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SPHM
HOSPITALITY

SPHM – BUTCHER HANDBOOK MANUAL



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Butcher Handbook Manual



Food and Beverage Manual

Butcher's Handbook

Kitchen Manual

The Butchery

The butcher shop is where all the meats, poultry and seafood are centralized, processed, controlled, and portioned as requisitioned by the various outlets. During the four weeks of training here, the employees will be taught the basics of how a hotel butcher shop operates and be expected to execute the basic techniques of meat and seafood butchering.

Sanitation/Food Handling

- It is very important to keep the fish preparation area separated from the meat processing area to avoid cross contamination and to preserve the flavor integrity of each item.

- Every effort must be given to make sure that all doors are kept shut and that all flying insects are prevented from entering.

- Never work with large amounts of material outside of the refrigerator/ 4 hours processing time is the maximum recommended length of time

- Work surfaces must be constantly cleaned up after each item is processed; this clean-up applies to your knives also!

- Scraps accumulate quickly here, make sure that you dispose of them quickly either into the garbage can or return them to the refrigerator.



- To preserve freshness and to help prevent contamination, all items that have been processed fully or partially should be wrapped in PLASTIC FILM FOR THE REFRIGERATOR and then with ALUMINUM FOIL FOR THE FREEZER if they are to be kept frozen longer than 30 days. Alternatively they should be vacuumed as well.

- Although it is not recommended, sometimes frozen products must be quickly defrosted and that means placing in COOL RUNNING water. When defrosting, never use warm water and never mix different types of products in the same sink. Remember, It is best to defrost slowly in the refrigerator to prevent the build up of bacteria and to maintain higher quality products/defrosting in water will noticeably decrease the flavor and texture quality of your product.

Refrigeration

Meats

The butcher shop is divided into three areas, one for working with meat, and the other part for working with seafood and the third one for fruits and vegetables. Next to the meat butchery side is located the large cooler that has located inside of it the freezer. The butcher shop requests its material from the markets through chef's office, process it and stores the meats or seafood in the appropriate cooler or freezer. From there the material is distributed.

Keep all meats and seafood in the allocated areas only and do not mix them. The more delicate items that need a more constant temperature or that can be damaged by water vapor from condensation should be stored "deep" inside the walk-in. Make sure that the doors are always fully closed, especially that of the freezer. A common BAD practice is to pile up everything as close to the walk-in door as possible. Because this is the place that will experience the greatest temperature changes this is the worst place to be storing anything. The proper operating temperatures are marked on the doors; learn what they are and make it a habit to constantly monitor the readings to make sure the boxes are operating at their proper levels.

Seafood

For seafood goes the same procedure, however, seafood will always have to remain fresh and should not be frozen if possible. All seafood must be cleaned upon arrival and packed / wrapped and stored immediately and be ready for transportation to the resort.



The proper operation and utilization of the refrigeration located in the butchershop is very critical to the wholesomeness of the products being processed there. Pay strict attention to the organization that exists here and respect your installation that exists here.

Equipment & Safety

Knives

These must be kept sharp to be both costs efficient and safe to use. The sharp knife cuts more easily require less force and therefore are less liable of going out of control. Remember to cut away from your body, and especially here in the butchershop, be careful not to bump into someone who is working because he probably has a knife in his hand.

Table saw

This is the most dangerous piece of automatic equipment in the butcher shop; you must be trained very thoroughly on this machine before you will be allowed to use it. When using this machine you must remember to have your feet solidly planted on a dry surface and to concentrate on what you are doing. **DO NOT GET DISTRACTED!** Do not force an item through the blade because a slight slip could easily run your hand into the saw-blade: but rather, let the blade slowly cut it's way through the item being processed.

NOTE: DURING THE APPRENTICESHIP TRAINING PROGRAM, NO TRAINEE WILL BE ALLOWED TO USE ANY PIECE OF ELECTRICAL EQUIPMENT BEFORE THE SUPERVISOR OF THE AREA HAS PROPERLY INSTRUCTED THEM IN THE USE OF THE PIECE OF EQUIPMENT AND THEN AUTHORIZES THE TRAINEE TO OPERATE IT. THIS APPLIES FOR THE WHOLE 16 WEEKS.

Food Chopper & Grinder (Buffalo Chopper)

This machine is used to chop medium hard to soft items. It is not made to chop and cut items like bones or hard shells because the blades and driveshaft would be damaged. When using the grinder attachment make sure the blade is on the correct way/ that you have the right sized grid plate in and that you are using the proper type of "pusher".

Wood and metal, if caught in the worm will splinter and send pieces into the food. Like all pieces of machinery, first learn how to assemble, use, dismantle and clean the item before you attempt to use it **AND GET PERMISSION TO OPERATE IT FROM YOUR SUPERVISOR!**



Portion Scale

In order to control the costs and monitor or locate problems, the butcher shop must utilize the concept of portion-control as much as possible. Portion-control means to control, to count the number of portions leaving the area, but for this control to succeed each portion must not only be of the specified size, but each portion must be of the same weight. Unless you have many, many years in the butchershop, the only way to accomplish this "uniformness-of-portion" is to use the portion scale: a portion too small cheats the customer, a portion too large cheats the company.

