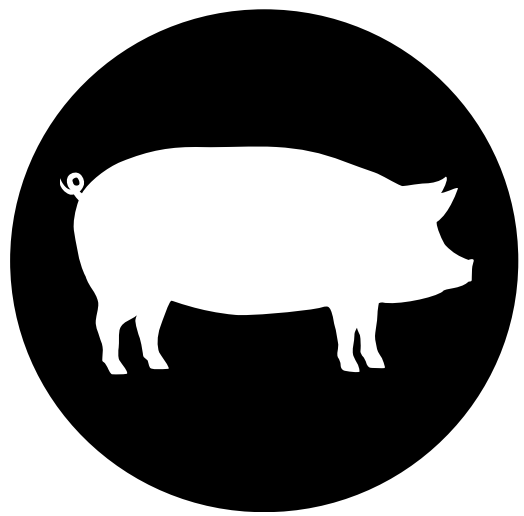
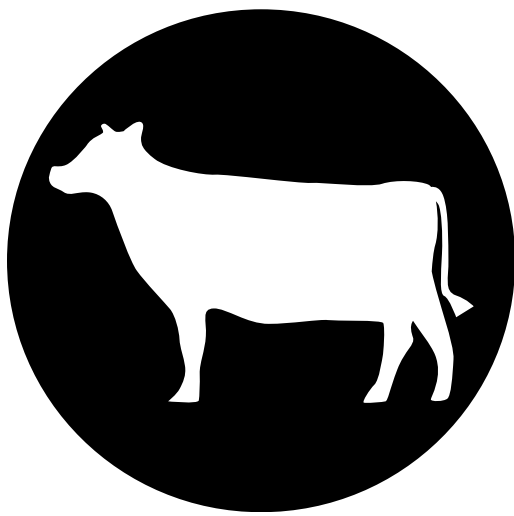




MEAT CUTTER LAB

**ACCS INNOVATION CENTER
SKILLS FOR SUCCESS**

INSTRUCTOR GUIDE



Overview:

This hands-on lab is designed to teach, familiarize and assess the competency of students in a meat cutter course. Students will be required to complete a series of tasks to demonstrate their knowledge and skills in meat cutting.

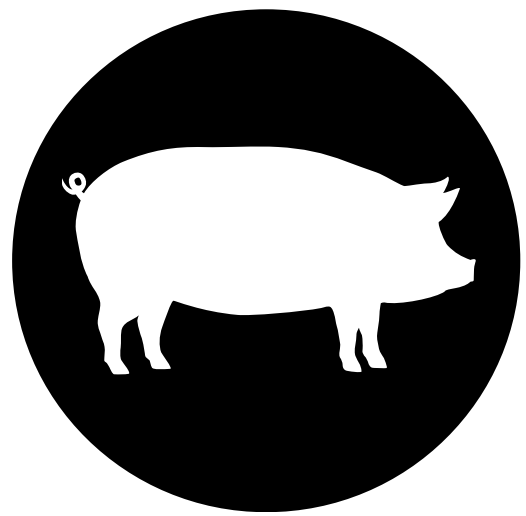
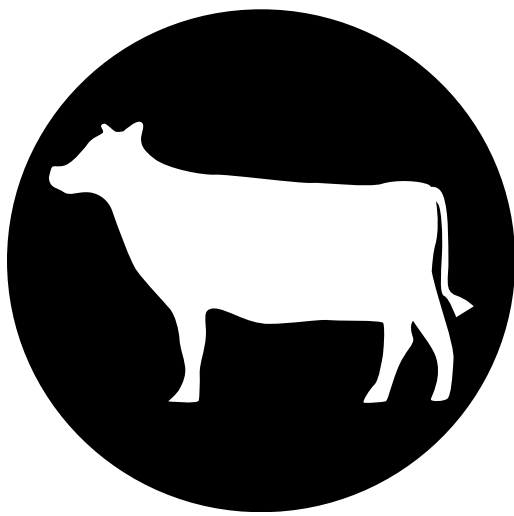
Beef Items Needed:

- (1) Case of Boneless Beef Ribeye
- (2) Cases of Boneless Beef Chuck Roll
- (2) Case of Beef Short Loin
- (1) Case of Boneless Beef Top Sirloin
- (2) Case of Boneless Beef Bottom Round Flats
- (1) Case of Ground Chuck (suggest having other lean points on site to show the color difference)

