# ****SITHCCC012 Prepare Poultry Dishes: Written Quiz Assessment Answer****

****SITHCCC012 Prepare poultry dishes****

Written Quiz

Question 1:

What are the nutritional benefits of poultry?

(Tick the correct answers)

|  |  |
| --- | --- |
| Nutritionally, poultry is a major protein source in the diets of many cultures. |  |
| Chicken is a rich meat, very high in fat. |  |
| Chicken has more unsaturated fatty acids than saturated fatty acids. |  |
| Chicken provides essential vitamins and minerals, particularly niacin, vitamins A and E and magnesium. |  |
| Chicken is a relatively good source of iron and zinc compared with other meats. |  |
| Duck is a good source of iron and zinc. |  |

Question 2:

The nutritional values for turkey meat include:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Turkey breast meat has a fat content of 1-2% |  |
| Turkey meat is low in protein |  |
| Turkey leg meat has a fat content of 8% |  |
| Turkey is rich in B vitamins |  |
| Turkey meat is the best poultry source of vitamin A |  |
| Turkey meat is a source of the minerals iron, copper, zinc and potassium |  |

Question 3:

Match the categories of poultry and feathered game to the relevant examples:

|  |  |  |
| --- | --- | --- |
| Landfowl |  | Ducks, Geese |
| Waterfowl | Emu, Guineafowl, Pheasant, Quail |  |
| Feathered Game | Chicken, Turkey |  |

Question 4:

The common Work Health and Safety and Hygiene requirements for using equipment include:

(Tick the correct box indicating true or false)

|  |  |  |
| --- | --- | --- |
|  | True | False |
| Whichever equipment is used, it is important to check it first for cleanliness to prevent cross-contamination. |  |  |
| Any equipment that has to be assembled must be put together correctly. Incorrect assembly could damage the equipment or cause injury. |  |  |
| If you are unsure about any aspect of how to use equipment you must refuse to do the task and report your supervisor to management. |  |  |
| Equipment malfunctions and faults must be reported to a supervisor and any faulty equipment must be tagged and removed from operations. |  |  |
| Hygiene is a key factor during any job and regular cleaning and sanitation of equipment during usage or when changing a food item, is essential. |  |  |
| Correct storage conditions must be used to ensure that equipment can dry properly to prevent the growth of mould and bacteria. |  |  |

Question 5:

The following factors may affect the selection of ingredients when preparing dishes. Match each factor to the relevant example:

|  |  |  |
| --- | --- | --- |
| Seasonality |  | specialised cooking equipment like deep-fryers and larding needles may be needed |
| Price | some game birds may only be available for a limited time |  |
| Infrastructure | self-service, set menu, à la carte or buffet style |  |
| Equipment available | differences in menus and expectations between an aged hostel, café, restaurant and 5 star hotel or cruise ship |  |
| Quality standards | storage space and preparation space can impact on possible processes such as carcass breakdown and stock production |  |
| Service requirements | FIFO principles (first-in-first-out) are important to ensure that the oldest product is used up first |  |
| Stock rotation | it may be cheaper to buy whole chickens and use each part in various menu dishes, rather than ordering just 1 cut |  |

Question 6:

Match the factors which will affect the reasons for choosing equipment to the relevant example:

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| --- | --- | --- |
| Safety |  | a boning knife would be used for deboning a carcass to minimise wastage and improve presentation |
| Appropriateness | reusing offcuts and using different parts of the chicken for different menu items |  |
| Ease of use | using a cleaver for chopping bones can be dangerous and proper training needs to be provided |  |
| Reducing wastage | when making chicken consommé a pot may be easy to use for small amounts but a bratt pan is easier for larger amounts and makes straining the finished product simple |  |

Question 7:

The process of assembling and preparing ingredients as part of mise en place for producing poultry dishes includes:

