



Name:

Date:

Meat Types and Cuts

1. Why is carcass meat prepared into cuts, joints and mince?

2. What considerations do consumers make when purchasing meat?

3. What are the benefits of the following cuts of meat?

a. Boneless Cuts

b. Boned and Rolled Joints



Name:

Date:

c. Lean Minced Meat

4. What are the qualities of the meat associated with the:

a. Front Half (Forequarter) of a carcass

b. Back Half (Hindquarter) of a carcass

5. Identify two types of meat which have been cured and smoked

a.

b.

6. Identify 3 types of offal:

a. From inside the carcass



Name:

Date:

b. Extremities of the carcase

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.



Name:

Date:

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