

## MEAT

Meat is the flesh and organs of an animal that is used for food

Meat that has been labelled British has to come from animals which have been bred, born, reared and slaughtered in Britain



### Animal Welfare

Animal welfare refers to the well-being of the animal. It gives assurance that the animal has been reared without any pain, injury or disease, has plenty of shelter and comfort and access to clean water and healthy food.



### Beef

Beef is the meat obtained from cows. It comes in many forms such as joints for roasting, steaks for quick cooking, and mince for frying.



### Veal

Is the meat from young male cows

### Pork

Pork is the meat obtained from pigs. It comes in many forms such as gammon joints, bacon rashers, and roasting joints such as leg.



### Other meats

Goat, Rabbit, Horse, Venison

### Meat from sheep

**Lamb**— young sheep under 1 year old

**Hogget**— Sheep older than 1 year

**Mutton**— An older sheep



### Offal

Offal is the name given to the edible organs of an animal such as kidneys, lungs, heart, liver and tongue.



### Nutrition

Meat and meat products are a good source of nutrition. Nutrients present in most meat items include:

Protein—Fat—Vitamins A & D— B  
Vitamins—Iron—and Zinc

### Portion size

We should eat around 80g as a portion

### Marinades

Marinades are used to tenderise and flavour meat before cooking. Usually an acid such as lemon juice or vinegar is used along with herbs and spices

### Cooking Meat products


We need to cook meat for various reasons, such as:

- To make it safe to eat
- To make the meat tender ensuring its easy to digest
- To improve the colour
- To improve the flavour

### Cooking Meat products

Some types of meat, such as steak, require a quick style of cooking however, some items such as beef brisket require a long, slow style of cooking. This is due to the amount of collagen contained in the cut that needs to be broken down over time to make the meat tender and digestible

### Methods of cooking

- Grilling—suitable for bacon, chops, steak 
- Roasting—larger joints such as pork leg
- Braising—a moist method suitable for brisket or lamb shanks
- Stewing—a moist and slow method suitable for oxtail

### Fat content of meat

Meat and meat products can be high in saturated fat and there are many ways which to reduce the saturated fat.


You could **trim** the fat off bacon. You could **dry fry** steaks or **grill** them. You could choose **leaner** cuts. You could **skim** the fat off stews or a Bolognese.

### The effect of heat on meat and fish

The proteins **coagulate** when heat is applied. At 60°C the proteins begin to change their shape and structure. This is called **denaturation**.

### What happens when meat is cooked

When meat is cooked many chemical and physical changes occur that affect the sensory attributes.

- Changes in colour—browning— called the **Maillard affect** 
- Proteins shrink and lose moisture
- Connective tissue softens /Collagen melts making the meat more tender
- The fat melts or renders
- The flavour enhances

### Safe storage and preparation of Meat

Raw meat should be prepared on a **RED** chopping board. Once cooked meat should then be cut on a **YELLOW** chopping board.

Raw meat should be stored in a fridge at 5°C or frozen at -18°C