Slicer

Another high accident machine, but if you follow the rules and use common sense you should not have an accident. Always use the hand guard plate for keeping hold of the item being sliced and never hold the item with your hand. Make sure the machine is unplugged before you attempt to dismantle or clean/clothing can snag on the switch and when you step back turn the motor on. If the food holding plate is not moving easily, turn off the machine and inform your supervisor, don't attempt to force it

MEAT

What is meat?

Definition The term is usually applied to the flesh (muscle) of beef, lamb, pork, and veal. Muscle is usually composed of 70% water depending on the amount of fat present in the flesh; of the remaining 30% which represents the solids, 80% is protein and about 20% is fat(fat itself is about 15% water).

Tenderness

This characteristic is related to what muscle is being utilized in the cooking process. The nature of the muscle's tenderness is itself based on the thickness of its muscle fibers and the amount of the connective tissue which holds the bunches of muscle fibers together. In the butcher shop tenderness can be increased in a variety of ways:

1. **Aging** Also known as "hanging" or "ripening". This process is an enzymatic which improves the flavor and tenderness as the meats hang in a controlled environment. The best temperature for this process is 34-36F, and relative humidity held at 85%. During the first 14 days the process proceeds rapidly, but improvement slows down noticeably after three weeks. Beef is best aged by this process; lamb is rarely aged and veal and pork never. The higher grades of meat are the ones that give the best results because meat must be well covered with an inside and outside layer of fat. Meat on the bone is preferred because of the support the bone gives. During hanging mold growth called



"whiskers" and some discoloration appear on the surface and must be trimmed away before use. Appreciable shrinkage due to evaporation also occurs and the piece being aged may reduce in weight up to 20% by the time it is trimmed and finished, but has greatly improved tenderness and flavor. Over-aging will produce a product that has bad odor, and flavor, is slimy and cannot be used for service because it has spoiled.

2. **Pounding** This is a mechanical way, and can be accomplished with the use of the mallet. Veal is often tenderized this way (scallopines). This process physically breaks the connective tissue, "elastin" At our resort we do not support this technique.

3. **Cutting** By cutting across, or perpendicular to the bundles of muscle fibers, the toughness of the meat is greatly reduced. Think of the muscle as a tree/ when you want to cut down a tree you cut across the grain (top to bottom)/ the same applies to the cutting of meat portions.

Product Identification "Beef"

1. **General:** The beef we eat comes mainly from steers (castrated males), heifers (females that have never had a calf), and cows (mature cows that have born calves). The best quality comes from the steer and then the heifer. High grade beef comes from animals that weigh from 900 to 1300 pounds and range in age from one to three years.
2. **Quality check:** When checking a piece of beef for quality looks for: A firm covering of creamy white fat on the exterior of the meat. If the fat is yellow make sure that the bone and lean qualities are there. The lean should have a fine, velvety texture with a color range from pale red to deep red, but should be bright and uniform in color. If you encounter any type of abnormality advise the head butcher at once because this could indicate a diseased animal. Very fresh cut beef will be almost purple in color but on exposure to the air it will turn red.
3. **Marbling** of the meat-the little veins of fat- will vary with the cut, but should be noticeable and adequate especially in the loin cuts(sirloin, tenderloin, prime rib, top sirloin). The bones should appear rather porous and red, and have a nice round shape and not seem to be squashed.

4. **Anatomy** The following chart will give you the breakdown of the animal in picture form. As you will see, there is a logic and sequence here that comes from experience and the desire to be as efficient as possible in utilizing the entire animal.



Beef Cuts

1. **General:** Because of the nature of the hotel business, we do not deal in all of the cuts because many are for retail use. For our purposes, the following list indicates the primal cuts you will be most interested in and be the ones you will be most often seeing being used in the kitchens.
2. **Hindquarter.** This part of the carcass yields cuts that can be tasty, tough, and tender depending on where it comes from. Although there are many retail cuts involved here, we will deal with the cuts that are most used in the hotel butcher shop.
3. **Steamship Round or "Chicago "Round.** This is the whole leg cut from the hipbone on down and must include the shank. What we receive at **** is called the Primal Round and is that portion remaining after the loin has been removed. Usually this leg must be trimmed down by using the table saw. From this leg we get the Top Round for roasting.
 - *(Demonstration by Butcher) Trim leg for roasting, break down leg and remove the eye and the top round, utilization of scraps.*
4. **Full Beef Loin Untrimmed:** This cut provides the choicest cuts of beef. It is from this full loin that the whole tenderloin is removed. Then working from the leg end, we first have the sirloin. This sirloin (posterior portion of the full loin) provides the top sirloin roast which we use for roasting. This comes from the area just behind the flank, which is cut from the belly portion of the sirloin. As we move forward in the full loin we have the short loin which provides the sirloin strip from which we cut the New York sirloin strip steaks; the forward most portion provides the porterhouse and T-Bone steaks cuts.
 - Demonstration: Clean a full tenderloin, remove the chain and cut into portions trim a sirloin strip and cut into portions-do not forget to remove the "white skin" on the strip loin chain
5. **Forequarter:** This is the forward part of the animal and provides a variety of cuts of beef, which range from tender and lean to tough a gristly.
 - **Prime Rib:** Usually from the 12th to the 7th rib, this cut contains the continuation of the loin "eye muscle" which is referred to here as the rib-eye. This (PR) is actually the primary cut of meat we are concerned with in the hotel. At the head end, this cut runs into the chuck, from which we get the best meat for grinding into ground beef, and good meat for cutting into stew meat. This chuck is good because it has plenty of flavors and a good percentage of fat to give moistness. At the tail end, this cut (prime