Pork Items Needed:

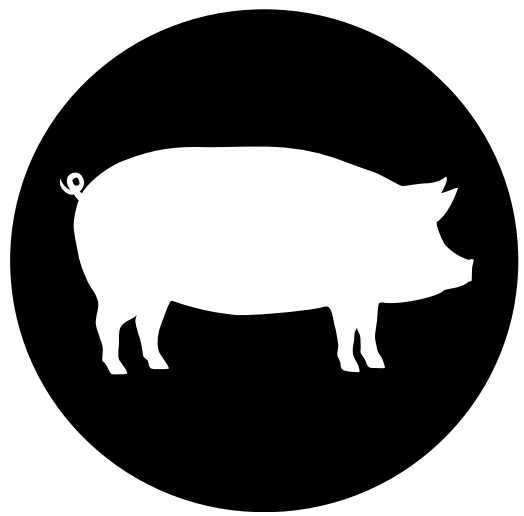
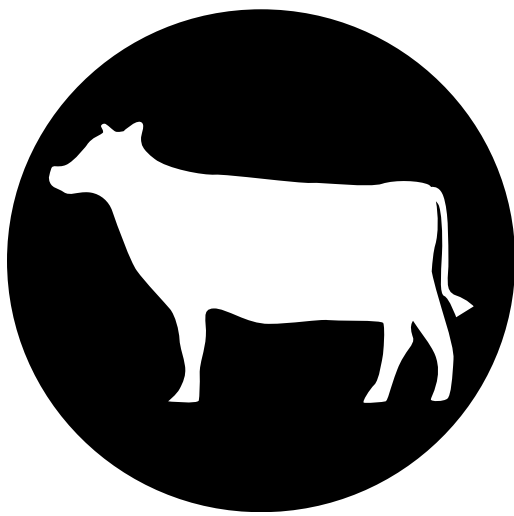
- (2) Cases of Bone-In Pork Loins
- (2) Cases of Boneless Pork Loins
- (1) Case of Pork Shoulder Boston Butt





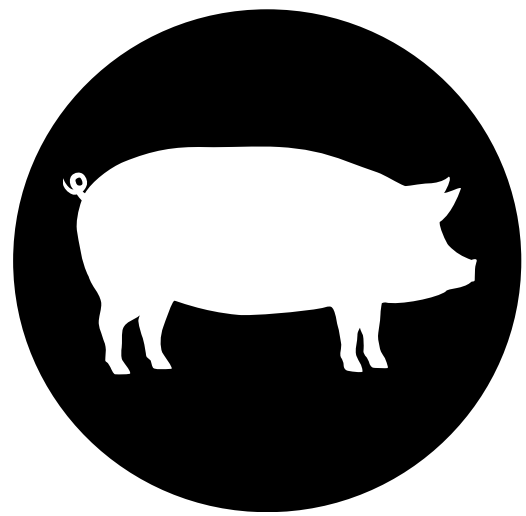
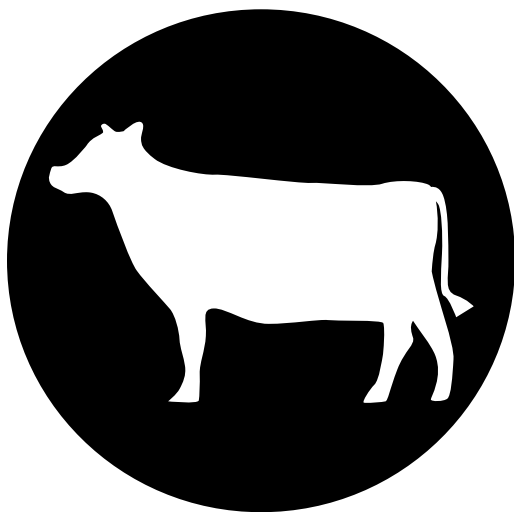
- Be sure you have communicated two weeks in advance with the store to ensure they can schedule and plan accordingly.
- Follow up with the stores one week prior to the lab and then again two days prior so that there are no surprises for the store.
- Arrive one hour early to ensure the department is cleaned and ready to host the LAB.
- Stage the department so that the class can start promptly when the students arrive.
- Stage Meat coats, aprons, plastic aprons, cutting gloves, knives, trash cans, etc.
- Anything that can be done ahead to help the seamless flow of the LAB will be beneficial.





