

* Q1.6+1.7, Q2.11, Q14+15, Q17+18, Q22 Separate Worksheet + See memo

Meat

- 2 Select the correct term from each of the possible answers provided in brackets for the following descriptions:
- 2.1 Type of offal (heart/rib)
 - 2.2 The solid fat deposits from around the kidneys of various animals (suet/lard)
 - 2.3 To brown meat on the surface and to seal it by the use of high temperature. (sear/score)
 - 2.4 Fat cells evenly distributed through the muscle fibres in meat (larding/marbling)
 - 2.5 A thinly sliced beef cut from the deboned beef sirloin (entrecote/escalope)
 - 2.6 Beef fillet, spread with pate and baked in puff pastry. (Beef Wellington/Wiener Schnitzel)
 - 2.7 Refers to the ripening of meat after the slaughtering process. (marinating/maturation)
 - 2.8 A thin slice of veal, crumbed and flash fried in oil. (Fillet Mignon/Wiener Schnitzel)
 - 2.9 Grilled fillet slices, filled with foie gras pate. (Tournedos Rossini/Steak Diane)
 - 2.10 Thin beef slices, cut from the bolo, filled with mince meat ("blindevinke"/"skilpadjies")
 - 2.12 Cut from the top part of sirloin of beef (chateaubriand/contre-fillet)
 - 2.13 Old animals and least tender meat are marked with (purple/red) vegetable ink.
 - 2.14 A minced meat dish, containing curry, spices and raisins and baked with an egg-custard to bind it (lasagne/bobotie)
 - 2.15 The edible parts taken from the inside of the animal's carcass. (offal/intestines)

2.11
See Separate
Worksheet
+
memo

Normally 1 mark per question

1. Various possible options are provided as answers to the following questions. Choose the correct answer and mark A-D with a X. {write only the letter (A-D) next to the question number}
- 1.1 The hump is part of the forequarter of the beef carcass and is found just behind the.....
 - A shin
 - B neck
 - C brisket
 - D fillet
 - 1.2 The T-bone is a large cut through the whole.....
 - A fillet
 - B leg
 - C aitch bone
 - D sirloin
 - 1.3 A minced meat dish topped with a layer of mashed potato:
 - A Cottage pie
 - B Lasagne
 - C Moussaka
 - D Cornish pie
 - 1.4 The traditional accompaniment served with roasted leg of lamb:
 - A Apple jelly
 - B Mint jelly
 - C Quince jelly
 - D Orange jelly

- 1.5 The degree of readiness in red meat when the outside layer is a thick gray layer with the interior still pink:
- A Rare
 - B Medium to rare
 - C Medium
 - D Well done

Normally 1 mark per question

3. Give ONE word/term for each of the following descriptions:

3.1 A thin slice of veal which is crumbed and then quickly fried in shallow oil.

3.2 Whole fillet, seared and wrapped in puff pastry, roasted in the oven

3.3 The most tender cut of meat from a beef carcass.

3.4 Yellow inedible connective tissue.

3.5 When fat or bacon is inserted into meat.

3.6 When fat is deposited in the muscle between the fibres.

3.7 The type of connective tissue which is broken down to gelatine during slow moist heat cooking methods.

3.8 The name given to sheep meat when it is younger than 6 months.

3.9 The stiffening of a carcass once slaughtered.

3.10 The enzyme in raw pineapple, used to tenderise meat.

(10)

4. Select the most appropriate dish from Column B that best matches the description in Column A. Write only the letter A-O in the space provided.

(15)

	Column A	Answer	Column B
4.1	Italian stew dish, prepared from veal shanks		A Beef Stroganoff
4.2	A thin batter, baked in a lot of fat and pan juices obtained from oven roasted beef		B Beef Provencal
4.3	French dish. Beef with a sauce of tomatoes, onions and garlic as flavouring		C Yorkshire pudding

	Column A	Answer	Column B
4.4	Thin slices, crumbed veal, which are deep fat fried.		D Pastrami
4.5	Fillet, rump or sirloin, sautéed in butter and shallots. Served with a jus containing Worcestershire sauce and brandy		E Beef Wellington
4.6	Russian stir fry dish, with rich sauce		F Osso Buco
4.7	Strongly flavoured beef.		G Goulash
4.8	Cubed meat, sealed and sweated with onions. Flour, tomato puree and stock is added and then simmered.		H Wiener Schnitzel
4.9	Grilled fillet steaks with veal liver pate		I Steak tartare
4.10	Fillet wrapped in puff pastry		J Fillet Mignon
4.11	Raw fillet served with accompaniments		K Steak Diane
4.12	This cut is from the 'tail end' of the fillet		L Tournedos Rossini
4.13	A large fillet steak (beef) cut from the head part of the fillet		M Tournedo
4.14	Raw, thinly sliced and flattened fillet slices		N Chateaubriand
4.15	A neat, round steak, cut from the middle part of the fillet.		O Carpaccio

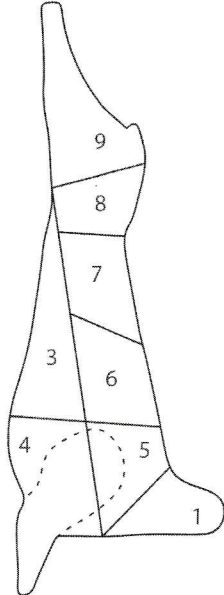
5. Select the cooking method in COLUMN B which would be most suited for the cut in COLUMN A. Write down only the letter (A-F) next to the question number in the provided space.

