

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 and 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 and HRI 218. Co-requisite: HRI 145. 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 and HRI 218

Co-requisite: HRI 145

Course Objectives:

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; and
- l. Discuss farm to table, organic vs. non-organic products, and other trends.

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

Effective Date of Course Content Summary: August 6, 2014