(Tick the correct box indicating true or false)

|  |  |  |
| --- | --- | --- |
|  | True | False |
| Once all of the ingredients are weighed, consider the correct storage requirements for further use, as well as preparation and workflow implications. |  |  |
| Prepare the ingredients into the correct size or trim as required. The requirements should be outlined in the recipe and will be influenced by the dish, its origin and final presentation. |  |  |
| During preparation it is important to consider any trimmings or offcuts and how they could be utilised in other recipes or sections of the kitchen. For example vegetable trimmings can be used for jus production; meat offcuts can be used for stocks. |  |  |
| Any prepared items must be used immediately to prevent food safety issues. |  |  |
| Any items that can be reused must be stored hygienically and are normally identified with a tag or label stating the item, the date of packaging and the intended use. |  |  |
| The recipe can then be produced following the steps outlined in the standard recipe card. |  |  |

Question 8:

Which of the following are quality signs for fresh poultry?

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Skin texture which is dry and not sticky or slimy |  |
| No bad smells from skin or interior |  |
| Plump breast |  |
| Thin, long breast |  |
| Firm tip of breastbone |  |
| Flexible tip of breastbone |  |
| Unbroken skin with no blemishes, marks or feathers evident |  |
| Unbroken bones |  |

Question 9:

The quality aspects which need to be checked when receiving frozen poultry include:

(Tick the correct answers)

|  |  |
| --- | --- |
| Be individually packaged |  |
| Show no signs of freezer burn |  |
| Be delivered at a temperature below -5°C |  |
| Show moderate amounts of frozen fluid |  |
| Have packaging which is not ripped or torn |  |
| Be properly labeled with use-by date, etc. |  |

Question 10:

The correct storage and handling of fresh poultry requires the following points if care:

(Tick the correct box indicating true or false)

|  |  |  |
| --- | --- | --- |
|  | True | False |
| Store in the refrigerator at 1-4°C  |  |  |
| If polythene wrapped, as in whole chickens, store breast up. This way excess moisture will drain to the bottom and maintain a dry skin |  |  |
| If the chicken is not wrapped, cover it to prevent it drying out and spoiling due to contact with other food items |  |  |
| Store on drip trays and change regularly to prevent cross-contamination |  |  |
| Poultry is best used within 7 days of delivery |  |  |

Question 11:

What are the storage and thawing requirements for frozen poultry?

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Do not thaw in water as this could lead to contamination and loss of flavour |  |
| Individually wrap items for ease of separation when defrosting |  |
| To defrost poultry place on trays on upper shelves and cover to prevent juices dripping |  |
| Rapid defrosting (microwaving or running under water) ruins the texture of the meat, resulting in a dry and stringy end product. |  |
| Rapid thawing closes the cell structure and retains the moisture and flavours |  |
| Spread items out on a tray to speed up the freezing process. Once the items are frozen they may then be bulk packed |  |
| Store in the freezer at -18°C to -24°C   |  |

Question 12:

Match the descriptions to the correct poultry terms:

|  |  |  |
| --- | --- | --- |
| Spatchcock or poussin |  | are birds with a weight range of 800-1200g. They are usually harvested at 5-7 weeks. |
| Broilers | refers to a chicken with a weight range of 1200-2000g which is harvested between 6 and 11 weeks of age. These form the majority of chicken meat on the market.   |  |
| Poularde or fattened hen | are birds which are bred to lay eggs and are slaughtered at 12-14 months of age to use in stocks and soups. The meat is tough but very flavoursome. |  |
| Laying hens/boilers | are birds with an age of approximately 3 weeks and a weight range of 400-500g. The meat is very tender and the bird has a yellowish colour. |  |

Question 13:

Is the following statement true or false?

To ensure correct doneness for a chicken, cook whole birds for ~45 minutes per kg, lift the chicken and ensure that the juices running from the vent are clear.

Question 14:

Is the following statement true or false?

Chicken, duck and turkey are sold by weight in incremental steps of 100g which means a number 16 bird will weigh 1600g.