rib) runs into the full, untrimmed loin. It is from the area where the loin and rib join that we can take out the famous T-Bone steaks.

6. **Ground Beef:** Here is where the good butcher who throws nothing of use away can make some profit. During the trimming process, all lean pieces should be saved and then combined with the round, flanks, chuck, plate and heel to produce the ground beef. The ratio of lean to fat varies, but in general we want an 80%-20% minimum and a 85%-15% maximum. The meat should be very cold when ground and your cutter blade must be very sharp when you cut the meat or the fat will not sit and mix properly. The meat must be cut or chopped as it is processed and not be "squeezed" through the grinder as is often the case when this happens the product looks and tastes more like liver than chopped beef.
7. **Short Ribs:** These are cut from the top of the short plate and the bottom of the rib cage / a tough but very tasty cut of beef
8. **Brisket:** This contains the lower portions of ribs 5 through 1 and part of meat from the breastbone. Because this cut is composed of layers of lean and fat, it is very tasty and lends itself to boiling or simmering. The boned brisket is what is normally used to make "corned beef", which is an old method of curing meat. The term comes from the old days when in Europe, salt was sold in large pellets that resembled kernels of grain and the word corn was used back then to refer to any type of grain. In the process the brisket is held in brine (high salt content solution) that has certain spices added to improve the flavor.
9. **For shank:** Like the hind shank, have lots of bone, little fat and a lot of connective tissue. These are usually cut perpendicular to the bone to provide osso buco for braising or bones for making stocks and soups.
10. **Variety Meats:** A rather vague term that includes the organs, and glands of the animal. The ones you will most often see here will be the:
 - Liver best served when fresh, but has a rather strong flavor. This item will come with a lot of blood and tough connective tissue and veins. It needs to be cleaned and trimmed to be used. May be cut into cubes or slices.
 - Tongue A very flavorful and economical cut of meat, this usually weighs about 4 lbs. and almost all of it is edible except the skin which must be removed. This is also a cut made for corning and simmering and is usually served sliced thinly and cold.



VEAL

What is Veal:

Definition: The best veal comes from milk fed calves of six to ten weeks of age, of either sex and weighing about 150 pounds. The young of beef cattle are divided into two groups: vealers, which are usually not more than three months old and weigh 110 to 180 pounds and calves, which are from three to nine months old and weigh up to 300 pounds.

Quality check:

To tell the difference between veal and calf product, you should look to the color of the lean (or muscle) to give you a clue. Other factors such as texture and firmness and the ratio of meat to bone on the leg; In high quality veal, the color of the lean is greyish-pink. The more the veal has been fed on food other than milk, the more red it will be. The lean should have a firm texture that is silky to the touch, clear, firm and white fat should cover the lean, and the bones soft and porous with a reddish tinge.

Anatomy:

The wholesale veal cuts resemble the corresponding beef cuts but are about one-third to one-half their size. As with beef, there is a logic and sequence that has been established over the years.

Hindquarter: This usually comes as a hind saddle and then the legs are split into singles- this will include everything from the hocks on up through the hipbone/ the shank, the round, and the rump with the bone and muscle structure very similar to those of beef.

- **shank--** cut crosswise, this provides the best and authentic "**osso bucco**"
- **leg--**this contains a number of useful muscles and the head of then developing tenderloin. Much of the scallopine is cut from here. The leg is comprised of seven distinct muscles and you will learn how to remove each one of them.
- **loin--**runs from the hipbone to the start of the rib rack and can contain the kidneys wrapped in their fat in the flaps(these flaps eventually develop into the flank steak of the beef. It is from the loin that the most tender of the meat comes from and also the Veal T-Bone chops. Often the loin and tenderloin are removed from the bone and dispatched as a **Veal Loin Set**. From this meat the medallions are usually prepared.



Forequarter: This usually comes as a hindsaddle and then the legs are split into singles- this will include everything from the hocks on up through the hipbone/ the shank, the round, and the rump with the bone and muscle structure very similar to those of beef.

- **hotel rack--** from a cut between the 4 and 5th. ribs running back to the 11th. rib. It is from here that the best veal chops are cut (these correspond to the beef rib chop). The veal rack corresponds to the Prime rib in the beef animal.
- **breast--**from the plate, this cut is usually made boneless cut with a pocket for stuffing and braising.

