

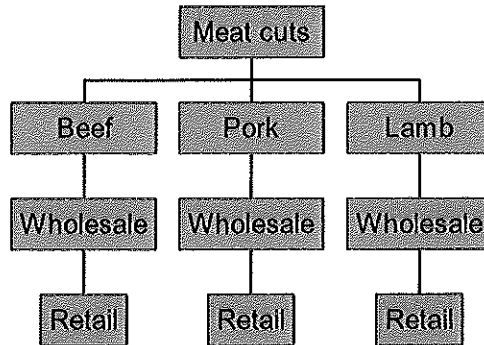
# Meats Lesson

## Terminology

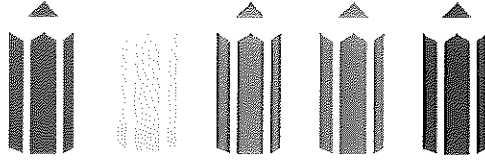


# Types of Cuts

## Meat Terminology



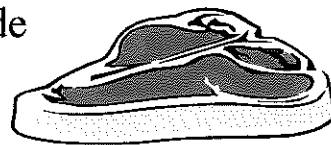
## Meat Terms



- ◆ Carcass- body of the animal with the skin or hide , entrails and other extremities removed
- ◆ Quality-Edibility of the meat
- ◆ Yield- Amount of meat in comparison to bone and fat
- ◆ Lean- Part of the flesh consisting of the muscle without the fat
- ◆ Rib Eye- Large muscle laying outside the rib, used as an indicator of quality and yield
- ◆ Bullock- a young bull
- ◆ Cod- part of the scrotum left after castration
- ◆ Ossification- cartilage changing into bone.
- ◆ Marbling- Flecks of fat within the meat

### Terminology

- ◆ Cod- Part of the scrotum left after castration
- ◆ Ossification- Cartilage changing into bone
- ◆ Marbling- Flecks of fat in the meat
- ◆ Conformation- Visual appearance of the carcass
- ◆ Hot Carcass- Weight of carcass before cooling
- ◆ PYG- Preliminary Yield Grade



## Terminology -cont-

- Maturity- Age of animal as indicated by carcass characteristics
- Roast- Thick cut of meat usually less than 1 1/2 inch or more
- Steak- Thin cut of meat usually less than 1 1/2 inches or more
- Sweetbreads-Thymus glands of pancreas



## Terminology -cont-

- Bnls -- Abbreviation for "Boneless"
- Variety Cuts - Refers to those retail cuts coming from the glands or organs
- Various Cuts - Refer to those retail cuts that have to be prepared prior by mixing or cooking
- Cured or Smoked - Those retail cuts that are prepared by cooking or smoking.



## Important Steps in Identification of Meat Wholesale and Retail Cuts

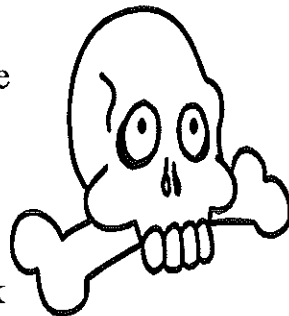
- Bone Structure
- Color
- Fat Texture and Color
- Wholesale Cuts
- Retail Cuts



## Bone Identification

Knowing where the bones are located will help you identify where the meat cuts originate

- |  |  |
|--|--|
| <input type="checkbox"/> 1. Neck Bone  | <input type="checkbox"/> 9. Breast Bone    |
| <input type="checkbox"/> 2. Back Bone  | <input type="checkbox"/> 10. Rib Cartilage |
| <input type="checkbox"/> 3. Slip Joint | <input type="checkbox"/> 11. Rib           |
| <input type="checkbox"/> 4. Tail Bone  | <input type="checkbox"/> 12. Pelvic Bone   |
| <input type="checkbox"/> 5. Blade Bone | <input type="checkbox"/> 13. Leg           |
| <input type="checkbox"/> 6. Arm Bone   | <input type="checkbox"/> 14. Knee Cap      |
| <input type="checkbox"/> 7. Fore Shank | <input type="checkbox"/> 15. Stifle Joint  |
| <input type="checkbox"/> 8. Elbow      | <input type="checkbox"/> 16. Hind Shank    |