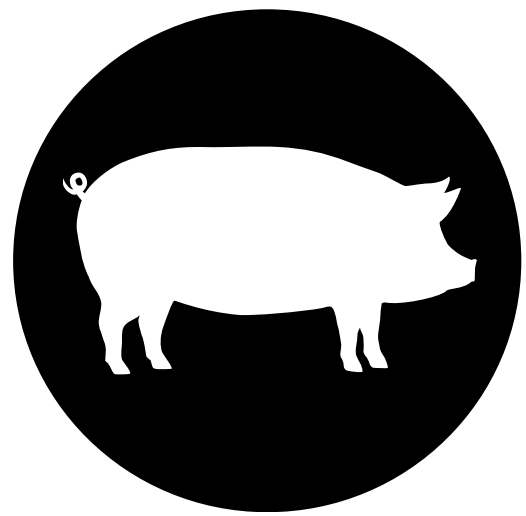
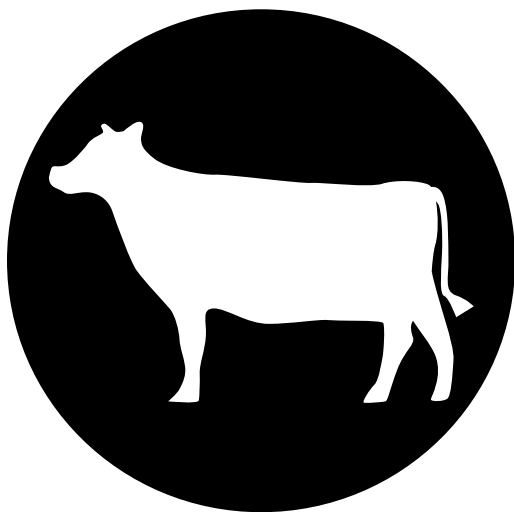
MATERIALS (FOR AN 8-STUDENT CLASS)

- (8) 6 or 8-inch Curved Flex Boning Knives
- (4) 10-in Curved Breaking Knives
- (10) Scabbards
- (1) Honing steel
- (16) Mesh Cutting gloves, Medium and Large 8 each
- (1) Box Nitrile Gloves
- (1) 3-sided Sharpening Stone
- (1) Gallon of Food-Safe Mineral Oil
- (20) Meat smocks /coast)
- (20) Meat Aprons
- (10) Plastic Waterproof Protective Aprons
- (2) Bundles White Cotton Towels
- (1) Box of AC 40 Soaker Pads
- (1) Bundle White 2 P Trays
- (1) Bundle White 20 S Trays
- (1) Bundle White 4 P Trays
- (1) Bundle White 16 S Trays
- (1) Bundle White 9 L Trays
- (1) Bundle White 10 S Trays
- (1) Roll of Meat Wrapping Film 18 in
- (1) Roll of Meat Wrapping Film 15 in
- (1) Meat Scale and Hand-Wrapping Station
- (2) 8 ft Stainless Steel Poly Board Cutting Tables
- (2) Meat Racks to Hold Pans of Cut Meat
- (20) Meat Pans for Trayed Meat
- (2) Gray Meat Trim Lugs
- (2) Trim Lug Holders
- (2) Meat Saws
- (1) Box Boneless Blades
- (1) Box Bone in Blades
- (1) Mixer Grinder
- (1) Grinder Plate Kit with 3 Different Plate Sizes
- (3) Grinder Blades
- (1) Box Green Steak Paper
- (1) Roll Butcher Paper
- (1) Box Hair Nets
- (2)Block scraper
- (2) Bone Scrapers
- (1) Box large trash bags
- (1) Roll of butcher twine
- (1) Meat Tenderizer
- Necessary cleaning supplies including chemicals , water hose, hot and cold water scrub brushes, etc.
- (1) 3-compartment sink
- (1) Hand washing station
- (1) Paper towel hold
- (2) trash cans 1 for trash, 1 for food scrap waste