Variety Meats: the varietals of the veal are on the average much choicer than any of the other animals/ smaller, more tender and flavorful

- **Sweetbreads--** a two lobed gland located near the heart and throat, it is also called the thymus gland. The thymus is present only in young animals.
- **Tongue--** smaller than the beef tongue, is prepared for use in the same manner.
- **kidney--** a choice organ for eating, the valuable fat "capsule" must first be removed, and then the white "starburst" core must be removed. Then the kidneys are rinsed well and sliced for cooking.
- **Liver--**the most tender and flavorful of all the livers due to it's milk content.



LAMB

What is Lamb:

Definition: Called "Chivo" in the Dominican Republic lamb is a young sheep of either sex that has not reached maturity. The processing weight can range from 35 to 70 pounds, depending on how the animal was raised.

Quality check:

As the animal gets larger and older the color of the lean gets darker. The average market lamb will have a pinkish-red color. The exterior fat is covered with a thin parchment like tissus call the "fell" which helps keep the meat moist and fresh. It is best to remove this fell if you receive a piece of lamb with it still attached. Lamb bones are porous and red.

Anatomy:

Unlike beef, but like veal, lamb is seldom split into sides, but is often divided in half crosswise producing a hindsaddle and a foresaddle. Another option is dividing a lamb into legs, loin and hotel racks (rib), and stew (breast and flank).

- **Hindsaddle:**
- **leg--** A very tender cut of meat, that is usually roasted
- **loin--**gives the very tender loin chops and tenderloin. When cut across we get the English Cut. The loin lies between the leg and the rib rack.
- **Foresaddle:**
 - **Rib or Hotel Rack--**The most popular of all the lamb cuts are from this portion. The rack can be served whole or cut into single or double rib chops/boned out and served as medallions/or made into the most elegant of all, the Crown Roast.
 - **Stew Meat--**like meat for grinding, this may come from any part of the carcass which can provide the specified meat.



PORK

What is Pork:

Definition: There are two general types of hogs that produce pork meat: butcher and bacon. The butcher animal has short legs and rounder torsos; the bacon animal has longer legs and a narrower and much leaner body. It can be fresh, cured, smoked and salted, and usually derives from animals between five and seven months of age weighing between 200 to 225 pounds. The trend today is to pork meat of a leaner variety. Pork being very perishable must be kept well refrigerated until it is ready to be processed: between 330-380 F. is a good range.

Quality check:

- **Fresh pork** -- Firm and white fat covering with the lean being a light grayish-pink color/the darker the color the older the animal. The flesh and fat are firm and the bones soft and slightly pink.
- **Cured pork** -- The lean has a good pink shade with good marbling and outside fat layer. The muscle grain should be tight and firm and will sometimes shine iridescently when the tiny meat fibers break up the light as the light hits the fibers' fat coating layer.

Anatomy:

Unlike the other meats, fresh pork most often leaves the packing plant in small cuts ready for the consumer or small butcher.

- **Hindsaddle:** Does not really exist as such as a common cut in the pork family.
- **Fresh ham**-- Is usually the fresh leg, which is very good roasted. This ham needs to be surrounded by a layer of fat under the rind. Ham is often preserved and cured by smoking. However, since most hams today are only mildly cured, they too need to be refrigerated. Often the pork leg needs to be broken down into smaller portions, and when this is done you should respect the form of the leg as you cut it up.
- **whole loin**--This is what remains of a side after the shoulder, ham, belly and fat back have been removed, and corresponds to the beef cuts of sirloin, short loin and rib of beef. The pork tenderloin is comparable to the tenderloin of beef muscle but is much smaller, weighing only 1 lb. maximum, but is extremely tender and without waste. We generally utilize this cut for boneless pork loin to fabricate pork medallions or brochettes, but mostly for the fabrication pork chops and smoked pork loin. Just like in beef, the choice chops are from the short loin end where you can get the "T" shaped or "T"-bone chops which include both the eye of the loin and the tenderloin. Often we will trim off the butt end to save for other purposes, and cut what remains into pork chops. The butt chops are not really of the same quality.



- **Spare ribs**--These are prepared from the belly area, and contains the lower portion of the ribs and breastbone. What remains is often called the "side" from which bacon and salt pork are processed.
- **Back ribs**-- These are what are left after the production of the boneless pork loin.
- **Foresaddle:**
- **Picnic ham**--Is the cut below the area where the chuck and shoulder meet, and includes the foreleg but not the foot. Often this is boned and rolled to produce the common boiled picnic ham. Many of the rectangular processed hams are of the picnic variety.
- **Stew Meat**--like meat for grinding, this may come from any part of the carcass which can provide the specified meat.



CHICKEN/TURKEY/POULTRY

What is Poultry:

Definition: This category includes, for our use, domestic birds which are raised and bred for human consumption. For our use, this category includes chickens, turkeys, ducks, and occasionally wild pheasants. The nutritive value of chicken is similar to that of beef; rich in proteins, vitamins, and minerals, but is generally more easily digestible than beef due to its muscle fiber structure (short fibers). Poultry, and especially chicken, is a very versatile product and can be cut, prepared, and presented and in a variety of forms.