	Column A	Answer	Column B
5.1	Leg of lamb (whole)		A Stewing, casserole
5.2	T-bone		B Oven roast
5.3	Rolled flat rib		C Grill, pan fry
5.4	Corned beef		D Pot roast
5.5	Lamb neck cut into cubes		E Simmer for soup
			F Boil

(5)

Longer questions

6. Study the following lamb/mutton carcass and provide the correct cuts numbered in the illustration: (1-9)

	<p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p>
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7. Differentiate between mutton and lamb by answering the following questions:

7.1 How old should the sheep carcass be to be called mutton and not lamb? (1)

7.2 Mutton is less tender than lamb. Why? (1)

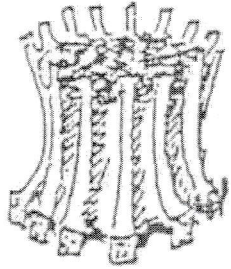
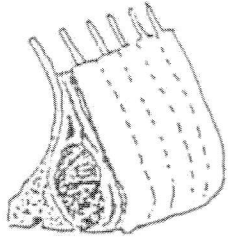
7.3 Which ONE of the two is more flavoursome after the cooking process (1)

8 Which cooking method is used for the following meat cuts?

8.1 Leg of lamb _____ (1)

8.2 Lamb shanks _____ (1)

9 Identify the following sketches of lamb cuts. (2)

	
<p>_____</p>	<p>_____</p>

10 Which traditional sauce would you serve with a leg of lamb?

(1)

12 Study the following beef carcass and provide the correct cuts numbered in the illustration: (1-17)

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

12. _____

13. _____

14. _____

15. _____

16. _____

17. _____

11 Explain the following terms:

(3 × 2) (6)

11.1 Marbling

11.2 Barding

11.3 Larding

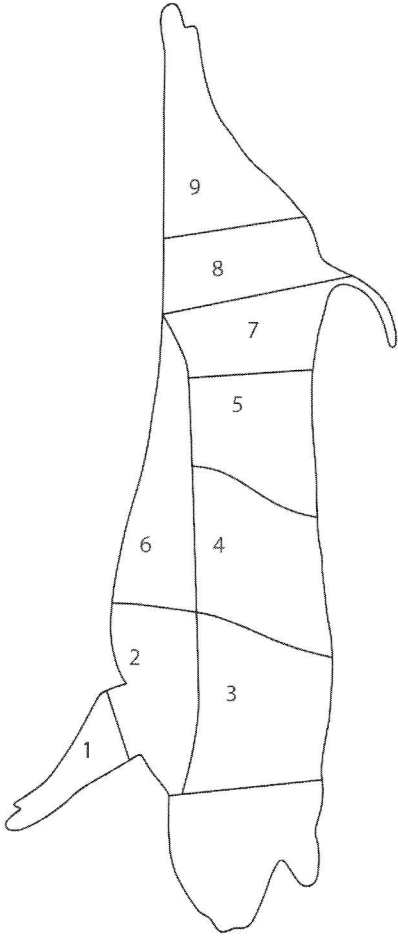
13 Which cooking method would you suggest for the following beef cuts?

13.1 Oxtail

13.2 Sirloin

13.3 Wing rib

19 Identify the different cuts from a pork carcass.

 <p>The diagram shows a side view of a pork carcass divided into nine numbered sections. Section 1 is the head, 2 is the shoulder, 3 is the ham, 4 is the loin, 5 is the ribs, 6 is the belly, 7 is the picnic ham, 8 is the neck, and 9 is the tail.</p>	<ol style="list-style-type: none">1. _____2. _____3. _____4. _____5. _____6. _____7. _____8. _____9. _____
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16 Give SEVEN factors determining the cooking time of a large cut of meat, for example leg of pork. (7)

20 Name the traditional sauce served with a roasted leg of pork.

(1)

21 What do you understand from the following terms:

21.1 Gammon

21.2 Eisbein

Field trip

Visit your local Supermarket (Checkers/Spar/Pick n Pay) to investigate the following:

1. Compare the following with each other by completing the table.

	Fore/hind quarter?	Price/kg
T-bone		
Sirloin		
Fillet		
Rump		
Prime rib		
Oxtail		

What is your conclusion from the above fact finding?

2. Identify the available, different forms of lamb chops and compare each using price per kg.

Lamb chop form	Price/kg
Lamb chop form	Price/kg

3. How does the price per kg compare between lamb and mutton?

4. Bacon can be purchased in many different forms. Investigate the different forms and compare the price per kg.

5. You will find different types of ham in the cold meat section. Name a few and compare the price per kg.
