



Safe methods – SM8

Checking your menu

Overview of activity:	From a list of menu items, learners need to identify the checks necessary to ensure food has been cooked safely.
Learning objective:	Identify the checks to be made to demonstrate food has been cooked safely. Identify those foods that would need extra care. Describe the procedures to be followed when handling high-risk foods.
Target audience:	Level 2/3.
Additional resources required:	
Estimated duration of activity:	40 minutes – 1 hour.
Links to other resources:	SM6 is a simpler version of this activity.
Guidance notes:	Although examples of menu items have been provided, your own college menus could also be used. This activity could be used either as a tool to develop understanding or to check learning has taken place.

Checking your menu

You have recently started a new job as a head chef in a city-centre bistro. Your first few weeks have been quite challenging but things are starting to settle down a bit. Following the training you have received with SFBB, you undertake to complete the 'Checking your menu' task as part of the cooking section in the SFBB folder.

Listed below are the standard dishes you use to build up your menu. All are prepared from fresh ingredients.

Cream of mushroom soup
Minestrone
Niçoise salad
Seafood cocktail
Hors d'oeuvres (can include prawns/scallops – cooked on the premises)

Roast leg of pork with apple sauce with a selection of fresh vegetables
Roast beef with Yorkshire puddings with a selection of fresh vegetables
Roast turkey with cranberry sauce and a selection of fresh vegetables
Plaice Dugléré
Linguine with seafood and a chive and gratin sauce
Deep-fried haddock, hand-cut chips and mushy peas
Breaded pork escalope with fresh egg tagliatelle Milanese
Grilled lamb chops, dauphinoise potatoes and green beans
Hand made sausage and mash, Lyonnaise sauce
Chargrilled marinated pork cutlet, puy lentils, glazed apples with sage
Stir-fried turkey strips, sweet and sour vegetables, egg-fried brown rice
Tandoori mixed kebab, pilau rice, garlic naan, mint and cucumber raita
Chicken Madras with pilau rice and naan bread
Lamb biryani, curry sauce and naan bread
Nasi Goreng
Freshly baked pepperoni and cherry tomato pizza
Freshly baked Parma ham and goats' cheese pizza
Lasagne
Sweet potato and goats' cheese rosti, couscous-stuffed pepper
Macaroni with blue cheese and leek bake
Stuffed aubergine
A selection of plated salads

Apple pie with sauce Anglaise
Blackcurrant cheesecake
Chocolate Bavarois
Strawberry trifle
Crème brûlée

1. Download a copy of the 'Checking your menu' sheet from food.gov.uk/sfbb and complete by writing the type of dish next to the appropriate check.
2. Identify the foods that:
 - a. need extra care
 - b. are ready to eat
3. Identify the safety points you would need to follow for the foods identified in a) and b).