Quality check:

There are many factors which affect the quality of a piece of poultry, the most important of which are: age, sex, and weight. Institutional poultry should always be shipped eviscerated (removal of all entrails and organs) and without head or feet. Poultry is very highly perishable and will rapidly develop an off-odor. Serious food poisoning and death can result in the serving of questionable poultry. It is highly recommended that all poultry be well washed and soaked before using to remove all traces of blood. A good bird will have uniform skin color and texture, the skin should be soft and pliable, and the breastbone should be flexible, and any included feet should be free of large hard scales.

Anatomy:

The anatomy of all poultry is consistent, in that the whole bird will yield breast, leg and thigh meat. What varies can be the size of the pieces or the shape they are cut into or whether they are boneless or with bone. Exercises here will be done using chicken:

- o split in two
- o divide into quarters
- o whole boneless breast
- o bone out and stuff the legs
- o cut into chicharrones
- o whole, boneless chicken
- o half, boneless chicken
- o stuffed chicken breast
- o trussing of a whole chicken

The following is a quick and simple summary of how various poultry are classified/some of this information does not strictly apply to the market in the Dominican Republic, but this information is valuable none-the-less.



CHICKENS:

- **Broilers**-- young chickens of either sex, from 6-14 weeks of age, weighing from 1 to 2.5 pounds with tender and fine textured meat.
- **Roasters**-- Chickens of either sex from 4 to 7 months of age, weighing from 3.5 to 5 pounds. These are mature and very plump chickens, but at the same time still tender.
- **Fryers**--chickens of either sex from 14-20 weeks of age, weighing 2.5 to 3.5 pounds. Being older and bigger they are more plump due to fat accumulation. Like broilers, their meat is also tender and fine grained.

TURKEYS-- Hens (female) & Toms (male): The best range is from 8 to 30 pounds, the best turkey for flavor and yield weighs between 18 and 22 pounds.

DUCKLINGS-- Up to 16 weeks old and weighing about 5 to 6 pounds. Meat is tender but with a high fat content.

FOWL--Mature females, old hens, average weight 5-6 pounds. Meat is tough with a higher fat content than normal females.

STAGS-- Roosters weighing about 5 pounds, very tough and stringy.

Handling and Preparation:

Cleaning and Rinsing:

- Poultry, especially present the possibility of salmonella poisoning, and should be handled very carefully from a sanitary point of view. Make sure all body cavities are well rinsed before starting to work on the carcass. When working within this category of meats, one must always be aware of the possibility of cross contamination when you change from one product to another; e.g. Pork to beef or chicken to veal. All work surfaces and knives and other tools must be washed, sanitized, and disinfected before proceeding to work with another type of meat. Likewise in the cooler, never store raw product over cooked because the opportunity to contaminate the cooked product with blood droppings is very real and very dangerous.

Preparation:

- To properly and economically prepare meat you must have skill with the knife and know how to use it and keep it sharp, know which knife is best for which operation, and know the anatomy of the animal and the portion of the animal you are working with. By now you should have noticed that all the animal have the same basic structure and once you understand one you can comprehend them all. The most important rule when breaking down a piece of meat or even just cleaning it is: **respect the geometry and shape of the**



piece you are working on, work with it not against or across it. Always keep safety and sanitation in mind when working with raw meat products, this will protect you and the guest from any mishaps.

Freezing and Thawing:

- The topic of freezing and then thawing needs your attention. Many important and basic principles are involved here. Freezing is a process by which the temperature of your product is lowered as fast as possible and then held at the optimal temperature once it is frozen.. For meat this temperature holding range is -10oF. You must make sure that there is adequate air circulation to maintain this temperature. Remember the information you were given earlier on the correct way to wrap food for freezing! Only fresh meat can be frozen. A common mistake is to freeze an item that has not moved, and is getting old. The result will be a rotten, non-useable product when defrosted. No product is ever improved by freezing! Some advantages to freezing are:
- It is a natural and easy way to preserve foods
 - During times of high demand, there is better control of production and inventories by having a frozen supply for "back up"
 - Damaging bacteria, though not killed are put into an inactive, "I sleeping" state, thus product degeneration is stopped. **Some important points are:**
 - get the food frozen as quickly as possible
 - Make sure it is frozen to the core, so allow for good circulation before you box or stack the items.
 - Thaw inside the refrigerator ofr one or two days and avoid thawing in running water/ this is dangerous and reduces the quality of your product as well.

Portion Control Cutting:

- This point cannot be stressed enough. The butcher shop has electronic and spring type portion scales, and they must be used. Organize your work, get all the large primal cuts trimmed up, and then begin to portion out the requisition.

Trimmings:

- Trimmings are profit, but you must know how to utilize them if they are to be any use to you. The less that goes into the garbage can, the less you loose. These scraps can provide a very delicious and profitable special in a restaurant. All bones can be used for soups and stocks and stews (sancocho). Actual beef trimmings and sinew can be ground into ground beef for hor's dourves, or employee cafeteria meals. Scraps of other meats can be processed the same and used for consommés, pates or sausages--the uses are numerous. Be aware of this concept and ask the butchershop supervisor to show you how he organizes this very important function.



