



SOUTH PLAINS COLLEGE *Culinary Arts Department*

IFWA 1319

Meat Fabrication and Identification

Course Description: A study of the identification and characteristics of wholesale and retail cuts of meat; hotel, restaurant, and institutional cuts of meat; U.S.D.A. quality grades; quality control; and the Federal Meat Inspection Regulation.

Meat fabrication and identification

Subjects to be covered

Butcher's yield formulas

Beef/ veal

Pork

Poultry

Lamb

Seafood

Sausage/ charcuterie- IF TIME PERMITS

Course description:

At the completion of this course, the student will be able to

- Identify major restaurant, consumer market and hotel cuts of Beef, Poultry and lamb.
- Identify the primal, sub-primal cuts of beef, lamb and pork, and the respective cuts derived from those primal cuts.
- Identify the proper cooking methodology associated with various cuts of meats.
- Discern the difference between round fish and flat fishes, high activity and low activity fishes, as well as proper cooking methodology.
- To identify various shellfish, demonstrate knowledge of proper preparation and storage procedures
- To identify and demonstrate proper safety and sanitation procedures in practice and theory
- To fabricate and skillfully process major "box cuts" of meats into industry portions and cuts
- To understand and use butcher yield formulas, as well as other cost control methodology
- To properly and safely grind meats and prepare selected charcuterie items.

After completing this course, the student should be able to demonstrate classical meat fabrication techniques, as it applies to beef, poultry, lamb and seafood. The student will have a better understanding of meat fabrication and production, food sources, global culinary traditions and cultures and acquire a more in depth artistic appreciation of food, its preparation techniques and terminology.

Instructor:

Chef Patrick Ramsey, C.E.C.

Email: pramsey@southplainscollege.edu

Phone: (806) 716-2584

Office Hours: Scheduled by appointment or check office door for schedule of hours.

ADA STATEMENT: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at the Lubbock Center, the Levelland Student Health & Wellness Center 806-716-2577, Reese Center Building 8: 806-716-4675, Plainview Center Main Office: 806-716-4302 or 806-296-9611, or the Health and Wellness main number at 806-716-2529.

- **South Plains College Culinary Arts Alcohol Use Policy: South Plains College Culinary Arts program uses various liquors, liqueurs, wines and beers as recipe ingredients within the culinary curriculum. Alcohol is secured in the culinary facility and only accessible by culinary faculty. Alcohol may only be used if a recipe requires liquor/liqueur/wine/beer as an ingredient. Consumption of alcohol by students is strictly prohibited. Alcohol is only to be handled by instructors; no exceptions. Violations will be considered a “Student Code of Conduct” violation and will result in strict disciplinary action, including referrals to the Executive Director of Lubbock Center, Dean of Students, and Campus Police.**

Grading Policy:

1. There will be **no** Make-up on Homework Assignments or Exams.
2. Homework Assignments will be assigned online through **Blackboard MyCulinary Lab** throughout the semester. Please go to Blackboard and register your username first. If you’ve already bought an access code, you may register with the access without payment. If you do not have an access code, you will be asked to pay before you can access to the online assignments.
3. Individual effort must be demonstrated on all exams. Also considered inappropriate is the use of, in any fashion, a solution manual of any kind. It is the aim of the faculty of South Plains College to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. **Academic Dishonesty:** “At minimum, the first instance of

academic dishonesty will be submitted to Student Judicial Services and the student will receive a zero for the assignment. The second instance of academic dishonesty will be submitted to Student Judicial Services and the student will receive an F in the course and be expelled from the program”.

4. Class attendance and attention will be crucial to the student’s successful completion of this course. Attendance will be taken, you are allowed ONE excused absences throughout the semester, but are expected to complete all assignments by the due date. IF STUDENTS ARE ABSENT ON LAB DAYS, THEIR DAILY GRADE WILL BE GREATLY AFFECTED AND THERE WILL BE NO MAKE UP LAB.
5. The grading scale is as follows:

90-100	A
80-89	B
70-79	C
60-69	D
Below 60	F

Assessment Methods for course learning goals:

QUIZZES:	20%
CLASS PARTICIPATION:	40 %
PRACTICAL EXAM	20%
PROJECTS/PORTFOLIOS	20%

QUIZZES and HOMEWORK:

There will be homework, quizzes both written and oral given throughout the semester. These will be announced and unannounced. Assignments and due dates will be discussed as needed.

