WORK SITUATIONAL TYPOLOGIES (WST)	SST-RIS-04	PREPARATION OF INGREDIENTS	EQF-3	Version 6 15/01/2020
	On the basis of the work plan received, select and prepare for subsequent processing the ingredients necessary for the preparation of the dishes, using the tools available, respecting processing times and health and safety regulations.			Format_4D

1 - VEGETABLES

1.3 - TRIM VEGETABLES

Improve the presentation of vegetables by obtaining regular shapes on potatoes (e.g. fondant, natural, castle, cocotte, olivette, mascot) and other vegetables.

1.2 - MAKE 2ND AND 3RD LEVEL CUTS

Make 2nd level cuts (e.g. sticks, matches, julienne, chiffonade) and 3rd level cuts (e.g. matignon, mirepoix, paesana, macedonia and brunoise) on potatoes and other vegetables.

1.1 - CLEAN, WASH AND CUT VEGETABLES

Remove from the vegetables the external inedible parts (e.g. roots, upper green parts, skin and faulty leaves, ...), the internal parts and the filaments, washing them, possibly treating them (e.g. soaking vegetables that tend to darken in water acidulated with lemon or vinegar), drying them and making 1st level cuts (e.g. slices, rounds, rings).

2 – MEAT

2.5 - CUT BONE-IN MEAT

Cut bone-in meat (e.g. Sirloin steak, Veal loin, Pork cutlet, Lamb ribs).

2.4 -MEAT DEBONE

Boning birds, , small mammals (e.g. rabbits), Sirloin steak, Loin of pork and leg of lamb.

2.3 - CUT THE MEAT WITH OVERLAPPING MEAT TISSUES

Cut the meat into slices from pieces of overlapping muscle tissue (e.g. turkey rump, veal rump, beef rump, ...).

2.2 – DICE, SLICE OR MINCE MEAT

Dice the meat (e.g. for skewers or stews), into slices from single muscle pieces (e.g. Entrecôte (beef) steak, pork loin) or minced (e.g. ragoût, hamburgers, tartare).

2.1 – TRIM MEAT

Free raw meat from all discards and non-edible parts (e.g. skin, fat, tendons).

3 - FISH

3.3 - SLICE FISH STEAKS AND SLICES

Slice medium size fishes (e.g. turbots and salmons) or large size (e.g. swordfish, tuna, …) in pieces (steaks) or slices.

3.2 – FILLET THE FISH

Remove all fishbones (central and remaining) from round fish and large flat fish (e.g. salmon, trout, turbot, ...) and obtain regular fillets.

3.1 - SHAVE, SCALE, GUTT THE FISH AND REMOVE FISHBONES

Remove fins, scales and guts from round and flat fish. Remove the central fishbone from small fish (e.g. anchovies, sardines, ...).

4 - CRUSTACEANS AND SHELLFISH

4.3 - CLEAN LARGE COOKED CRUSTACEANS

Extract the pulp from large cooked crustaceans (e.g. lobsters, spider crabs, ...).

4.2 - CLEAN SMALL RAW CRUSTACEANS

Remove the small raw crustaceans (e.g. shrimps, prawns, prawns, ...) from the shell, legs, innards.

4.1 - CLEAN THE SHELLFISH

Remove gastropods and bivalves from the sand ingested with repeated baths, eliminate any byssus, the tuft of filaments protruding from the valves and the incrustations of the shell. Remove the cephalopods from beak, eyes, ink bag, bone, pen.