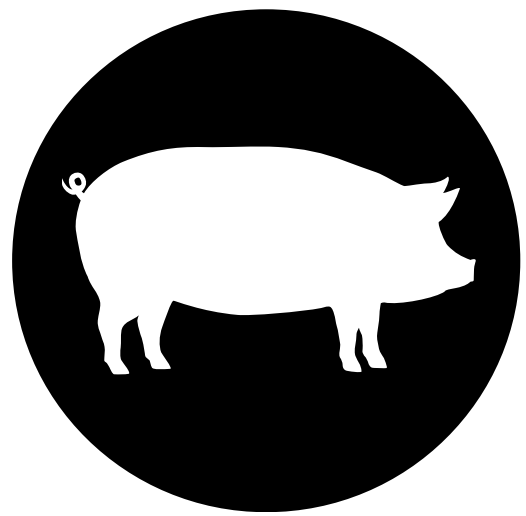
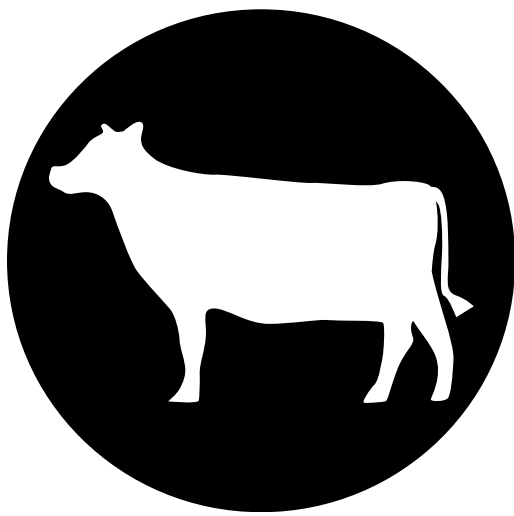
COMPETENCY TASKS

- Identification and labeling of different cuts of beef and pork:
 - Students identify different cuts of beef and pork and label them with the correct name. Evaluated on accuracy.
- Meat cutting:
 - Process specific cuts of beef and pork, which may include deboning a bone-in pork loin or bone-in ribeye.
 - Process both beef and pork
 - Evaluated on the $\frac{1}{8}$ inch trim standard, quality of their cuts, and their knife safety skills.
- Slicing:
 - Slice a pork loin or beef sirloin and or ribeye into uniform cuts.
 - Evaluated on the $\frac{1}{8}$ inch trim standard.
- Trimming:
 - Trim excess fat and connective tissue from a cut of pork shoulder or beef chuck.
 - Evaluated on their ability to efficiently remove unwanted parts without wasting meat.



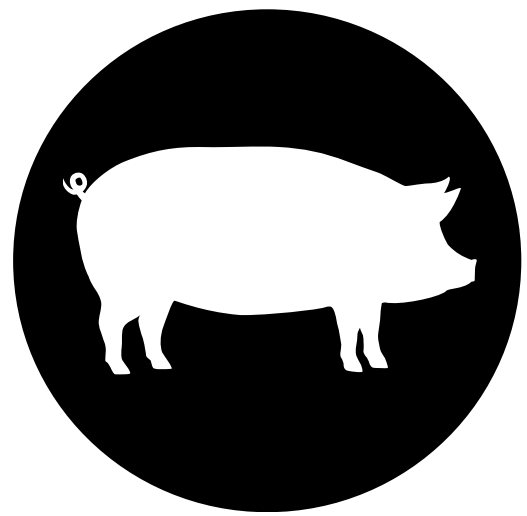
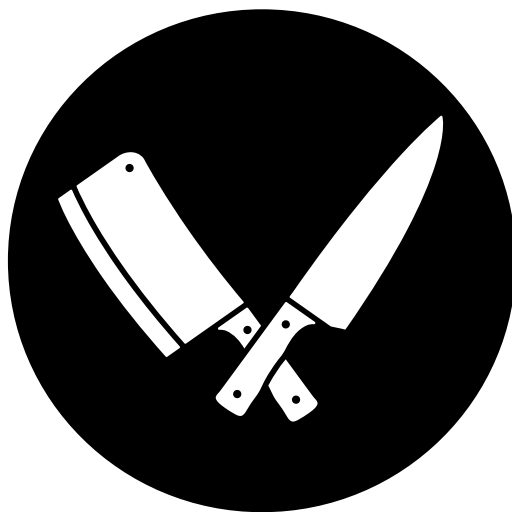
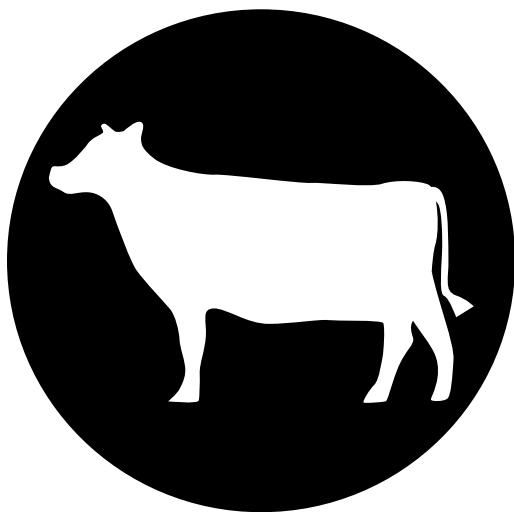
COMPETENCY TASKS