CLASS PARTICIPATION:

Class participation is based on a combination of factors. Attendance, discussion and PARTICIPATION in the class, which will include a daily questionnaire to be filled out in person or on line after each class. These Questionnaires will be the foundation of your participation grade. There will be no make up for class participation. Class attendance is required, unless a sickness prevents.

The following standards will be factored into your daily/weekly grade.

- Clean uniform, proper uniform
- On-time, class ready
- Attentive/ active participation in class
- Proper hygiene
- Proper class set-up and clean up

PRACTICAL EXAM:

There will be 1 practical exam given at the end of the semester.

Each student will be judged on the following criteria:

- Mise en place
- Recipe organization
- Method/ procedure planning
- Execution of tasks
- Timeliness of the execution
- Attractive plating and presentation
- Organization of workspace
- Proper sanitation in all aspects of the process
 - Failure to maintain proper sanitation during any part of the examination will be an automatic failure. No make-up test are allowed.
- Meat fabrication cuts will be judged according to accuracy of weight, precision of cuts and industry standards.
- All students will fabricate the following items for the practical exam
 - 1 whole chicken
 - 1 beef tenderloin
 - Portioned
 - Tournedos of beef
 - 2" x 2" beef stew meat from trim and tail of tenderloin
 - French and portion lamb rack
 - Head, bone, filet and portion 1 round fish
 - Yield and cost sheets on all items

PORTFOLIO/ CLASS NOTEBOOK INSTRUCTIONS:

Comprehensive notebooks are kept throughout the semester. Pictures of finished recipes, notes and recipes must be included. After each dish is photographed, each student will critique his/her own dish, as well as, the rest of the class's dishes. Critique sheets will be given and must be included in portfolio.

- All class notes must be included. All notes must be original and handwritten by the student.
- Portfolios will be turned during Final Week- date to be determined. NO late notebooks will be accepted. Failure to turn in a notebook will result in a zero grade, which accounts for 20% of your total grade.

PORTFOLIO is to include

- Title Page- your name-class name, class section
- All class notes
- All recipes and/or pictures (clean) –no food stained pages or pictures will be accepted.
- All class handouts, including notes given on blackboard
- All quizzes and tests
- All homework in appropriate chapter of study
- All sections/ chapter of study must be separated and labeled in a 3 ring binder.

Portfolios will be graded on the following criteria:

- Cleanliness of presentation
- Attention to detail of presentation
- Organizations of portfolios
- Completeness of portfolio
 - All required items must be contained in the portfolio
 - Any missing parts will deduct from your total grade heavily.
 - Any part missing is a 5% deduction in total grade.
 - * missed class doesn't excuse you from the notebook assignments
 - You may borrow someone's notes to create your OWN NOTES for that day
 - If there was a quiz given on the day of your absence, you will be required to take the quiz, but the score will be a 0. Failure to take or include the quiz or notes in portfolio results in a deduction from grade.

LAB CLEAN-UP

All students are expected and required to participate in class/ lab clean up. You are responsible for your tools, dishes and area during the class. Once you have been graded you are required to help clean up the lab and facilities and any utensils or equipment used.

- FAILURE TO PARTICIPATE ACTIVELY IN CLEAN-UP WILL RESULT IN A 0 FOR THE DAILY GRADE
- All dishes/pots/pans/ bowls/ utensils will be properly washed, sanitized dried and stored properly
- All equipment will be cleaned, sanitized before departure
- Floors will be THOROUGHLY swept, trash bagged and disposed of outside, and tables cleaned and sanitized BEFORE a MOPPING. Mopping is the final class activity before dismissal. Role will be taken again before dismissal. Absence will be recorded as 0 daily grade

LAB / CLASSROOM RULES:

- No jewelry. A wedding band and small stud earrings are the only acceptable exceptions
 - You will be asked 1 time to remove improper attire. Failure to comply may result in the instructor asking you to politely leave the class. You will receive a 0 for the daily grade.
 - Habitual violations, more than 2, will result in a conference that will be recorded in for daily grade
- All facial hair must be neatly trimmed, no long beards. If you choose to keep your beard, a facial hair net will be required.
- All students must have hair restrained. No hair hanging from the front or back of hat. If your hair will not fit completely in the hat, then a hair net will be required at all times.
- Student will be in complete uniform at all times. This includes top button closed on the chef coats while in the kitchen. Uniforms will be inspected daily for cleanliness. If your jacket is spotted ruined or otherwise discolored you will be required to purchase a new jacket at your expense.
- NO FAKE, LONG OR PAINTED FINGERNAILS OR FALSE EYELASHES.
- Non-slip, oil resistant shoes only, with socks- no exception.
- Personal hygiene is a must. If your professional appearance, dress or body odor is offensive, you will be asked to correct the issue. Failure to comply will result in a zero for everyday the offense occurs, more than 3 requests will require a conference.
- CELL PHONES ARE NOT ALLOWED IN CLASSROOMS OR LABS. Cell phones are privilege not a right. Cell phones must be stored in lockers. If you are expecting an emergency, you may place your cellphone in a plastic Ziploc bag, place the phone to vibrate and leave it on my desk for the class period. If it is an emergency, you will be excused to take the call. Any cellphones in the classroom will be a 0 score for the day.
 - This means no sitting in the classroom and texting/ talking or listening to music anytime during school hours. Cellphones may be used in the common areas of the school only.
- No outside food or drink is allowed in the classrooms at any time. This means no eating in classroom before, in between or after class periods. Food will be consumed in common area only. Food that is prepared during the class maybe eaten at the instructor's approval with proper utensils and sanitation. Snacking, nibbling or "tasting" during the production process of a recipe is not acceptable.
- No gum, lipstick, lip balm, hand lotions, colognes or perfumes are permitted.
- NO "vaping" inside the SPC complex is allowed. All cigarette smoking and Vaping must occur 50 feet from any entrance to SPC. No chewing tobacco is allowed in the classroom ever.

These rules of proper sanitation are the rules most broken, and the ones most watched for now, both professionally and academically. Proper training creates proper habits. Safety and hygiene are not negotiable. These rules are enforced at the federal level, state level and private level every single day. They are unavoidable and necessary.

Before every class you will do the following;

- Ensure proper uniform before entering the lab this includes hats and coverings.
- Properly wash hand
- Set your station and gather required product for day's class

- Before roll call you will line-up at the front of the class for inspection of uniforms and hygiene
 - Any student not in compliance or not ready for class will receive 1 warning and be allowed to immediately correct the problem. If the problem cannot be immediately fixed, then the student will be politely dismissed from the class and receive a 0 for the day. More than 1 warning will require a conference. All written and verbal warnings, corrections will be documented in your file and will play an overall role in your final participation grade.

If you are experiencing any of the following symptoms please do not attend class and either seek medical attention or get tested for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376.

MEAT IDENTIFICATION

WEEK

1

8/31/2021	Tuesday	course description/ syllabus
9/2/2021	Thursday	butcher yield percentage

WEEK

2

9/7/2021	Tuesday	poultry fabrication
9/9/2021	Thursday	poultry fabrication/ turkey/ duck

WEEK

3

9/14/2021	Tuesday	beef lecture
9/16/2021	Thursday	beef fabrication demo

WEEK

4

9/21/2021	Tuesday	beef fabrication forequarter cuts
9/23/2021	Thursday	beef fabrication forequarter cuts

WEEK

5

9/28/2021	Tuesday	beef fabrication loin cuts
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WEEK 6	9/30/2021	Thursday	beef fabrication loin cuts
	10/5/2021	Tuesday	beef fabrication- loin cuts
	10/7/2021	Thursday	beef fabrication -sirloin cuts
WEEK 7			
	10/12/2021	Tuesday	beef fabrication hindquarter cuts
	10/14/2021	Thursday	beef fabrication- hindquarter cuts
WEEK 8			
	10/19/2021	Tuesday	veal loin cuts
	10/29/2021	Thursday	pork loin cuts
WEEK 9			
	10/26/2021	Tuesday	pork sholder cuts
	10/28/2021	Thursday	pork rib cut
WEEK 10			
	11/2/2021	Tuesday	pork sausage
	11/4/2021	Thursday	pork sausage
WEEK 11			
	11/9/2021	Tuesday	lamb cuts
	11/11/2021	Thursday	lamb cuts
WEEK 12			
	11/16/2021	Tuesday	flat fish
	11/18/2021	Thursday	round fish
WEEK 13			
	11/23/2021	Tuesday	fish steaks/ roulades/ filets
	11/25/2021	Thursday	THANKSGIVING BREAK
WEEK 14			
	11/30/2021	Tuesday	seafood / round fish practice
	12/2/2021	Thursday	PRACTICAL EXAM REVIEW
WEEK 15			
	12/6/2021	Tuesday	PRACTICAL EAXM FINAL REVIEW
	12/8/2021	Thursday	PRACTICAL EXAM

WEEK

16	12/13/2021	Tuesday	LAST DAY CLASS/ CLEAN
	12/15/2021	Thursday	LAST DAY CLASS/ CLEAN