



## Meat Types and Cuts – Answer Sheet

1. Why is carcass meat prepared into cuts, joints and mince?
  - A wider range of cuts provide greater choice and variety for the consumer.
  - Convenient to purchase in smaller amounts
  - Convenient to buy in smaller amounts
  - Easier to prepare and quicker to cook
  - Easier to store safely.
2. What considerations do consumers make when purchasing meat?
  - Can be used in different ways
  - Is convenient to prepare
  - Simple to store
  - Easy to cook
  - Low in fat
3. What are the benefits of the following cuts of meat?
  - a. Boneless Cuts – Economical and easy to prepare quickly.
  - b. Boned and Rolled Joints – Shorter cooking time and easy to carve.
  - c. Lean Minced Meat – Low in fat and easy to prepare quickly.
4. What are the qualities of the meat associated with the:
  - a. Front Half (Forequarter) of a carcass**
    - It contains more muscles with more connective tissue and therefore provide less tender meat.
    - Cuts from the neck and shoulder muscles have done a lot of work and have long thick fibres and contain a lot of connective tissue.
  - b. Back Half (Hindquarter) of a carcass**
    - It contains fewer muscles, with less connective tissue and produce the most tender cuts of meat.
    - In particular, cuts from the loin and rump muscles have done the least amount of work and have shorter, finer muscle fibers. These are prime tender cuts.
5. Identify two types of meat which have been cured and smoked
  - Bacon
  - Gammon
  - Ham



6. Identify 3 types of offal:

a. From inside the carcass

- Liver
- Kidney
- Heart
- Tongue
- Sweetbreads
- Blood
- Tripe

b. Extremities of the carcass

- Trotters (pig)
- Ox Cheeks
- Ox Tail

7. Link the cooking technique with the definition

### **BARBEQUING**

Cooking food using dry, high temperatures in an oven. The dry heat caramelizes the surface of the meat.

### **FRYING**

Cooking a joint of meat, which has first been browned, on top of vegetables, with very little liquid, in a pot with a tight-fitting lid.

### **GRILLING**

Cooking food (normally in an outdoor environment) on a pre-heated trivet or grill, over wood or charcoal embers or gas flame.

### **ROASTING**

Slower cooking tougher cuts of meat, in plenty of liquid with a tight-fitting lid. Braised meat sits on a bed of vegetables with strong stock. The cut of meat used is normally cubed, diced or steaks.

### **CASSEROLING/ BRAISING/ STEWING**

Shallow: cooking food, in a small amount of fat, in a shallow pan.

Stir: quickly cooking food, with or without fat, over a high heat.

Deep: Cooking food in a large amount of pre-heated fat.

### **POT ROASTING**

Quickly cooking or browning food under the radiant heat of an electric element or gas flame. This is only appropriate for tender cuts of meat, no more than 5 cm thick