

Meat

- Meat is one of the _____ items on the menu-Yet also one of the most _____.
- To get the best value you it is important to understand how to properly:
 - _____
 - _____
 - _____
- But first you need to understand the inspection and grading process for the meat

Meat Inspection

- Government inspection of _____ is required (Including Game and Poultry)
- Inspections are also required at the _____, _____, and again after butchering.

Who inspects the meat?

- Most is inspected by federal government _____.
- If states have their own inspectors they have to meet or exceed the federal _____/_____
- They are both paid by _____

What do Inspectors do?

- They ensure that:
 - Animals are free from _____
 - Farms are operated according to appropriate standards for safety, _____, and health
 - Meat is _____ and fit for human consumption

Quality Grading

- What is it?
 - The _____ has developed specific standards that are used to assign grades to meat based on it quality.
- Who does the grading?
 - USDA trains graders to ensure that _____ standards are consistent across the country.
 - But because Grading is not requires and is _____, the meat packer _____ the cost involved in grading meat

Grading

- Packers can choose to grade the meat based on their _____ grading standards.
- But those standards must meet or _____ the federal standards

How do you Grade?

- The grade placed on a particular _____ is applied to all the cuts from that particular carcass
- The following is considered:
 - The overall _____ of the carcass
 - The _____ of fat to lean meat
 - The ratio of meat to _____
 - The _____ of the meat
 - The amount of fat present in the lean flesh (this is known as _____ in beef)

Butchering

- After slaughtering, inspection, and grading, a large animal carcass is butcher
 - It is first cut into manageable pieces.
 - The exact standards for individual animal types govern where the cuts are made
 - They are typically two ways to cut up a carcass
 - _____
 - _____

Sides and Quarters

- The first cuts made in this type of butchering divide the carcass into sides and then into quarters
 - Sides are prepared by making a cut down the length of the backbone
 - Quarters are made by cutting sides into two pieces and dividing them at specific points (this is usually how larger carcass, such as those of beef and pork, are cut up)
 - The front quarter is called the _____
 - The rear quarter is called the _____

Saddles

- This type of butchering divides the carcass into two portions by cutting across the belly.
- Each portion includes the left and right side of the carcass, which is call the saddle
 - Front portion is called the _____
 - Rear portion is called the _____
- This is usually how smaller carcass are cut up, such as veal.

After Quarters and Saddles

- The next step is to cut the quarters or saddles into primal cuts
 - These are portions that meet uniform standards for _____, _____, and _____
- Primal cuts are then broken down into sub primal cuts

- Sub primal can be trimmed, packed, and then sold to restaurants or butcher shops.
- Sub primal are broken down into what is called retail cuts

Common Retail Cuts

- _____
- _____
 - Portion sized cut, with or without the bone, that typically includes well-defined portions of lean meat and fat; dry heat methods for cooking
- _____
 - Large, multi-portion cut intended for roasting or braising
- _____
 - Portion-sized cut that often includes a portion of the rib; both dry heat and moist heat are used
- _____
 - Thin, tender, boneless portion-sized cut, often taken from the leg or rib; typically requires dry heat method

Common Retail Cuts

- _____
 - Small, round or oval, portion sized cut often from the rib or loin; typically requires dry heat methods
- _____
 - Small, tender, round portion-sized cut, usually from the rib or loin; typically requires dry heat methods
- _____
 - Small thin, portion-sized cut; typically requires dry heat methods
- _____
 - Small chunks, typically .75 to 1,5 inch, of relatively lean meat cut from a variety of the primal cuts; used for stewing
- _____
 - Ground meat, including some percentage of fat, from various primal; also referred to as hamburger and minced beef

Types of cuts of Meat

- The flavor, color, texture of any meat are influenced by several factors:
 - The amount of exercise the _____ receives
 - The animal's _____
 - The type of _____ it received
 - Its _____

Beef

- The beef industry typically uses
 - young males (steers) and females (heifers)
 - The older the animal, the less tender the meat

Specialty Beef

- Specialty beef is available from other countries, such as Kobe beef from Japan and Limousin beef from France
- From the U.S. includes Certified Angus, natural beef, and organic beef

Grades of Beef

- There are eight USDA grades of beef
- From the Highest to the Lowest
 - Prime
 - Choice
 - Select
 - Standard
 - Commercial
 - Utility
 - Cutter
 - Canner
- The top three grades come from younger breed
- Grades lower than Select are generally used for processed meat, such as frankfurters, and are not used in the restaurant or retail industry

USDA Prime

- Only a small % of beef is graded Prime
- Usually reserved for hotels, restaurants, and butcher shops
- It is the most tender, juicy, and flavorful
- It has abundant marbling, which enhances both flavor and juiciness.
 - Prime Roast
 - Steak

USDA Choice

- The most popular quality and the most widely sold grade in retail stores.
- It is very tender, juicy, and flavorful
- Has less marbling than Prime

USDA Select

- Very uniform in quality
- Gaining popularity because it is leaner than the higher
- Not as juicy or flavorful as Prime or Choice
- Often marinated before cooking or cooked by using moist heat methods

Beef

- A beef forequarter contains four primal cuts:

- The chuck (Shoulder)
- The Rib
- The brisket and fore shank
- The short plate
- The Hindquarter also contains four primal cuts:
 - The loin
 - The sirloin
 - The flank
 - The Round (Leg)

Forequarters Beef Primal

- Chuck
 - Moist heat and combination cooking methods are appropriate for cuts from the chuck primal, which usually need long, slow cooking.
 - Sold as roast or cut into steaks
 - Often used for stew meat and ground beef
- Rib
 - Roasting, grilling, broiling, and sautéing are the most common cooking methods for most cuts from the primal rib
 - Often sold whole
 - It is also sold in smaller roasts, or cuts into steaks such as rib eye steaks

Forequarters Beef Primal

- Brisket and Fore shank
 - The brisket typically braised
 - Used to make corned beef
 - When cured or smoked, it is used to make pastrami
- Short Plate
 - This is under the primal ribs
 - Short ribs and skirt steaks are fabricated from the short plate

Hindquarter Beef Primal

- Loin
 - The front portion of the loin contains some very tender meat
 - Most cuts sold as whole roast or steaks
 - Produces a variety of retail cuts
 - T-bone steaks
 - Strip loin steaks
 - Filet Mignon
 - Tournedos
 - Tenderloin tips
- Sirloin
 - Contains a portion of the tenderloin
 - Other than the tenderloin, sirloin is generally less tender than meat from the loin
 - Sirloin butt is a moderately tough retail cut

Hindquarter Beef Primal

- Flank
 - Flank steak is below the loin and is almost always sold whole
- Round (Leg)
 - Two portions of the round, the knuckle and the eye of the round
 - Cuts from the round are often made into cubes for stew meat or kebabs
 - Meat from the bottom round is often ground

Beef Variety Meat

- Kitchens also use cuts other than those from primal cuts. These cuts include organs such as
 - Liver
 - Tongue
 - Kidneys
 - Intestines
 - Oxtail
 - Heart
 - Tripe

What are they used for?

- Liver
 - Sautéed or ground to make pate or sausages
- Tripe (Stomach Lining)
 - Simmered or braised
- Kidneys
 - Sautéed, stewed, or braised
- Tongues
 - Simmered; also often pickled or smoked
- Oxtail
 - Simmered, stewed, or braised
- Intestines
 - Used as large sausage casings
- Heart
 - Simmered, braised, or stewed