- **Proper handling of trim:**
 - Work through beef and or pork trim.
 - Evaluated on ability to properly salvage all salable lean meat from the trim and turn it into a quality saleable package of stew meat, cube steak, kabob meat, or stir fry.
- **Packaging:**
 - Properly package beef and pork for storage, including wrapping in plastic or butcher paper and labeling them with the cut, weight, and date.
 - Evaluated on ability to package meat in a way that protects its quality and safety.
- **Meat grinding:**
 - Grind both beef primal trimmings and conventional pre-ground "tube found beef "using a meat grinder and create quality saleable ground meat.
 - Evaluated on ability to safely and efficiently operate the meat grinder and produce quality ground meat packages.
- **Clean-up and sanitation:**
 - Clean and sanitize work area and equipment.
 - Evaluated on ability to follow proper sanitation procedures and ensure that the work area is clean and free of any hazards.



DAY 1 PLAN

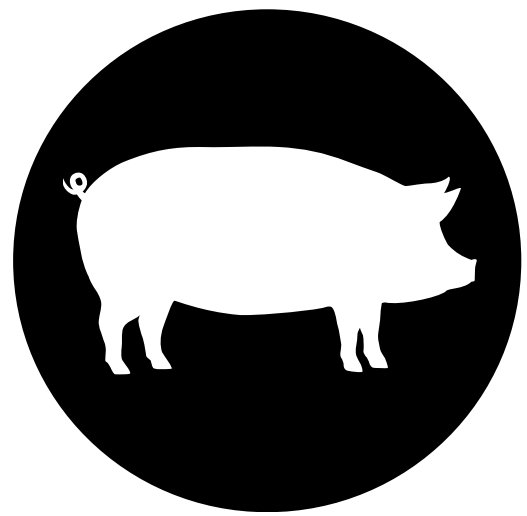
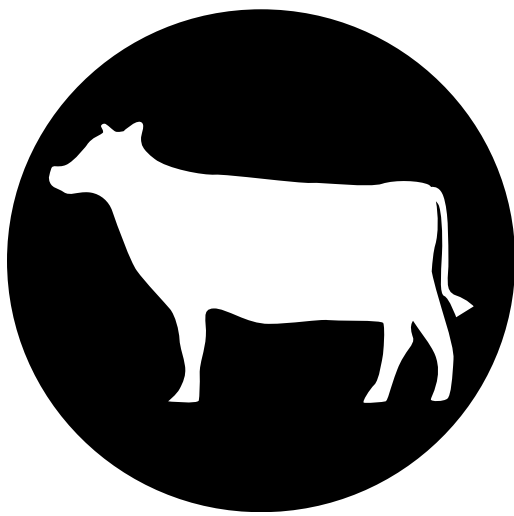
- 4:00 pm-5:00pm
 - Introduction, names, etc.
 - Brief overview of expectations for 2-day lab
 - Go over any housekeeping issues (Safety First)
 - Explain importance of sanitation and cleanliness, and follow your instructions precisely.
 - Sales floor
 - Lunchmeat case
 - Fresh meat case and freezers
 - Discuss what they are seeing and what it takes to fill and maintain these cases.
 - Stage some packages and ask students to try and find some products or issues that they feel (based on their course) should be removed from sales.
 - Move to the back room where products are received, supplies and dry nonrefrigerated products may be stored, etc.
 - Put on the meat coats, plastics & cloth aprons, hair net, etc.
 - Cutting room - wash and sanitize their hands.
 - Overview of the cutting room and then the meat cooler and further explain how the day will go.
 - Meat scale - how to operate the scale
 - How to wrap packages of meat
 - Change the film and labels