Question 15:

What are the general guidelines for cooking duck? The following statements are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Duck is often roasted and often does not require basting or barding due to the fat present under the skin. |  |
| Duck meat requires basting or barding due to the high fat content in the meat tissue. |  |
| Whole ducks are to be cooked for 45-60 minutes per kg until internal temperature reaches ~70°C. |  |
| Due to the tenderness of younger birds, the juices must run clear while the juices of older birds may still be slightly pink. |  |

Question 16:

The typical quality indicators for fresh game birds include:

(Tick the correct answers)

|  |  |
| --- | --- |
| Smooth legs |  |
| A beak that is flexible |  |
| Pointed quill feathers |  |
| Firm breast plumage |  |
| Plump breast |  |
| Firm breast bone |  |

Question 17:

The following statements relating to uses, characteristics and cooking requirements for game birds are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Older pheasants are generally cooked with dry heat methods while younger birds are braised. |  |
| Pheasant breast meat is quite dry and requires care in cooking. |  |
| Squab or pigeon is often boned out like quail or spatchcock and grilled or stuffed and remoulded into its natural shape. |  |
| Breast meat of pigeon or squab should be cooked well done for optimum moisture retention. |  |
| Quail has dark coloured meat and it is important to ensure that there are no feathers remaining on the bird. |  |
| Quail are harvested at 6 weeks at ~90-220g and sold fresh or frozen, usually in packs of 4-6. |  |
| Any bones and carcasses from feathered game can be used for stocks or sauces. |  |

Question 18:

Match each portion cut or application to the correct description:

|  |  |  |
| --- | --- | --- |
| Suprême |  | The drumstick is frenched and the top knuckle trimmed for presentation |
| Leg | Literally translated as “the best”. Remove the breast with only the wing bone attached. French the wing bone |  |
| Thigh | This method of presentation has a couple of approaches resulting in a boned and stuffed leg and thigh of poultry. It can be used for buffets or as a hot dish |  |
| Drumstick | Preparation of a whole chicken into ten pieces. Although trimmed, there are some bones left in, which allow for more flavour and moisture. The carcass is used for stocks and jus |  |
| Sauté cuts | Separate the thigh by cutting through the line of fat between thigh and drumstick. Trim the knuckle ends |  |
| Ballotine | A fully boned bird filled with stuffing or seasoning. The wing bones and drumstick bones may be left in. |  |
| Galantine | Separate the leg from the carcass through the natural joint. Ensure removal of the oyster to ensure eating quality and minimise waste |  |

Question 19:

The following statements relating to trussing poultry and feathered game are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Trussing can be done by using a trussing needle and string or by hand-tying string |  |
| Trussing can be done by making incisions in the bird to tuck the legs or wings in |  |
| Trussing ensures that the bird will cook mostly on the surface |  |
| Through trussing, the breast will be displayed more prominently   |  |
| Trussing will result in a higher yield as the juices will remain in the cavity of the bird |  |
| If birds are trussed more poultry can be fitted into a roasting tray |  |
| Trussing keeps fillings inside the bird |  |

Question 20:

Different types of stuffings suitable for poultry could include:

(Tick the correct answers)

|  |  |
| --- | --- |
| Bread |  |
| Couscous |  |
| Pulses |  |
| Farce |  |
| Whole nuts |  |
| Chestnut Farce |  |

Question 21:

What is the meaning of the term “barding”? how does barding work and why is it used?

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| The term barding comes from the French word “barder” meaning to wrap in bacon. |  |
| Traditionally pork belly fat, known as green bacon, was used. |  |
| Barding is sometimes also referred to as surface larding and was traditionally used to cover the breasts of game birds during roasting. |  |
| Barding is still widely used in modern Asian cookery for poultry and game birds. |  |
| Breast meat from poultry and game can be prevented from drying out by removing the skin from the breast during cooking processes. |  |
| Another alternative method for barding is to insert compound butters under the skin to achieve moist and flavoursome outcomes. |  |

Question 22:

What is the purpose of marinating? How does this process work?