PREPARED MEATS

What are Prepared Meats:

Definition: This is the family of processed meats and poultry products that have been precooked, or preserved by drying or smoking, or other techniques.

Product Identification:

Sausage

One of the oldest types of prepared foods, this product comes in a great variety. The different combinations are endless, and involve the ratios of the ingredients, how fine the meats are ground, what kind of casing is used, how much fat, if it is raw, dried, cooked, canned, pickled, processed, or smoked. The following lists are the most common sausages we use:

Fresh sausage - breakfast- highly perishable [is made of ground raw meat and pork with seasonings and is casing packed]

smoked or cooked sausage - liver sausage, hot dogs, frankfurters, mortadella, chopped pork, chopped beef, [is made from pork, beef and veal; can be cold or hot smoked and cooked in 1600F water] **dry and semi-dry sausage** - salami, chorizo [is made from pork, and beef which is usually highly seasoned]

Miscellaneous

- We also have occasion to use other processed meat products such as Prosciutto ham and Serrano ham, smoked duck breast and smoked turkey breast. Our own meat processing plant also produces cooked ham of the Polish variety, and a cooked pork leg ham. Bacon, being salted and smoked, is one of the most frequently used prepared or processed meats.

Storage

- All these prepared meats are quite sensitive to temperature and humidity factors. Low humidity and good air circulation should be observed for most all types of sausages and processed meats. A good average temperature is about 50 degrees F.



SEAFOOD

What is Seafood:

Definition:

For our purposes, **i.e.**, an introduction to the butcher shop and the food service Industry in general, seafood refers to all products, whether fresh, frozen, processed, or preserved which originated in fresh or salt waters. Seafood may classify into two general categories;

- FIN FISH (which is divided into two groups) Fresh Water fin fish Salt Water fin fish
- SHELL FISH(which is divided into two groups) Crustacea; lobster/shrimp/crab/crayfish Mollusks; scallops/conch/oysters/clams

Product Information:

Wholesomeness

You must be very vigilant when receiving fish. Do not be afraid to smell what you are checking. The fish itself should be with firm flesh, the eyes bright, clear and full. Eyes which are cloudy or sunken can indicate an old fish or one that was captured in a state of "trauma" which causes a negative change in the quality of the product. Look at the gills, or the "lungs" of the fish to see that they are bright looking; red not bleached pink in color and free of any type of slime buildup. The skin should appear shiny with strong colors, the scales firmly attached, and the fish's smell fresh with a faint aroma of the water.

Why we are selective

- We do not accept all fresh fish offered to us for a variety of reasons. The obvious one is that the fish has not been handled properly and is not 100% fit for human consumption. Also, many colored fish such as a Parrot Fish are not acceptable to us because this is a kind of fish with many unknown factors. Therefore we stay with the fish we know and that the guests request.

Handling and Storage

- Seafood's are very delicate, and highly perishable. If received fresh they must be quickly refrigerated and kept well below 400F. Near freezing temperatures and a covering of crushed ice will greatly help to retain the product quality. Try to handle the fish as little as possible to avoid bruising it and try to prevent it from drying out even when it is properly refrigerated. This means wrap the fish or fillet with plastic film, or cover it with a layer of ice. Dehydration will quickly cause spoilage of seafood.

Freezing and Thawing

- All seafood's must be prepared and readied for freezing. **Fish:** should be filleted, or



drawn and gutted, or scaled and then well rinsed. **Shrimp:** should also be well washed before freezing; remove heads from whole shrimp if to be frozen for more than 6 weeks. **Whole lobster;** should be frozen very quickly and completely to prevent the "ink" in the neck sac to leak down onto the tail meat; whole Caribbean lobsters do not really freeze well in the raw state, and it is better to convert them into lobster tails for long term storage. Remember to keep the seafood well wrapped to prevent dehydration. Wrap first in plastic film and then with aluminum foil...don't forget to label your package once it is covered in foil. **Defrosting:** If the frozen product is not defrosted properly, quality will suffer, and the freshness will be lost as bacterial decomposition sets in. The safest and best way to defrost frozen seafood is in the coldest spot of the refrigerator, for 24 hours. The second choice is to defrost under **cold** running water. Once completely defrosted **do not refreeze** the raw product.

Nutritional Value

- Fish are very high in nutritive value and are a source of complete proteins. This protein is easily digested because the fish oils are highly polyunsaturated. Compared to beef, gram for gram fish contains more protein and less calories than beef, because the fat content is lower. Also fish provide high levels of vitamins and minerals, and are the best source for iodine. Shrimps are even more concentrated in their nutritive delivery, while containing very little fat; however, they are very high in cholesterol content.