The name of meat cuts are frequently named in relation to the bone structure



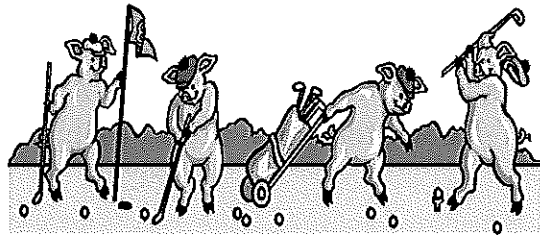
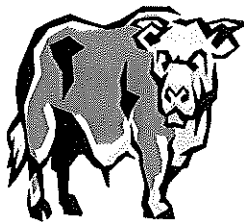
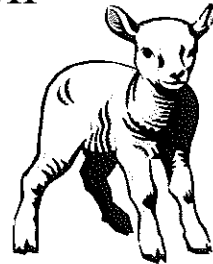
Examples of this would be --Arm Steak, Arm Roast, T-Bone Steak, Rib Steak, Flank Steak, Round Steak ECT.

## **7-Bone Group**

Shoulder, Arm Cuts	Arm Bone usually round
Shoulder Blade Cuts	Blade Bone
Rib Cuts	Back and Rib Bones
Short Loin Cuts	Back and T-Bones
Hip (Sirloin) Cuts	Pin Bone, FlatBone, Wedge
Leg or Round Cuts	Round Bone
Breast or Brisket	Leg or Round Bones
	Breast and Rib Bones

## Color of the Lean is a Major Factor in Identification

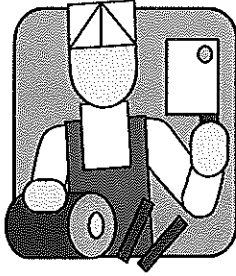
Different species of animals have different color characteristics. Beef normally shows a bright cherry red color. Pork ranges from grayish pink to a delicate rose color. Lamb is a pinkish dark red.



## FAT IS A FACTOR IN THE IDENTIFICATION OF MEAT CUTS



- Beef Fat is cream colored and quite rigid
- Pork Fat is greasy white and has few or no air pockets
- Lamb Fat is white and tends to be flaky



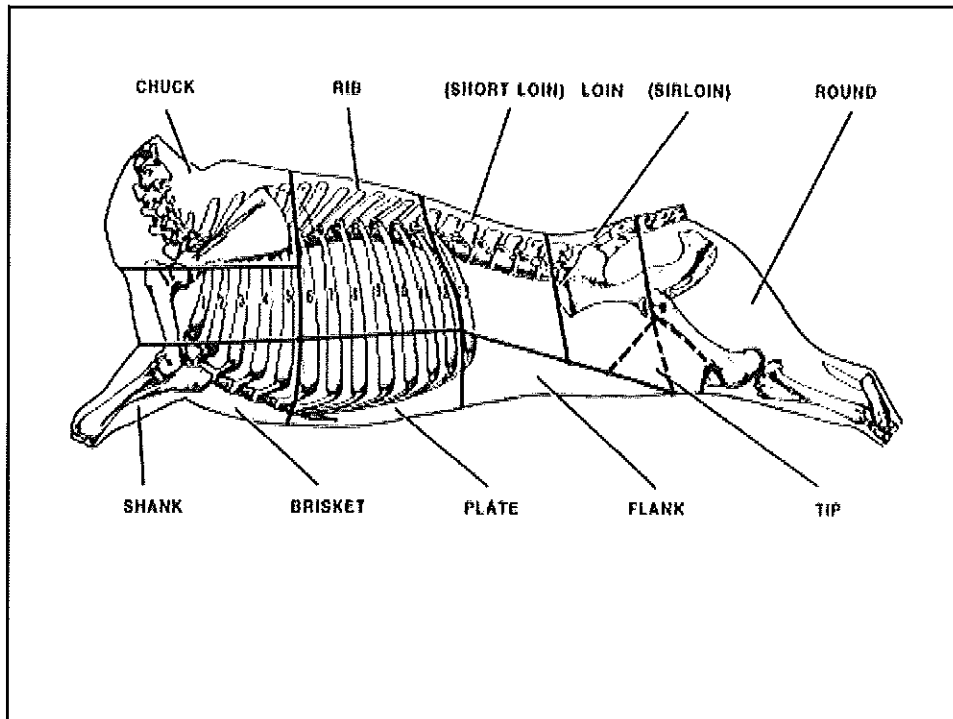
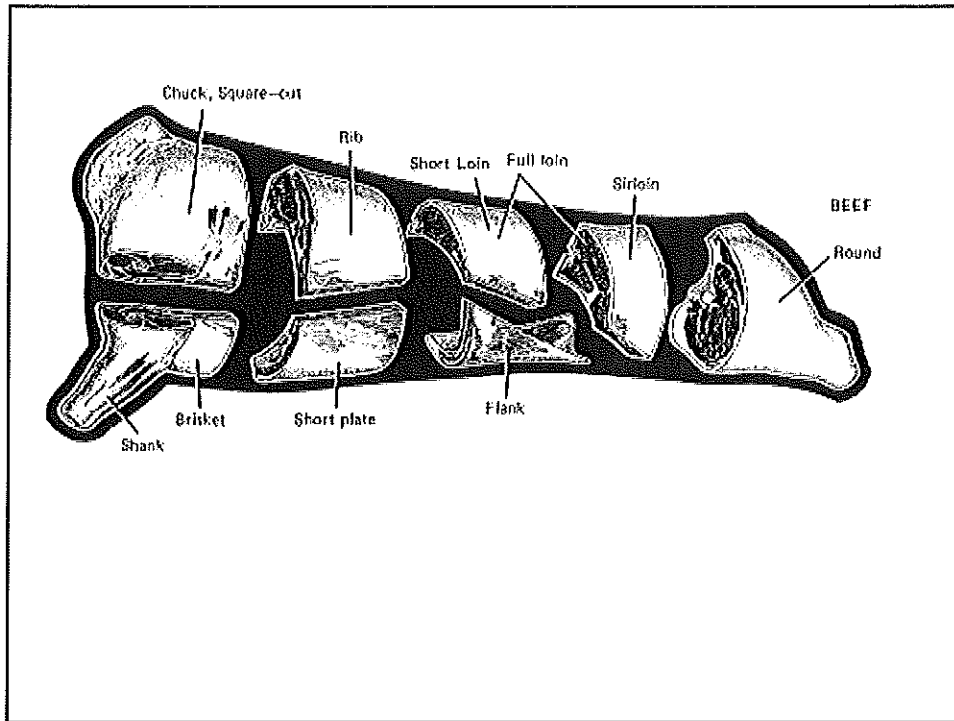
## Wholesale Cuts

