Meat Cutter
A Guide to Course Content

Meat Cutters perform carcass breaking, primal cuts, sub-primal cuts, counter-ready cuts, packaging and labeling and merchandizing of meat, poultry, and in some cases, seafood.

Training Requirements: To graduate from each level of the apprenticeship program, an apprentice must successfully complete the required technical training and compile enough on-the-job experience to total at least 1800 hours each year. Total trade time required is 5400 hours and at least 3 years in the trade.

Currently training in Saskatchewan has been suspended. However, there are two levels of apprenticeship training available through Thompson River University (TRU) in Kamloops, BC.

In Saskatchewan, there were three levels of technical training delivered by
Level One: 8 weeks
Level Two: 8 weeks
Level Three: 8 weeks

The information contained in this pamphlet serves as a guide for employers and apprentices. The pamphlet briefly summarizes the training delivered at each level of apprenticeship training. An apprentice spends approximately 15% of the apprenticeship term learning the technical and theoretical aspects of the trade. The hours and percentages of technical and practical training may vary according to class needs and progress.

The content of the technical training components is subject to change without notice.

Level One - 8 weeks

Sanitation
- interpret procedures and regulations governing sanitation and hygiene
- handle fresh and cured meat safely
- demonstrate personal hygiene

Hand and Power Tools
- explain the types and uses of hand and power tools
- handle tools safely
- maintain hand and power tools

Inspection and Grading of Beef
- describe the grading and inspection of beef

Muscle and Skeletal Structure of Beef
- describe the structure and types of muscles
- identify the effects of aging and blooming on muscles
- identify bone classifications
- identify the common name and location of the large muscles that form the major retail cuts
- identify the proper cooking procedure for various retail cuts

Communications
- perform job-related interpersonal skills
- demonstrate effective customer relations techniques
- apply conflict resolution skills

Trade Math
- perform industry related calculations

Processing a Beef Front
- identify light and heavy square cut chucks
- describe the 7-bone rib, square cut chuck and lesser cuts of beef
- describe the plate, shank and brisket
- split the 7-bone rib from the plate
- fabricate the square cut chuck for block-ready use
- cut the block-ready square cut chuck into retail cuts
- demonstrate correct use of boning knives
- produce retail cuts from the plate, shank and brisket
- produce ground beef
- demonstrate wrapping, labelling, costing and pricing of beef
- store beef products

Level Two - 8 weeks

Processing a Hind of Beef/Maximum Profit

Sub-divide Hind of Beef
- remove flank from the hind
- remove long loin

Processing a Hip of Beef
- describe short hip of beef
- remove sirloin tip from short hip
- de-bone the short hip of beef for block-ready use

- make retail cuts from the block ready hip of beef

Processing a Long Loin of Beef

- process long loin

Merchandizing

- produce ground beef
- demonstrate wrapping, labelling, costing and pricing beef
- properly store beef and beef products

Level Three - 8 weeks

Inspection and Indexing of Pork

- describe grading and inspection of pork

Sub-divide a Side of Pork

- describe a side of pork
- describe primal and sub-primal cuts

Processing a Leg of Pork

- merchandize a pork leg for retail counter

Processing a Pork Belly

- fabricate the pork belly into retail cuts

Processing Pork Shoulder

- make pork shoulder into retail cuts

Merchandizing Pork for Retail

- merchandize pork loin for retail
- produce ground pork
- demonstrate wrapping, labelling, costing and pricing pork
- store pork

Inspection and Grading of Poultry

- describe grading and inspection of poultry

Processing Poultry

- describe cutting parameters of chicken and turkey
- cut chicken and turkey into segments

Merchandizing Poultry Products

- demonstrate wrapping, labelling, costing and pricing poultry
- store poultry products

Merchandizing Seafood

- identify common fish species
- identify factors affecting quality
- cut fish into fillets and steaks
- demonstrate wrapping, labelling, costing and pricing of seafood for retail
- store seafood and seafood products