



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 selected 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.

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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. 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".
3. Class attendance and attention will be crucial to the student's successful completion of this course.

4. 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:

HOMEWORK	20%
DAILY LAB GRADE:	40 %
FINAL WRITTEN AND PRACTICAL EXAM	30%
TESTS	10%

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.

### **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 MULTIPLE DEDUCTIONS FROM THE LAB RUBRIC 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 under your workstation for the class period. If it is an emergency, you will be excused to take the call.
  - 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. "tasting" during the production and cooking process of a recipe is necessary and 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.

## **COURSE SYLLABI STATEMENTS**

For Intellectual Exchange, Disabilities, Non-Discrimination, Title IX Pregnancy Accommodations, CARE (Campus Assessment, Response, and Evaluation) Team, and Campus Concealed Carry, click here: [Syllabus Statements \(southplainscollege.edu\)](https://southplainscollege.edu/syllabus-statements)



## MEAT IDENTIFICATION AND FABRICATION

WEEK 1	<p>introduction to meat fabrication and identification</p> <p>the importance of the butcher</p> <p>yield test and costing/ weights and measures</p> <p>beef lecture</p>
WEEK 2	<p><b>CHUCK</b></p> <p>Chuck comes from the cow's shoulder. It's a very flavorful region that can be cut and prepared in many ways, but it's also typically a firmer cut of beef. Due to its versatility and cheap cost, chuck is probably what you're most familiar with. It's great for any type of cooking!</p> <p>The types of portion cuts you can find for chuck are ground chuck (hamburgers), chuck short ribs, shoulder tender medallions, chuck pot roast, shoulder steak, flat-iron steak and stew meat, amongst others</p>
WEEK 3	<p><b>RIB</b></p> <p>As the name implies, the rib primal cut refers to meat cut from the cow's ribs and backbone. Of the 13 pairs of ribs on a cow, only the last six are classified in this section – the rest are grouped with chuck and short plate! Rib cuts are notable for their fatty marbling, tenderness, and distinctive flavor. Rib cuts tend to be a little pricier than most and are often better slow-cooked than grilled.</p> <p>The types of portion cuts you can find for ribs are beef short ribs, ribeye steak, cowboy steak, ribeye roast, ribeye filet and back ribs.</p>
WEEK 4	<p><b>LOIN</b></p> <p>This is where you'll find your most expensive cuts of beef. The loin is located directly behind the ribs and, due to its location, is not a heavily used muscle. This makes loin very tender compared to more muscular cuts. The loin primal cut comprises two parts worth mentioning: sirloin and short loin.</p> <p>Sirloin is the rearmost cut of the loin region and the least tender of the two subregions (though arguably more flavorful). Sirloin is typically best for grilling and almost never used for slow cooking. Common cuts include sirloin steak, top sirloin, bottom sirloin, tri-tip roast and tri-tip steak.</p> <p>Short loin is similar to sirloin cuts, but is closer to the center of the cow and more tender than sirloin cuts as a result. Like sirloin, it dries out very fast so it's typically best grilled or fried. Common short loin cuts include NY strip, T-Bone, porterhouse, tenderloin filet, filet mignon and strip loin.</p>

WEEK 5	<b>ROUND</b> <p>The round primal region is an inexpensive, lean cut. Located near the cow's hind legs, it's typically a tough cut of beef. Due to the leanness of this cut, it's important to thoroughly research how to prepare and cook the individual portion cuts of this primal region; sometimes it calls for high heat cooking (like top, bottom and eye round portion cuts), or slow-cooking (like rump and eye roast).</p> <p>The common round cuts you can expect to find in stores are round steak, eye of round, tip roast, tip steak, top round and bottom round roasts.</p>
WEEK 6	<b>FLANK</b> <p>The flank primal cut is located just below the loin. This region has no bones, but is flavorful despite its toughness. In the past, it was typically the least expensive cut one could find in a store. However, as the recent demand for lean meat increased, so did the demand for flank steak – driving its popularity and price up.</p> <p>Typically you'll only find one of two flank cuts: a flank steak or a skirt steak, both of which are best grilled at high heat.</p>
WEEK 7	<b>SHORT PLATE</b> <p>Often grouped with the brisket beef region, short plate cuts are found near the stomach of the cow. Its location in the cow lends to cheap, tough and fatty cuts of beef. This is also where you'll find your other source of marbled short ribs.</p> <p>The most common short plate portion cuts you can expect to find in stores are skirt steak, hanger steak, beef bacon, pastrami, short ribs and ground beef from this primal cut.</p>
WEEK 8	<b>BRISKET</b> <p>A barbecue favorite, the brisket cut belongs to a cow's breast. Brisket is known for its fatty, tough texture, but if prepared correctly (low and slow) it can be cooked to melt-in-your-mouth perfection. Just be careful when slow cooking – with brisket, there's a slim margin between juicy and dry! That's why you should always tenderize and marinate this cut before slow cooking to soften it up.</p> <p>There's typically only two cuts of brisket you'll find widely available: brisket point and brisket flat. They are both better slow-cooked, but the flat is distinguished by its leaner quality.</p> <b>SHANK</b> <p>Shank is arguably the toughest, cheapest cut of beef. Located in front of the brisket at the cow's forearm, this beef cut is notable for its sinewy dryness. Due to its lack of popularity, shank is not typically found in retail stores. However, if you can find it, it's a great inexpensive option for beef stock or lean ground beef. Because of its dry nature, it's best cooked for a long time in moist heat.</p> <p>You'll often find this cut used for stew or soup meat, or prepared as the popular Osso Buco dish</p>
WEEK 9	<b>SHELLISH</b> <p>Shellfish is a colloquial and fisheries term for exoskeleton-bearing aquatic invertebrates including various species of mollusks, crustaceans, and echinoderms.</p> <p>Although most kinds of shellfish are harvested from saltwater environments some are found in freshwater.</p>



WEEK 10	<b>ROUND FISH</b> A fish classification, including species such as trout, bass, cod, pike, snapper and salmon, which has a backbone along its upper body with a fillet located on both sides. Round fish have an eye located on each side of its head. If the fish has been properly cooked, the meat will appear opaque but will still be moist.
WEEK 11	<b>FLAT FISH</b> There are more than 700 species of flatfish The term flatfish refers to fish that have two eyes on one side of their face they start life as tiny round fish, but as they grow, their bodies start to flatten out one eye migrates across the head, and the mouth twists to the side Flatfish species are either right-eyed or left-eyed, depending on which way the eye moves
WEEK 12	<b>PORK</b>
WEEK 13	<b>POULTRY</b>
WEEK 14	<b>REVIEW PRACTICAL AND WRITTEN</b>
WEEK 15	<b>FINALS</b>
WEEK 16	<b>CLEANING</b>