

Meat Cutter Need to Know Study Guide

Use this information to study for the Meat Cutter Quiz.

General

- ☐ Food is kept out of the temperature Danger Zone (41°-135°F).
- ☐ All Team Member wash hands every 20 minutes in warm, soapy water for 20 seconds.
- ☐ Meat room temperature no higher than 50°F.
- ☐ Meat cooler temperature between 32°-38°F.
- ☐ Bleach is only used for removing stains from meat room cutting board tabletops. Bleach is never used as a general sanitizer.
- ☐ Use color-coded cutting boards as follows: blue for pork and fish, red for beef, and yellow for chicken.
- ☐ Never thaw product under running water or at room temperature.
- ☐ Rotate meats using the first-in, first-out (FIFO) method.
- ☐ Label all products with production and use-by dates.
- ☐ Store clean and sanitized grinder parts in the meat cooler after each use.

Frozen Fine Ground Beef

- ☐ Shelf life of thawed ground beef is 7 days in package. Shelf life of thawed ground beef out of package is 24 hours.
- ☐ Thawed fine ground beef may be mixed with fresh ground beef.
- ☐ Fresh ground beef (3/16") may be interchanged/substituted with pre-approved fine grind ground beef when available.

Fresh Ground Beef/Pork

- ☐ 3/16" grind plate used for all ground beef and ground pork.
- ☐ Pre-marinated sirloin steak trimmings may be used in grind or in beef tips.
- ☐ Grind all trim within 24 hours of when it is cut.
- ☐ Steakburgers are 4 oz. or 6 oz. oval patties, ½" to ¾" thick.
- ☐ Mini Steakburgers are 2 ½ oz.
- ☐ Ground pork has a 24-hour shelf life.

Chicken

- ☐ The shelf life of refrigerated CVP fresh chicken is 14 days from processing (Mar-Jac).
- ☐ The shelf life for extended shelf-life chicken (Tyson) is 28 days from processing.
- ☐ If receiving frozen 8-piece chicken, rotate product using FIFO method, thaw immediately, and use within 2 weeks.
- ☐ All meat, poultry, and seafood items properly stored and labeled (chicken on lowest shelf away from other meats).

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Golden Corral Traditional Favorites

Pot Roast

- ☐ Sprinkle both sides of chuck clod with GC Steak Seasoning and transfer to meat pan with colander insert.
- ☐ Discard marinade after every 4 cases.
- ☐ Shelf life of prepped, uncooked Pot Roast is 4 days.
- ☐ Clod for Pot Roast is sliced into 1 ¼" thick slices.
- ☐ Clod slices are marinated for 5 minutes then drained for 5 minutes.
- ☐ When slicing chuck clod, do not use small end piece of meat.

Bourbon Street Chicken

- ☐ Thawed unmarinated chicken thigh meat for Bourbon Street Chicken has a 24-hour shelf life.
- ☐ Marinated Bourbon St. Chicken has a 48-hour shelf life.
- ☐ Teriyaki Glaze recipe is 6 cups of teriyaki sauce to ½ cup of Bourbon St. Seasoning.
- ☐ Chicken must marinate for 12-48 hours before cooking.
- ☐ Bourbon St. Chicken recipe is made with 20 lbs. of thawed chicken thigh meat.
- ☐ Mix teriyaki sauce and Bourbon Street Seasoning. Stir with a wire whip to create glaze.

Steak

- ☐ Sirloin steak slabs cut from pre-jaccarded, pre-marinated top butts, 1" thick.
- ☐ Fat line from steak slabs is trimmed to ¼" on each slice.
- ☐ Cut larger (6" or wider) sirloin slab in half lengthwise. Do not cut smaller slices in half.
- ☐ Do not cut first and last (end) slices in half.
- ☐ Sirloin stays chilled while slicing. Only one case is pulled at a time from meat cooler.
- ☐ Sirloin butt placed in slicer fat side back, small end down, and top butt level with carriage.
- ☐ The shelf life of pre-jaccarded, pre-marinated sirloin butts is 28 days from pack date sealed in Cryovac.
- ☐ The shelf life of fully prepped steak is 48 hours.
- ☐ Sprinkle one side of steak with seasoning and transfer to storage container.
- ☐ Place steak paper on top of each steak layer in the storage container.
- ☐ **Stack no more than three layers deep, packing steaks together tightly together with the fat line to the edge of the pan.**
- ☐ **Track Steak Yield daily and report to Manager.**

Meatloaf

- ☐ When making meatloaf, Panko bread crumbs and meatloaf mixture are combined prior to adding the ground pork and/or ground beef.
- ☐ Meatloaf mix is patted firmly into pans and pan liners folded over top.
- ☐ Meatloaf recipe is made with 20 lbs. of ground beef or 10 lbs. of ground beef and 10 lbs. of

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ground Boston Butt pork.

- ☐ Meatloaf recipe cannot be doubled.
- ☐ Meatloaf recipe yields 10 meatloaves.
- ☐ The shelf life of prepped meatloaf is 24 hours.
- ☐ The wrapped meatloaf can be removed from the fourth-size pan. Then, store placed on a full-size baking pan.
- ☐ The meatloaf must remain wrapped in baking paper and covered with a fourth-size pan during the baking process to remain moist and firm.

Hospitality

- ☐ The Golden Rules of Hospitality
 - Always make Guests feel welcome. Greet Guests as they arrive in the dining room and while they are dining. Thank them as they leave.
 - Make a Connection. Make Guests feel appreciated and important.
 - Acknowledge Guests as you move through the restaurant
 - Make eye contact
 - Be friendly and smile
 - Engage in conversation
 - Help Guests.
 - Be a good listener
 - Ask Guests if they found what they were looking for
 - Answer questions
- ☐ What the Guest Expects
 - Guests Feel Special and Important
 - Greet Guests as they arrive
 - Follow the 5ft. Rule
 - Be friendly - smile and make eye contact
 - Engage in conversation
 - Thank Guests for visiting
 - Guests Are Offered Beverage Refills
 - Know what Guests are drinking
 - Offer a refill when glass is half full
 - Guests Experience Quality Food
 - Abundance and variety
 - Hot food hot and cold food cold
 - Fresh, full pans
 - Guests Dine in a Clean Restaurant
 - Bussed, clean tables
 - Clean restrooms
 - Clean bar areas and floors