Product Identification:

Fin Fish

Most of the fish we see here are of the salt water variety. They generally arrive fairly fresh, whole and gutted. This is called a **Whole or Round** fish; Fish can also come in other common ways: **dressed**, which is the whole fish eviscerated and scaled with the head and tail removed; **filleted**, which is the delivery of the fish sides cut lengthwise from the backbone; **Steaks**, which are cross-section slices of dressed fish. The most common fresh fish delivered here are:

- snapper/chillo
- grouper/mero
- tuna/atun
- dolphin/dorado
- seabass, snook/robalo
- pompano
- kingfish/carite



- yellowtail/colirubia

The above are the local fish, caught locally, delivered fresh. There are also fin fish which we import, and come in different forms. Some come fresh-frozen/whole:

- Dover Sole
- Fresh Norwegian Salmon-- Some come fresh-frozen/portion cut:
- Swordfish steaks-- Some come preserved/smoked
- Smoked Salmon

Shell Fish

The following list comprises the shell fish which we most often receive fresh and utilize here:

- Whole lobster
- lobster tail
- lobster tail
- conch meat
- river shrimps
- sweet water/farm shrimps
- clams
- oysters
- "langostinos"

The following is a list of shell fish which we import because of it's non-availability or to maintain a reserve supply:

- Whole lobster
- scallops
- lobster tails/ graded by size
- sea shrimps/ raw and headless
- lobster tails/ graded by size
- crab meat

Fish Products

The following is a list of processed seafood products which we often use in the hotel:

- Whole lobster
- smoked salmon
- caviar (fish eggs or "roe" of certain fish)
- salt cod (bakalau)



FISH PREPARATIONS:

Cleaning

Gutting

- With a sharp, long bladed knife, slit the entire belly from vent to head, taking care not to pierce the viscera. Remove the intestines and dispose. If interested, remove the roe carefully without breaking the membrane holding the eggs together.

Scaling

- Wash the fish and scale while wet. Hold head firmly and moving from tail end to head end, while holding the scraping tool almost vertical, scrape and remove all scales, especially around the fin and head areas. Remember to clean the area very thoroughly when you are finished to prevent loose scales from adhering to any fish fillets you may be processing.

Filleting

- Different fish require different filleting techniques, based on their shape/ round, flat, large or small. The general procedure is to make an incision along the back-bone from head to tail and then go back to the head and make a diagonal cut behind the gills from the back-bone to the belly, then firmly grabbing the head incision, insert your flexible filleting knife and laying it against the back bone push the knife away from you as you pull the tail end towards you...this is a very rapid and efficient method and is known as the "Indonesia" method. Flat fish are different as are large round fish such as tuna or swordfish..The specifics for filleting these fish will be shown to you in the butcher shop/take note of the differences.

Boning

- Fish are boned because you are planning to stuff the fish or because the bones present a problem. Sometimes a fish is boned for ornamental purposes. The flounders such as Dover Sole are boned so as to present the fillets to the customer, or to allow the chef to make an unusual presentation. Fish such as snapper or trout are boned from the inside out, going in from the belly and snipping off the backbone at the tail end and just behind the head. When boning and stuffing large fish, don't forget to scale the fish first, then stuff it, and finish by sewing the belly closed to keep the farce inside the fish to absorb the fish's natural juices.



Breading Techniques

Because the butcher shop prepares the hor's dourves, many items including seafood are processed into a breaded product here. Remember the technique is the same for all items, and so is the sequence. In its simplest term, breading means to coat something with breadcrumbs prior to frying. **The object is to coat uniformly** - if there are breaks in the coating the finished product is often split open where directly exposed to the hot oil. **The same three items always constitute the breading process;**

- Bread flour
- Wash
- Breading agents
- bread crumbs {fresh or toasted}
- corn meal
- cracker meal
- croissant crumbs
- oat meal
- corn flakes

The wash is the liquid part of the process. It can be all eggs, or eggs combined with milk or water or oil, the greater the egg content the greater the pasting or binding power of the wash. A ratio of 3 beaten eggs to one quart of milk is a good standard..remember to beat the eggs before adding the milk. The hotel pan makes a very good utensil for carrying out the breading procedure.

Procedure:

Below is a typical worktable set-up for a production situation of a breading project. Try to always keep one hand working with the dry products and the other hand working with the wash pan, that way your hands will remain useful, and not get "breaded" up. In a situation where you will be doing a large amount of breading, more than one person on the "line" helps tremendously.

Sequence

- prepare your product to be processed
- pass into flour pan/shake off excess flour
- pass into wash pan and coat completely
- remove from wash and drain off excess liquid



- Transfer to breading agent and coat well, if desired you can hand press the agent for better adhesion.
- Remove from breading and shake off excess crumbs.
- Lay out finished product on a clean sheet pan with a pan liner. Your product is now ready to refrigerate or freeze, or fry.

SHELLFISH PREPARATIONS:

WHOLE CARIBBEAN LOBSTER

General

This is a difficult item to work with for a number of reasons, which helps contribute to it's high cost. The local lobster dies almost immediately after removal from the water. The flesh of dead lobsters tends to be very flaky when cooked and comes apart. Also, the "ink" sac located behind the head begins to degenerate upon death, and if ruptured will stain the tail meat and give it a dark, unappetizing color when cooked. If to be frozen, very "deep" and cold temperatures are necessary to prevent the staining of the tail meat. During their yearly "molting" period when lobsters shed their hard shells and begin to grow the new hard one they become extremely perishable. During this period, lobsters which appear to be just fine will turn to mush when properly cooked. The lobster is full of spiny, dangerous protrusions which will easily cut you, and because the lobster is not the cleanest of animals, the possibility of infection setting in is very real, so if you get a cut from the lobster, make sure you attend to it quickly.

