

Restaurant Level I

Procedures for Meat Shrinkage Lab

Objectives

After completing this lab, you will be able to

- Set up a proper work station
- Correctly use a digital scale
- Correctly measure with a ruler
- Practice grilling
- Calculate the percentage of shrinkage after cooking
- Graph data to solve a problem
- Write a formula to calculate the required quantity needed to purchase
- Calculate the cost per serving

Lab Procedure

Part I: Set Up the Work Station

1. Set up a cleaning and sanitation bucket.
2. Clean and sanitize your work station before beginning work.
3. Wash hands properly as needed.
4. Select appropriate equipment to complete lab.
5. Set up the digital scale and tare the scale

Part II: Preparing for Grilling

1. Weigh each patty and record data.
2. Measure each patty and record data.
3. Grill each patty making sure to form distinctive grill marks before turning 90 degrees.
4. Weigh each patty after grilling, then record data.
5. Measure each patty after grilling, then record data.

Part III: Completing Lab Data Analysis

1. Calculate the % of shrinkage by weight and by diameter.
2. Record the team data for % of shrinkage by weight on the classroom chart.
3. Complete the Meat Shrinkage Lab worksheet.

Part IV: Cleaning the Work Station

1. Clean the workstation as you go.

Performance Review

Have your instructor review your performance at each step of the process and sign off your performance review sheet.