



Hospitality and Catering

Producing meat dishes

Lesson 2

Understand the importance of preparing, cooking, storing and serving meat dishes safely with completion of this course.





Cuts of meat

All type of meat are cut into specific pieces and sizes.

Each piece is different in quality.

Less fat means high quality.



Cuts of meat

Some cuts are tender and some are tough.
 Some cuts are poor quality but are still used.





Tender cuts, minimum fat, prime cuts

Typically from the middle and ribs of the animal:

- Fillets
- Loin – pork and lamb
- Sirloin





Cooking tender cuts

- Roasting
- Frying
- Stir frying
- Deep frying
- Grilling





Tough cuts – medium fat,

Typically from the legs which have more muscle.

- Leg of lamb and pork
- Rump, Topside and silver side in beef





Cooking tough cuts

Tough cuts need to be cooked longer in liquids to soften the meat and keep it moist.

- Stewing
- Braising
- Casseroling





Cheap cuts, low meat, high fat

- Hocks – lower legs of pork
- Scrag end – necks of lambs
- Shanks – lower legs of beef and lamb



Cooking cheap cuts of meat

- Used to flavour soups and stocks
- Braised or boiled to tenderise the meat





Basic meat cuts

- Meat is more tender on the back and middle
- Meat gets more tough as you move out from the middle



Cuts of beef

Shin – high fat

Sirloin – tender , prime

Topside – tough cuts





Cuts of lamb

Loin – tender , prime

Shoulder – cheap cuts

Leg - tough





Cuts of pork

Loin – tender , prime

Shoulder – cheap cuts

Leg /ham – tough cuts





Cooking methods of beef

Sirloin – Frying / roasting

Topside – roasting

Thick flank – Braising /stewing

Shin - boiling / braising





Cooking methods of lamb

Loin – Roasting/frying ,grilling

Leg – Roasting

Shoulder – Braising /stewing

Scrag end - Boiling





Cooking methods of pork

Loin – Roasting/frying

Leg – Roasting/stewing , braining

Hand –Stewing/boiling

Hock - Boiling





Revision Activity 2

List some examples of tender cuts of meat?