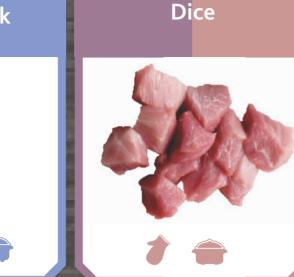
Know your Pork Meat Cuts



Chump / Rump Steak

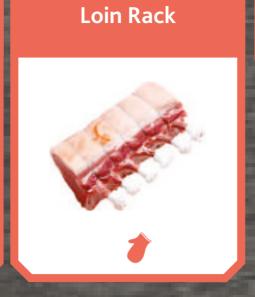


Collar Steak











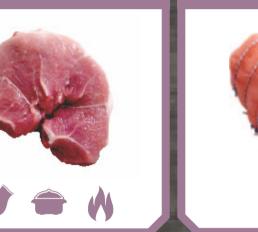


Tenderloin



Stir Fry Strips

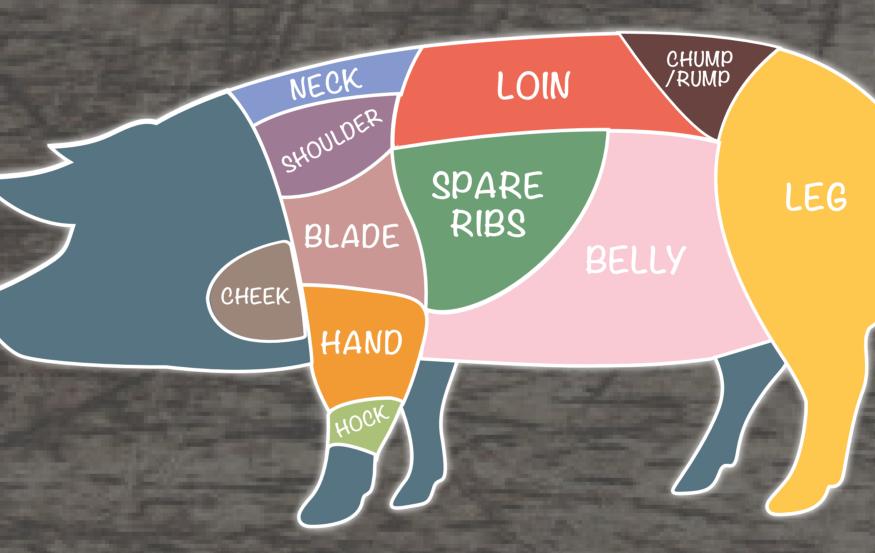




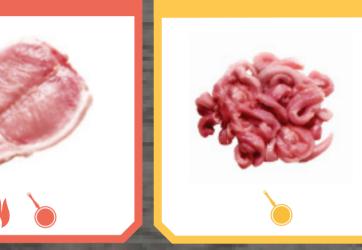
Shoulder Joint



Spare Ribs



Valentine Steak



Belly Joint



Belly Slices





Hock

Leg Joint



Leg Daubes



Mince

NECK

moist and tender.

LOIN

The loin is a very versatile and lean cut of meat. All cuts from the loin are suitable for grilling or frying.

HOCK

The neck (or collar) produces delicious meat which can be slow Lean meat with a high proportion of connective tissue can be found in The chump end is positioned at the rear of the loin. Chump steaks cooked to allow intramuscular fat to melt - keeping the meat the shank. Cuts from this area are suitable for slow cooking methods (sometimes called rump) are boneless, wider and learner than such as stews, casseroles, soups and stocks.

MINCE

Pork mince is produced using forequarter meat.

CHUMP

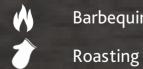
those from the loin.

SHOULDER

The shoulder produces a very tender, succulent joint which is

Cuts from the belly are fatty and as such offer great taste and tender often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which a range of steaks and often divided into separate muscles from which are range of steaks and often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell which is often divided into separate muscles from the bell stir fry strips are prepared for quick cooking.

COOKING TECHNIQUES



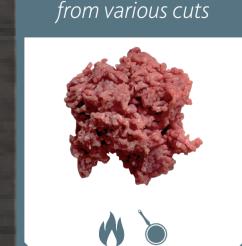
Barbequing & Grilling



Frying & Stir-frying



Slow Cooking



For more information go to www.redmeathub.wales