(Tick the correct box indicating true or false)

|  |  |  |
| --- | --- | --- |
|  | True | False |
| Marinades are one of the oldest methods for preserving food. |  |  |
| It is important to select a marinade that changes the flavours of your food. |  |  |
| Marinades are also used to impart flavour to food. |  |  |
| They preserve food by preventing bacteria and air coming into contact with the food item, whilst tenderising it at the same time.   |  |  |
| It is important to note that salty marinades add moisture to the bird. |  |  |
| Salt is hygroscopic, which means it attracts water. |  |  |
| When salt is used in marinades, it draws the moisture out of the food. Sugar has the same property. |  |  |

Question 23:

Match the ingredients used for marinades to the correct type of marinade:

|  |  |  |
| --- | --- | --- |
| Instant marinades |  | Buttermilk, red wine, beer, vinegar, brines. Used for older birds or as preparation for smoked meats. Pine branches, juniper berries, rosemary, sage and other strong flavours are used for game |
| Soaking marinades | Lemon juice, Worcestershire sauce, soy sauce, yoghurt and Tandoori paste, herbs and oil |  |

Question 24:

Issues which must be considered in order to determine portion sizes and calculate the effective purchasing costs for poultry items include:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Trimming loss |  |
| Cooking loss |  |
| Preparation time |  |
| Storage losses |  |
| Menu use, e.g. use of different cuts/menu applications |  |

Question 25:

A yield test for a whole duck has resulted in the following percentage yields. Calculate the kg values for each item:

|  |  |  |
| --- | --- | --- |
| ****Item**** | ****Weight  / kg**** | ****%**** |
| Carcass |  | 25 |
| Neck |  | 9 |
| Wing |  | 6 |
| Fat |  | 4 |
| Breast |  | 20 |
| Trim |  | 11 |
| Duck legs (ballottine) |  | 25 |
| ****Total**** | ****1.700kg**** | ****100**** |

Question 26:

Match the poultry by-products to the possible menu uses:

|  |  |  |
| --- | --- | --- |
| Fat |  | Meatloaf, rissoles, meatballs, small skewers, farces |
| Trimmings | Stocks, sauces, jus |  |
| Bones | Rendered for use in sautéed potatoes, chips, roesti, braised red cabbage, confit, rilettes |  |

Question 27:

Match the method of cookery suitable to various poultry and feathered game to the relevant descriptions:

|  |  |  |
| --- | --- | --- |
| Steaming |  | Use breast fillet. Butter a pan and sprinkle with diced onion. Place the chicken breast on top and add white wine, sherry or stock. Poach at simmering temperature covered with a lid or caSSHuche and use the poaching liquid for the sauce. |
| Shallow Poaching | Use whole birds, breast and thigh. Submerge the chicken in stock and aromats. Once cooked, remove and cool. Store in the coolroom in the cooled chicken stock to retain optimum flavour. |  |
| Deep Poaching | Suitable for prepared chicken pieces, suprêmes and portioned game birds. Place the chicken or breast on top of vegetables and/or herbs into a steamer basket. Add herbs and spices to the cooking liquid to impart extra flavour and aromas. |  |

Question 28:

Match the method of cookery suitable to various poultry and feathered game to the relevant descriptions:

|  |  |  |
| --- | --- | --- |
| Stewing |  | Use large pieces or whole birds. Seal and add mirepoix, spoon in tomato paste and deglaze 3 times. Add jus or demi-glace half way up the bird and cover; cook slowly in the oven until tender. |
| Poêler | Use chicken pieces and smaller game bird pieces. Seal the meat in fat and add the mirepoix/onion and cook lightly. Add aromats and fry lightly. Deglaze with wine if required and barely cover with stock. |  |
| Braising | Suitable for whole birds. Truss the bird and place on a bed of mirepoix, spread with a little butter or oil and cover with a lid. Cook in the oven and 10 minutes before the finish remove the lid to expose the bird to heat for overall browning. |  |

Question 29:

