

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HRI 220

Credits: 3

Course Title: Meat, Seafood, and Poultry Preparation

Course Description: Provides the study and preparation of meat, poultry, shellfish, fish, and game, including alternative protein sources. Promotes the knowledge/skills required to select appropriate use of these foods as meal components. Students will produce various garnishes, accompaniments, sauces, and accessories to produce a plated dish. Prerequisites: HRI 219. Lecture 2 hours. Laboratory 3 hours. Total 5 hours per week.

General Course Purpose: This course studies the identification, selection, and cooking techniques for various meat, seafood, and poultry preparations.

Course Prerequisites and Co-requisites:

Prerequisites: HRI 219

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Select and use knives, hand tools, utensils, and equipment to portion, cut, slice, broil, roast, carve, skewer, gratiné, maintain temperature, grill, or otherwise produce meat, seafood, and poultry items;
- b. Identify and select cuts of meat, poultry, shellfish, fish, and game for various preparation methods;
- c. Prepare items for cooking by portioning, tenderizing, marinating, seasoning, trussing, peeling, shucking, battering, and breading;
- d. Sauté, pan fry/deep fry items that are either breaded or battered;
- e. Smoke and cure meats, poultry, shellfish, fish, and game;
- f. Grill, broil, and plate meats, poultry, shellfish, fish, and game;
- g. Roast, carve, and plate meats, poultry, shellfish, fish, and game;
- h. Stew, steam, braise, poach, and plate meats, poultry, shellfish, fish, and game;
- i. Prepare garnishes, accompaniments, sauces, and accessories for the main component for plating;
- j. Prepare various protein alternatives;
- k. Discuss sustainability practices and sourcing these products;
- l. Discuss farm to table, organic vs. non-organic products, and other trends; and
- m. Apply modern techniques and equipment as employed in the industry, including but not limited to: pressure cookers, vacuum sealing and sous vide.

Major Topics to Be Included:

- a. Tool identification and use
- b. Butchery
- c. Meat, seafood, and poultry classification
- d. Purchasing, selection, and storage of proteins
- e. Pairing accessory elements
- f. Presentation, garnishing, and plating
- g. Preparations and cooking techniques
- h. Protein alternatives
- i. Sustainability and product sourcing; including vendor identification
- j. Farm to table
- k. Organic vs. non-organic products and other related trends

Date Created/Updated (Month, Day, and Year): January 14, 2019