DAY 1 PLAN (CONT'D)

- 5:00 pm - 5:30 pm
 - Knife and Knife Sharpening overview, seminar.
- 5:30 pm - 6:45 pm
 - Slice/Debone - Boneless Ribeye, Top Sirloin, Chuck Roll, Short Loin
- 7:00 pm - 7:15 pm
 - 15-minute break.
- 7:15 pm to 7:50 pm
 - Complete department cleanup as a group.
- 7:50 pm - 8:00 pm
 - Quick overview of the day, what to expect tomorrow, and the dismissal.





DAY 2 PLAN

- 4:00 pm-5:30pm
 - QA from Day 1 and Overview for Day 2 (Safety First).
 - Discuss importance of sanitation/cleanliness and follow your instructions precisely.
 - Put on the meat coat, plastic/cloth apron, hair net, etc.
 - Wash and sanitize their hands.
 - Overview of Grinder and Tenderizer
 - Cooler - load
 - Bottom Round Flats & Ground beef (for tenderizer|grinding examples)
- 5:30 pm-7:00 pm
 - Cooler - Load up pork to process.
 - Slice/Debone:
 - Bone in Pork Loins
 - Boneless Pork Loins
 - Pork Shoulder Boston Butt
- 7:00 pm-7:15 pm - 15-minute break.
- 7:15 pm-7:50 pm - Complete department cleanup as a group.
- 7:50 pm - 8:00 pm - Certificate Distribution!

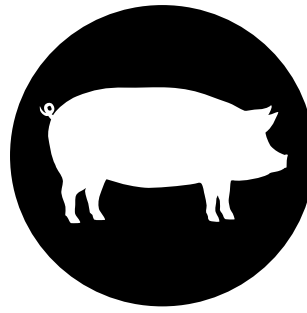
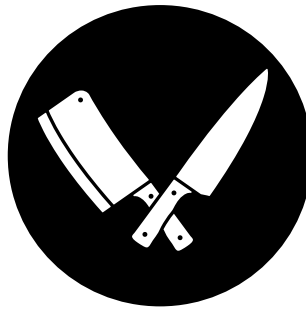
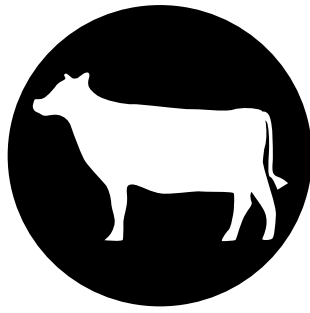


A photograph of a man in a white cap and apron smiling at a woman in a lab coat in a meat cutter lab. The man is standing behind a counter with a meat slicer, and the woman is leaning over the counter, looking at a large piece of meat. The background is a bright red wall.

MEAT CUTTER LAB

**ACCS INNOVATION CENTER
SKILLS FOR SUCCESS**

SKILLS CHECK OFF SHEET



SKILLS CHECK OFF

Student Name: _____
Print

Instructor's Name: _____
Print

Date: _____

Instructor's Signature: _____

To be completed by the instructor. **Instructor: mark only those items missed.**

Student was able to:

- Identify and wear appropriate attire for the meat department. _____
- Identify different cuts of beef and pork. _____
- Identify products that need to be removed from sales floor due to quality issues. _____
- Operate a meat scale. _____
- Wrap packages of meat. _____
- Change film and labels on wrapping machine. _____
- Portion items correctly. _____
- Debone. _____
- Tenderize. _____
- Slice pork or beef into uniform portions, including the thickness and uniformity of the slices. _____
- Trim excess fat and connective tissue. _____
- Operate a meat grinder. _____
- Perform proper sanitation procedures and keep a clean and safe work area. _____