Match the method of cookery suitable to various poultry and feathered game to the relevant descriptions:

|  |  |  |
| --- | --- | --- |
| Shallow-Frying |  | Produce a jus from the carcass. Heat a pan and add fat, fry the sauté pieces with the presentation side down. Toss through and finish cooking in the oven. Remove pieces from pan, drain off the fat and deglaze the pan with the jus; add the chicken and heat through. |
| Sauté Chicken | Portion pieces and whole, preferably young, birds can be used. Whole birds are trussed. Place on top of a trivet or bones on its leg and place in the oven. Finish on the back with the breast facing upwards for the last 15 minutes to crisp the skin. Mirepoix can be added at this time to add sediment for the jus. |  |
| Deep-Frying | Grill portion pieces and whole, de-boned small birds. Season/marinate the chicken and draw through oil/butter and place on grill bars or under the salamander. |  |
| Grilling | Crumbed or battered portion pieces are used. Marinate the chicken and coat to precook and deep-fry at 150-160°C. The meat can then be re-fried at 180°C, however make sure that the internal temperature is above 75°C. |  |
| Roasting | Portion pieces of poultry and game such as suprême and schnitzels are suitable. Heat a pan and add fat. Place the item in the fat with the presentation side down and cook until beads appear, turn over and finish the cooking. |  |

Question 30:

The flavor of poultry will inform the choice of accompanying sauces, vegetables, starches, spices and herbs. The following aspects which need to be considered are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Richly flavoured poultry such as ducks are traditionally served with acidic sauces for good contrast. |  |
| Chicken may need a more flavoursome accompaniment such as garlic butter. |  |
| For light, delicate dishes, a breast braised or stewed in a wine sauce to extract the flavours would be a good choice. |  |
| A good choice for a more hearty meal would be a poached leg in cream sauce.  |  |

Question 31:

Connect the steps which should be followed when carving poultry in correct order:

|  |  |  |
| --- | --- | --- |
| Step 1 |  | Serve appropriate portions and try to mix the meat, i.e. place breast and thigh meat on the same plate |
| Step 2 | Remove the legs and thighs by twisting or cutting through the natural joints. Debone and slice the leg and thigh meat if a larger bird |  |
| Step 3 | Slice through the breast meat until all meat has been removed |  |
| Step 4 |  |  |

## ****Answer****

****SITHCCC012 Prepare poultry dishes****

Written Quiz

Question 1:

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(Tick the correct answers)

|  |
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| Turkey is rich in B vitamins | False |
| Turkey meat is the best poultry source of vitamin A | False |
| Turkey meat is a source of the minerals iron, copper, zinc and potassium | True |

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| Appropriateness | reusing offcuts and using different parts of the chicken for different menu items |  |
| Ease of use | using a cleaver for chopping bones can be dangerous and proper training needs to be provided |  |
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The process of assembling and preparing ingredients as part of mise en place for producing poultry dishes includes:

(Tick the correct box indicating true or false)

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|  | True | False |
| Once all of the ingredients are weighed, consider the correct storage requirements for further use, as well as preparation and workflow implications. |  |  |
| Prepare the ingredients into the correct size or trim as required. The requirements should be outlined in the recipe and will be influenced by the dish, its origin and final presentation. |  |  |
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| No bad smells from skin or interior | True |
| Plump breast | True |
| Thin, long breast | False |
| Firm tip of breastbone | False |
| Flexible tip of breastbone | True |
| Unbroken skin with no blemishes, marks or feathers evident | True |
| Unbroken bones | True |

Question 9:

The quality aspects which need to be checked when receiving frozen poultry include:

(Tick the correct answers)

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| Be individually packaged |
| Show no signs of freezer burn |
| Be delivered at a temperature below -5°C |
| Show moderate amounts of frozen fluid |
| Have packaging which is not ripped or torn |
| Be properly labeled with use-by date, etc. |

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The correct storage and handling of fresh poultry requires the following points if care:

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| --- | --- | --- |
|  | True | False |
| Store in the refrigerator at 1-4°C  |  |  |
| If polythene wrapped, as in whole chickens, store breast up. This way excess moisture will drain to the bottom and maintain a dry skin |  |  |
| If the chicken is not wrapped, cover it to prevent it drying out and spoiling due to contact with other food items |  |  |
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| Poultry is best used within 7 days of delivery |  |  |

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|  | True or False |
| Do not thaw in water as this could lead to contamination and loss of flavour |  |
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Is the following statement true or false?

