

Revised: Fall 2016

HRI 220

Meat, Seafood, Poultry Preparation

COURSE OUTLINE

Prerequisites:

HRI 106, HRI 158

Course Description:

Provides the study and preparation of meat, poultry, shellfish, fish, and game. Promotes the knowledge/ skills required to select appropriate use of these foods as meal components.

Semester Credits: 3 Lecture Hours: 2 Lab/Recitation Hours: 3

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Course Outcomes

At the completion of this course, the student should be able to:

1. De-bone and process beef, pork, lamb, and chicken.
2. Identify the wholesale cuts from beef, veal, pork, and lamb.
3. Fillet and process flat, round, and shellfish.
4. Operate, clean, and maintain all equipment.
5. Understand Mise en Place.
6. Have an understanding of sanitation in food service.
7. Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.
8. Understand and exemplify professionalism
9. Demonstrate conflict resolution skills
10. Demonstrate integrity
11. Demonstrate team work skills
12. Demonstrate diversity awareness
13. Demonstrate effective speaking and listening skills
14. Demonstrate critical thinking and problem solving Skills.
15. Demonstrate healthy behaviors and safety skills
16. Demonstrate time, task and resource management skills
17. Demonstrate job specific mathematic skills
18. Demonstrate a positive work ethic
19. Identify and fabricate meats, poultry, fish, shellfish
20. Demonstrate basic knife skills
21. Demonstrate proper sanitation techniques
22. Demonstrate the various cooking methods

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Required Materials:

1. Supplies and/or tools:
 - a. 2 (preferred) full uniforms, consisting of: Chef Jacket with school logo and name, black & white checkered pants, neckerchief, slide, white apron, white Baker's cap, black closed heel and toe, non-skid shoes.
 - b. Knife Kit. Only the kit sold in the VWCC bookstore will be acceptable. 7-piece set with knife roll plus garnishing kit. Mercer Brand
 - c. Notebook, PEN, calculator, Sharpie Marker

Textbook:

1. Labensky, Sarah R. and Alan M. Hause. OnCooking.5th edition or current. Upper Saddle River, New Jersey. Prentice-Hall 9780137155767
2. NAMP The Meat Buyer's Guide 9780471747215

The following supplementary materials are available:

- 1.
- 2.

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Topical Description: (Outline chapters and sections to be covered in the book – may include timeline)

- Week 1** Intro to Butcher Shop/Review of Culinary Practices & Sanitation
Lab: Poultry Processing
Lesson: Equipment Safety, Intro to meats, Quality Grades, and Inspections.
Demonstration: Meat Room Equipment Usage and Cleaning
- Week 2** Lecture: Butcher Yield and Cooking Yield
Lesson: Poultry Carcass, Poultry Grades, Breaking Down Poultry
Exercise: Butcher Yield Test
Lab: Poultry Processing
Demonstration: Breakdown of Poultry
Exercise: Boning and Trussing, Poultry Identification
- Week 3** Lecture: Processing & Fabricating Poultry
Lesson: Game Birds, Cooking Methods for Poultry and Game Birds
Lab: Poultry Processing
Exercise: Breakdown Game Birds, Poultry Cooking Methods
- Week 4** Lecture: Processing & Fabricating Pork
Lesson: Pork Carcass, Grades of Pork, Primal Cuts of Pork, Yield Testing
Lab: Pork Processing
Demonstration: Pork Loin Breakdown
Exercise: Pork Loin Breakdown, Yield Test
- Week 5** Lecture: Test #1
Lab: Pork Processing

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Exercise: Pork Cooking Methods

- Week 6** **Lecture: Processing & Fabricating Lamb**
 Lesson: Lamb Carcass, Grades of Lamb, Primal Cuts of Lamb, Yield Test
Lab: Lamb Processing
 Demonstration: Leg of Lamb Breakdown
 Exercise: Leg of Lamb Breakdown, Yield Test
- Week 7** **Review for Practical Mid-Term**
Lab: Lamb Processing
 Demonstration: Rack of Lamb Breakdown
 Exercise: Rack of Lamb Breakdown, Lamb Cooking Methods
- Week 8** **Practical Mid-Term**
 Oral Mid-Term Exam
- Week 9** **Lecture: Processing & Fabricating Beef**
 Lesson: Beef Carcass, Grades of Beef, Primal Cuts
Lab: Beef Processing
 Demonstration: Breakdown Beef Rib
 Exercise: Breakdown Beef Rib, Yield Test
- Week 10** **Lecture: Processing & Fabricating Beef**
 Lesson: Veal Carcass, Grades of Veal, Primal Cuts of Veal
Lab: Beef Processing
 Exercise: Beef Cooking Methods
- Week 11** **Lecture: Processing & Fabricating Veal**
Lab: Beef & Veal Processing
- Week 12** **Lecture: Processing & Fabricating Fish & Seafood**
 Lesson: Round and Flat Fish I.D.
Lab: Fish & Seafood Processing
 Demonstration: Round and Flat Fish Breakdown
 Exercise: Round and Flat Fish Breakdown, Yield Test
- Week 13** **Lecture: Processing & Fabricating Fish & Seafood**
 Lesson: Mollusk, Crustacean I.D.
Lab: Fish & Seafood Processing

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Week 14 **Thanksgiving Holiday - No Class**

Week 15 **Practical Final Exam**

Week 16 **Written Final Exam & Clean Up**

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Notes to Instructors
(List information about optional topics, departmental exams,)

- 1.
- 2.
- 3.

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