stewing

Used for tougher cuts of diced meat.

Seal the meat and then add liquid and vegetables to cover over the meat in a saucepan/casserole dish.

Place a lid on top of the pan.





Basic Stewing

Leave in the oven for at least 2 hours or until the meat is tender.

Always taste and correct the seasoning if required.





Basic Braising

Seal the meat and then add the least amount of liquid required to cook the meat and vegetables and cover over the meat in an oven dish such as a casserole dish.

Place a lid on top of the dish and place in the oven.





Basic Braising

Cook for at least 2 hours or until meat is tender.

The dish will need to be stirred to ensure the meat is kept moist.

Always taste and correct the seasoning if required.





Cuts to stew and braise

Beef - Chuck, oxtails, shanks, brisket

Lamb – Shoulder, shanks

Pork – Belly, leg, hand, spare rib





Equipment for braising and stewing

- Frying pans to seal meat
- Large oven dishes with lids
- Ladles and spoons for stirring and serving





Things to consider when braising and stewing

The finished dish may need the liquid thickening or thinning.

Check the consistency is acceptable for service.





Things to consider when braising and stewing

You can thicken using:

- Corn flour.
- Removing liquid and reducing by boiling.

You can thin by:

- Adding more stock or flavoured liquid such as wine





Boiling meat

Sealing all the meat and then placing in a pan and cover with water.

Add flavourings to the water like, wine and herbs.

Boil until tender.





Cuts to boil

Beef - Chuck, oxtails, shanks

Lamb - Shoulder, shanks

Pork – Hocks and legs for lamb





Equipment for boiling

Frying pans for sealing

Large pan and lids for boiling

Cooking Spider for removing cuts from the pan

Trays for placing cooked cuts onto





Revision Activity 6

**How can you thicken a
stew?**