

Module focus

Most people buy their meat in the form of cuts, joints or mince. Meat is also bought ready prepared, e.g. sausages, ham, burgers, kebabs.

Knowing where meat comes helps you know how to prepare, cook and serve it.

This module is about the different cuts of beef, pork and lamb which are available.



Introduction

Cuts of meat are prepared by butchers in shops or supermarkets to meet the different needs of consumers.

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A wide range of different cuts are available, giving greater choice and variety.

Carcase meat is prepared into cuts, joints and mince to make it:

- convenient to buy in smaller amounts;
- convenient to buy in suitable portions sizes, e.g. chops, steaks;
- easier to prepare and quicker to cook;
- easier to store safely.

f meat cuts



Meat cuts and cooking

The method of cooking selected for a cut of meat will depend on:

- the type of muscle fibre it is made up from;
- the amount of connective tissue it contains.

Cuts of meat which are from muscle areas which do a lot of work will need longer, slower cooking methods, e.g. stew, casserole.

Cuts of meat which are from muscles areas not so heavily used by the animal can be cooked much more quickly, e.g. grilling, stir-frying.

Offal such as oxtail and heart need longer, slower cooking such as braising or casseroles. Liver and kidney need shorter cooking methods. Liver can also be cooked and minced to make pâté.