To Split:

Lay the lobster on it's belly, flatten slightly with palm of hand and then, using a large, sharp knife split the tail first, from behind the head down through the tail fan. Then split the head working from the back of the head (nearest the tail junction) towards the antennae. In this way, the tail meat will stay clean and white because the knife blade is clean and has not been dirtied from splitting the head. Rinse the head sac under cold running water, and you have a half whole lobster.

To Remove Head:

With a rag in each hand, first grab the head firmly, and then the tail. Next, holding the head in place, give the tail a continuous twist while at the same time pulling it away from the head, which is being rotated in the opposite direction that the tail is. Remember that the head is used in the kitchen to make sauce and soup, so take care that not all of them are thrown out.



LOBSTER TAIL

General

This item is, from a production standpoint much more preferable. It requires less space, is much more quickly defrosted, can easily be sized and sorted, and the danger of "staining" of the tail meat ceases to exist as the "ink" sac has been removed.

To Split:

This is better split starting at the tail end and finishing at the fatter head end. Like the whole lobster the tail may be fully slit or only partially depending on how we will use them.

Medallions/ Meat:

Remove the tail meat intact, from the shell, and then using the portion scale, cut and weigh out your lobster meat. The best way to cut the raw meat is across the grain, i.e., the head to tail direction.

Oriental Fan Cut:

Leaving the meat attached to the tail fan, remove, (by partially splitting), the shell, and then make partial cross incisions across the grain and then carefully and gently flattens the tail meat. The tail is ready for breading, grilling or batter frying.



SHRIMPS

General

We have available here both fresh water and salt water shrimps; head-on and headless.

SHRIMP SIZE CHART Generally recognized size names

Salt Water:

These are imported, come frozen and headless, and are graded by size. The size indicates the average number of shrimp per pound. Each box has its size indicated, the smaller the size number, the larger the shrimp, and therefore, the fewer shrimps per pound. The larger the size number, the smaller the shrimp, and the greater number of shrimps per pound. The textures of these shrimp are firmer than the fresh water shrimp.

Fresh Water:

The best of these come from the saline waters of the river estuaries, and are called "River Shrimps". Like their cousins, the farmed fresh water shrimps, their meat is much softer than the ocean shrimps. Both these fresh water varieties come whole with their heads attached. The larger of these farmed types come with elongated claws. Unlike the headless salt water variety, these shrimps do not really come well sized, and vary only as large, medium, and small.

Preparations:

- peeling / tail on
- peeling / tail off
- deveining
- butterfly



CONCH

General

An ocean "snail", with a flavor somewhere between abalone and clam; The meat being very rubbery and tough textured needs to be exposed to some form of **tenderizing**. The most common forms of tenderizing are

- slice thinly, then pound with a mallet
- marinate in lime juice and/or vinegar
- grind

Most of the conch which we use here is received in the cleaned form, called "fillet" of conch. Examine the "foot" well to make sure all of the hard **black** foot and the curled tip have been removed.

Preparations:

Most of the conch used here is ground for croquettes, or sliced and diced to marinated for conch salad

SQUID

General

This is a member of the mollusk family, whose feet grow right out of their head. A very versatile and inexpensive seafood product that can be prepared in many forms, hot and cold

Cleaning/Dressing:

- Most of the squid we purchase comes cleaned and frozen, with the head, tentacles and body sac (mantle). All these parts are edible, but it is the sac which we mainly work with. Before stuffing, cutting into rings, or into pieces, check to make sure it is fully cleaned of any outside brown or grey skin, and that all the elastic "quills" that may be still inbeded have been removed. If you should have to clean a whole, fresh squid, here is the procedure
- Cut off feet just behind the eyes
- Gently squeeze out the ink beak located near this cut; this ink can be save to make a sauce, etc.
- Feel inside the body sac for the pen, grasp firmly and remove with a pull. All attached viscera should come out with it, if not, remove them piece by piece.
- Pull off any skin attached to the body sac, and wash well.



OCTOPUS

General

This delicacy of the deep sea has 8 tentacles, lined with suction cups that help it to capture shell fish which is its major diet. They are without any protective outer shell, so are really very venerable.

Cleaning/Dressing:

- Like squid, most of the entire octopus we use comes frozen and cleaned. However if you should have to clean the fresh item the following is the procedure.
- Lay it flat with the tentacle spread out and extended.
- Cut the body sac down the center to expose the cuttlebone or the "celluloid" and pull this out and discard.
- Now, you need to turn the octopus inside out like a glove, being careful not to break the ink sac, and discard all internal organs, including ink sac.

Tenderizing:

- By pounding a few times or dipping twice into boiling water for ten seconds each time, then simmer for one hour in a covered pot.