

Module 8 – Meat

MEAT DEFINITION

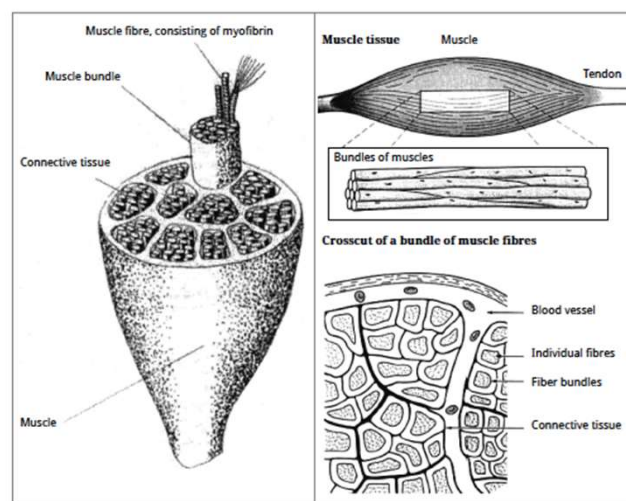
Different terms are used when it comes to meat:, such as:

- Grain – The coarseness of the fibres in a muscle;
- Marbling – When fat is deposited in the muscles between the fibres;
- Boning – This is to remove the bones from the meat;
- Larding – Cuts of meat which are not well-marbled and fat is inserted into the meat.
- Barding – To wrap fat or bacon around lean meat;

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STRUCTURE/COMPOSITION OF MEAT

Meat consists of the following:



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NUTRITIVE VALUE OF MEAT

Meat consists mainly of water, protein, fat and minerals. The liver also contains carbohydrates (glycogen). Muscle fibres contain approximately 75% water and 20% protein. The most important proteins present are myosin and actin, which are essential for the contraction of muscles.

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QUALITY OF MEAT

Good quality meat is related to:

- Colour of the lean meat;
- Fineness of the grain;
- Colour, texture and distribution of fat; and
- Smooth, satiny surface when cut.

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COOKING METHODS

Applicable cooking methods for meat include:

- Dry-heat cooking methods (oven roasting, pan-frying and grilling);
- Moist heat cooking methods (simmering, stewing and casserole); and
- Combination methods (pot roasting and braising).

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CHOOSING AND PURCHASING OF MEAT

The following three qualities of meat are important characteristics to look for when buying meat:

- Size;
- Thickness of fibres and connective tissue; and
- The presence of fat.

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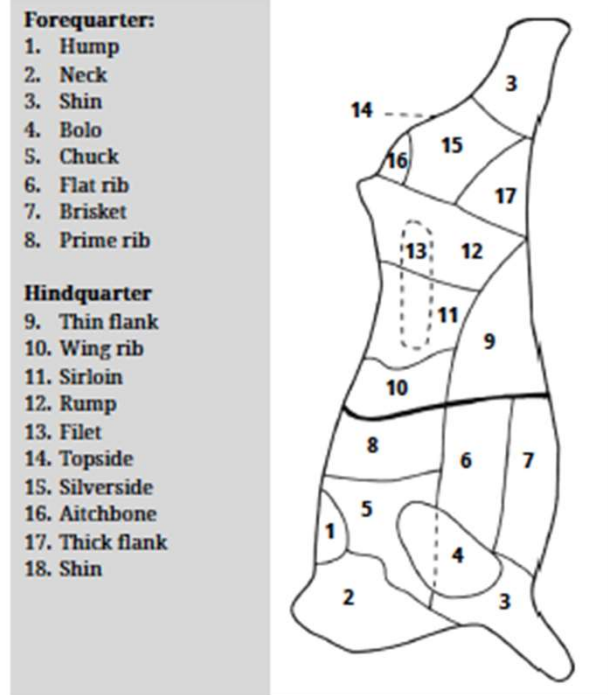
CLASSIFICATION OF MEAT TYPES

- Steer/ox;
- Stag;
- Bull;
- Heifer;
- Cow;
- Veal;
- Calf meat or flesh;
- Baby Beef;
- Lamb/mutton; and
- Pork.

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CUTS: BEEF AND VEAL

Beef and veal can be purchased as a whole forequarter or hindquarter or jointed, boned and rolled, diced for stewing or for pies, minced, or butchered into steaks.



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MUTTON/LAMB

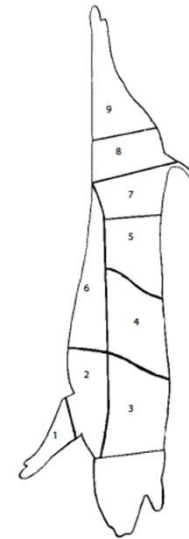
Lamb can be purchased whole, jointed, butchered into cutlets and chops, or as one of the special catering cuts such as baron or crown roast. When purchasing whole carcasses, the menus must be carefully planned to make use of the less tender joints only suitable for stewing.

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PORK

Pork cuts:

1. Shank and trotter
2. Breast
3. Thick rib
4. Rib
5. Loin
6. Flank, belly
7. Chump
8. Leg, fillet end
9. Leg, shank end



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OFFAL

Offal is the innards and extremities of the animals we eat, ranging from familiar liver and kidneys to more adventurous parts. Types of offal are:

- Liver;
- Kidneys;
- Sweetbreads;
- Brains;
- Heart;
- Tongue;
- Ox-tail; and
- Tripe.