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(Tick the correct answers)

|  |
| --- |
| Smooth legs |
| A beak that is flexible |  |
| Pointed quill feathers |  |
| Firm breast plumage |  |
| Plump breast |  |
| Firm breast bone |  |

Question 17:

The following statements relating to uses, characteristics and cooking requirements for game birds are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Older pheasants are generally cooked with dry heat methods while younger birds are braised. | False |
| Pheasant breast meat is quite dry and requires care in cooking. | True |
| Squab or pigeon is often boned out like quail or spatchcock and grilled or stuffed and remoulded into its natural shape. | False |
| Breast meat of pigeon or squab should be cooked well done for optimum moisture retention. | False |
| Quail has dark coloured meat and it is important to ensure that there are no feathers remaining on the bird. | True |
| Quail are harvested at 6 weeks at ~90-220g and sold fresh or frozen, usually in packs of 4-6. | False |
| Any bones and carcasses from feathered game can be used for stocks or sauces. | True |

Question 18:

Match each portion cut or application to the correct description:

|  |  |  |
| --- | --- | --- |
| Suprême |  | The drumstick is frenched and the top knuckle trimmed for presentation |
| Leg | Literally translated as “the best”. Remove the breast with only the wing bone attached. French the wing bone |  |
| Thigh | This method of presentation has a couple of approaches resulting in a boned and stuffed leg and thigh of poultry. It can be used for buffets or as a hot dish |  |
| Drumstick | Preparation of a whole chicken into ten pieces. Although trimmed, there are some bones left in, which allow for more flavour and moisture. The carcass is used for stocks and jus |  |
| Sauté cuts | Separate the thigh by cutting through the line of fat between thigh and drumstick. Trim the knuckle ends |  |
| Ballotine | A fully boned bird filled with stuffing or seasoning. The wing bones and drumstick bones may be left in. |  |
| Galantine | Separate the leg from the carcass through the natural joint. Ensure removal of the oyster to ensure eating quality and minimise waste |  |

Question 19:

The following statements relating to trussing poultry and feathered game are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Trussing can be done by using a trussing needle and string or by hand-tying string | True |
| Trussing can be done by making incisions in the bird to tuck the legs or wings in | False |
| Trussing ensures that the bird will cook mostly on the surface | False |
| Through trussing, the breast will be displayed more prominently   | True |
| Trussing will result in a higher yield as the juices will remain in the cavity of the bird | True |
| If birds are trussed more poultry can be fitted into a roasting tray | True |
| Trussing keeps fillings inside the bird | True |

Question 20:

Different types of stuffings suitable for poultry could include:

(Tick the correct answers)

|  |
| --- |
| Bread |
| Couscous |  |
| Pulses |  |
| Farce |  |
| Whole nuts |  |
| Chestnut Farce |  |

Question 21:

What is the meaning of the term “barding”? how does barding work and why is it used?

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| The term barding comes from the French word “barder” meaning to wrap in bacon. | False |
| Traditionally pork belly fat, known as green bacon, was used. | True |
| Barding is sometimes also referred to as surface larding and was traditionally used to cover the breasts of game birds during roasting. | True |
| Barding is still widely used in modern Asian cookery for poultry and game birds. | True |
| Breast meat from poultry and game can be prevented from drying out by removing the skin from the breast during cooking processes. | True |
| Another alternative method for barding is to insert compound butters under the skin to achieve moist and flavoursome outcomes. | True |

Question 22:

What is the purpose of marinating? How does this process work?

