

Know your Pork Meat Cuts



Collar Joint 	Collar Steak 	Dice 	Loin Joint 	Loin Steaks 	Loin Rack 	Pork Chop 	Tenderloin 	Chump / Rump Steak
Shoulder Steak 	Shoulder Joint 	Spare Ribs 				Valentine Steak 	Stir Fry Strips 	
Belly Joint 	Belly Slices 	Hock 				Leg Joint 	Leg Daubes 	

SECTION OF THE CARCASE

NECK
The neck (or collar) produces delicious meat which can be slow cooked to allow intramuscular fat to melt – keeping the meat moist and tender.

SHOULDER
The shoulder produces a very tender, succulent joint which is suitable for either roasting or slow cooking.

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

HOCK
Lean meat with a high proportion of connective tissue can be found in the shank. Cuts from this area are suitable for slow cooking methods such as stews, casseroles, soups and stocks.

BELLY
Cuts from the belly are fatty and as such offer great taste and tender meat.

MINCE
Pork mince is produced using forequarter meat.

CHUMP
The chump end is positioned at the rear of the loin. Chump steaks (sometimes called rump) are boneless, wider and leaner than those from the loin.

LEG
A wide range of roasting joints is produced from the leg. The meat is often divided into separate muscles from which a range of steaks and stir fry strips are prepared for quick cooking.

COOKING TECHNIQUES

- Barbequing & Grilling
- Roasting
- Frying & Stir-frying
- Slow Cooking

Mince
from various cuts