

**Virginia Western Community College**  
**HRI 220**  
**Meat, Seafood and Poultry Preparation**

**Prerequisites**

HRI 106 and 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/Clinical/Internship Hours: 3**

**Required Materials****Textbook:**

1. OnCooking A textbook of Culinary Fundamentals Fifth Edition Update, Labensky, Sarah R. and Alan M. Hause Upper Saddle River, NJ ISBN#: 978-0-13-345855-8
- 2.

**Other Required Materials:**

- a. 2 (preferred) full uniforms, consisting of: Chef Jacket with school logo and name, black & white checkered pants, neckerchief, slide, white apron, white chef hat, 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

**Course Outcomes**

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

- De-bone and process beef, pork, lamb, and chicken.
- Identify the wholesale cuts from beef, veal, pork, and lamb.
- Fillet and process flat, round, and shellfish.
- Operate, clean, and maintain all equipment.
- Understand Mise en Place.
- Have an understanding of sanitation in food service.
- Be able to work as a member of a team, demonstrating acceptable teamwork and communication skills.
- Understand and exemplify professionalism
- Demonstrate conflict resolution skills
- Demonstrate integrity

- Demonstrate team work skills
- Demonstrate diversity awareness
- Demonstrate effective speaking and listening skills
- Demonstrate critical thinking and problem solving skills.
- Demonstrate healthy behaviors and safety skills
- Demonstrate time, task and resource management skills
- Demonstrate job specific mathematic skills
- Demonstrate a positive work ethic
- Identify and fabricate meats, poultry, fish, shellfish
- Demonstrate basic knife skills
- Demonstrate proper sanitation techniques
- Demonstrate the various cooking methods

## **Topical Description**

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

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
Week 14	Thanksgiving Holiday – No Class
Week 15	Practical Final Exam
Week 16	Written Final Exam & Clean Up

### **Notes to Instructors**

- NAMP The Meat Buyer's Guide 9780692302026 This book is optional but it is available at the VWCC bookstore.