(Tick the correct box indicating true or false)

|  |  |  |
| --- | --- | --- |
|  | True | False |
| Marinades are one of the oldest methods for preserving food. |  |  |
| It is important to select a marinade that changes the flavours of your food. |  |  |
| Marinades are also used to impart flavour to food. |  |  |
| They preserve food by preventing bacteria and air coming into contact with the food item, whilst tenderising it at the same time.   |  |  |
| It is important to note that salty marinades add moisture to the bird. |  |  |
| Salt is hygroscopic, which means it attracts water. |  |  |
| When salt is used in marinades, it draws the moisture out of the food. Sugar has the same property. |  |  |

Question 23:

Match the ingredients used for marinades to the correct type of marinade:

|  |  |  |
| --- | --- | --- |
| Instant marinades |  | Buttermilk, red wine, beer, vinegar, brines. Used for older birds or as preparation for smoked meats. Pine branches, juniper berries, rosemary, sage and other strong flavours are used for game |
| Soaking marinades | Lemon juice, Worcestershire sauce, soy sauce, yoghurt and Tandoori paste, herbs and oil |  |

Question 24:

Issues which must be considered in order to determine portion sizes and calculate the effective purchasing costs for poultry items include:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Trimming loss | True |
| Cooking loss | False |
| Preparation time | False |
| Storage losses | True |
| Menu use, e.g. use of different cuts/menu applications | True |

Question 25:

A yield test for a whole duck has resulted in the following percentage yields. Calculate the kg values for each item:

|  |  |  |
| --- | --- | --- |
| ****Item**** | ****Weight  / kg**** | ****%**** |
| Carcass | .425 | 25 |
| Neck | .153 | 9 |
| Wing | .102 | 6 |
| Fat | .068 | 4 |
| Breast | .340 | 20 |
| Trim | .187 | 11 |
| Duck legs (ballottine) | .425 | 25 |
| ****Total**** | ****1.700kg**** | ****100**** |

Question 26:

Match the poultry by-products to the possible menu uses:

|  |  |  |
| --- | --- | --- |
| Fat |  | Meatloaf, rissoles, meatballs, small skewers, farces |
| Trimmings | Stocks, sauces, jus |  |
| Bones | Rendered for use in sautéed potatoes, chips, roesti, braised red cabbage, confit, rilettes |  |

Question 27:

Match the method of cookery suitable to various poultry and feathered game to the relevant descriptions:

|  |  |  |
| --- | --- | --- |
| Steaming |  | Use breast fillet. Butter a pan and sprinkle with diced onion. Place the chicken breast on top and add white wine, sherry or stock. Poach at simmering temperature covered with a lid or caSSHuche and use the poaching liquid for the sauce. |
| Shallow Poaching | Use whole birds, breast and thigh. Submerge the chicken in stock and aromats. Once cooked, remove and cool. Store in the coolroom in the cooled chicken stock to retain optimum flavour. |  |
| Deep Poaching | Suitable for prepared chicken pieces, suprêmes and portioned game birds. Place the chicken or breast on top of vegetables and/or herbs into a steamer basket. Add herbs and spices to the cooking liquid to impart extra flavour and aromas. |  |

Question 28:

Match the method of cookery suitable to various poultry and feathered game to the relevant descriptions:

|  |  |  |
| --- | --- | --- |
| Stewing |  | Use large pieces or whole birds. Seal and add mirepoix, spoon in tomato paste and deglaze 3 times. Add jus or demi-glace half way up the bird and cover; cook slowly in the oven until tender. |
| Poêler | Use chicken pieces and smaller game bird pieces. Seal the meat in fat and add the mirepoix/onion and cook lightly. Add aromats and fry lightly. Deglaze with wine if required and barely cover with stock. |  |
| Braising | Suitable for whole birds. Truss the bird and place on a bed of mirepoix, spread with a little butter or oil and cover with a lid. Cook in the oven and 10 minutes before the finish remove the lid to expose the bird to heat for overall browning. |  |

Question 29:

Match the method of cookery suitable to various poultry and feathered game to the relevant descriptions:

|  |  |  |
| --- | --- | --- |
| Shallow-Frying |  | Produce a jus from the carcass. Heat a pan and add fat, fry the sauté pieces with the presentation side down. Toss through and finish cooking in the oven. Remove pieces from pan, drain off the fat and deglaze the pan with the jus; add the chicken and heat through. |
| Sauté Chicken | Portion pieces and whole, preferably young, birds can be used. Whole birds are trussed. Place on top of a trivet or bones on its leg and place in the oven. Finish on the back with the breast facing upwards for the last 15 minutes to crisp the skin. Mirepoix can be added at this time to add sediment for the jus. |  |
| Deep-Frying | Grill portion pieces and whole, de-boned small birds. Season/marinate the chicken and draw through oil/butter and place on grill bars or under the salamander. |  |
| Grilling | Crumbed or battered portion pieces are used. Marinate the chicken and coat to precook and deep-fry at 150-160°C. The meat can then be re-fried at 180°C, however make sure that the internal temperature is above 75°C. |  |
| Roasting | Portion pieces of poultry and game such as suprême and schnitzels are suitable. Heat a pan and add fat. Place the item in the fat with the presentation side down and cook until beads appear, turn over and finish the cooking. |  |

Question 30:

The flavor of poultry will inform the choice of accompanying sauces, vegetables, starches, spices and herbs. The following aspects which need to be considered are:

(Answer true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Richly flavoured poultry such as ducks are traditionally served with acidic sauces for good contrast. | True |
| Chicken may need a more flavoursome accompaniment such as garlic butter. | True |
| For light, delicate dishes, a breast braised or stewed in a wine sauce to extract the flavours would be a good choice. | True |
| A good choice for a more hearty meal would be a poached leg in cream sauce.  | True |

Question 31:

Connect the steps which should be followed when carving poultry in correct order:

|  |  |  |
| --- | --- | --- |
| Step 1 |  | Serve appropriate portions and try to mix the meat, i.e. place breast and thigh meat on the same plate |
| Step 2 | Remove the legs and thighs by twisting or cutting through the natural joints. Debone and slice the leg and thigh meat if a larger bird |  |
| Step 3 | Slice through the breast meat until all meat has been removed |  |
| Step 4 | For a large bird remove the wing through the natural joint. For smaller birds carve through a portion of breast meat before cutting through the wing joint so the breast meat is attached |  |
| Step 5 | Remove the wishbone |  |

Question 32:

The requirements for storing and displaying cooked poultry items include:

(Tick the correct box indicating true or false)

|  |  |  |
| --- | --- | --- |
|  | True | False |
| Food must be stored outside the danger zone – either refrigerated below 4°C or heated above 65°C to be safe. |  |  |
| Small takeaway containers, vacuum packaging and plastic wrap all assist in keeping product in optimum condition and minimising waste through spoilage or drying out. |  |  |
| Individual items or particular food groups may need to be segregated in order to prevent them absorbing the odours of other food. |  |  |
| If foods are stored correctly no cross-contamination can occur during preparation and plating. |  |  |
| Labelling is a very important step as it will ensure that FIFO principles are followed and it also helps to monitor the lifespan of your products. |  |  |
| Labelling may include simple labels, such as a caSSHuche stating: Mayonnaise, 18/06/14, J. Peterson, up to full nutritional labels required for bulk cooking and distribution. |  |  |

Question 33:

In order to keep a workplace clean, safe and efficient, the following processes should be included in work routines:

 (Write true or false in space provided)

|  |  |
| --- | --- |
|  | True or False |
| Tidy your work area frequently, in particular between different tasks.  | ****True**** |
| When changing to different tasks and commodities the workplace and equipment need to be cleaned and sanitised.  | ****True**** |
| To prevent cross contamination, always use the cutting board and knives for the preparation of vegetables first,before using the board and knives to prepare chicken.  | ****False**** |
| The purpose of cleaning is to remove dirt, food particles, grease, grime, scum, etc. from a surface.   | ****True**** |
| The purpose of sanitations is to reduce or kill the amount of bacteria present on any surface area.  | ****True**** |
| Sanitation should occur each time after cleaning a work area or equipment that comes into contact with food.  | ****True**** |
| At the end of a shift it is essential to clean all areas of your workspace. This includes stove tops, microwave, salamanders, shelving and wall areas that my commonly become soiled.  | ****True**** |