Because of an animal's size the carcass has to be divided into smaller portions for ease of handling and for customer purchasing. These portions are called wholesale or primal cuts. These wholesale or primal cuts are then broken down into retail cuts which are generally the portions we see on the grocery counters.

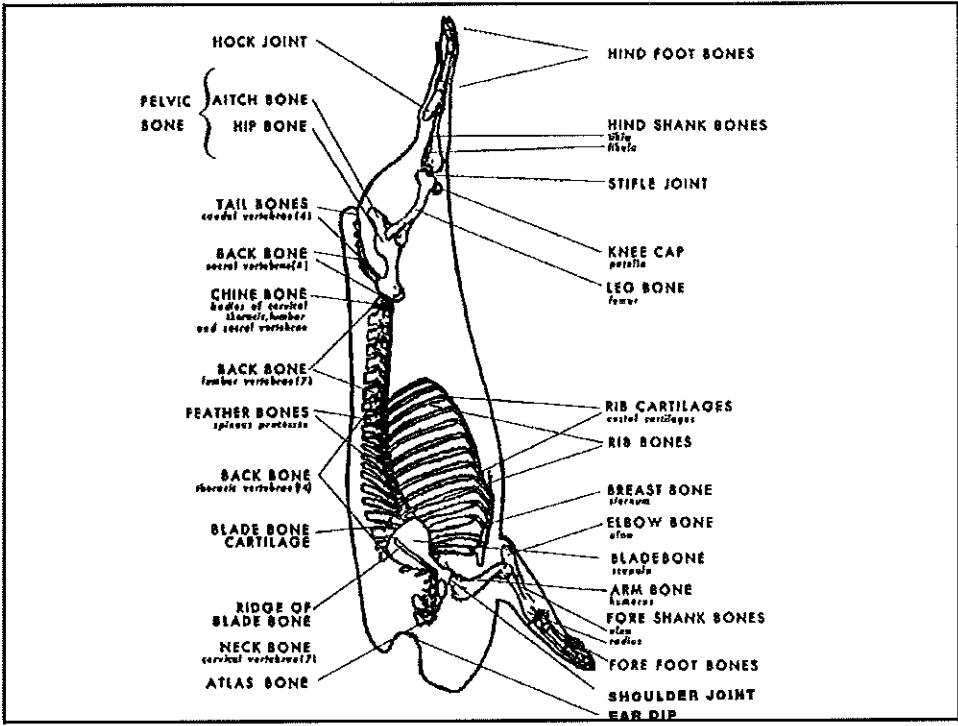
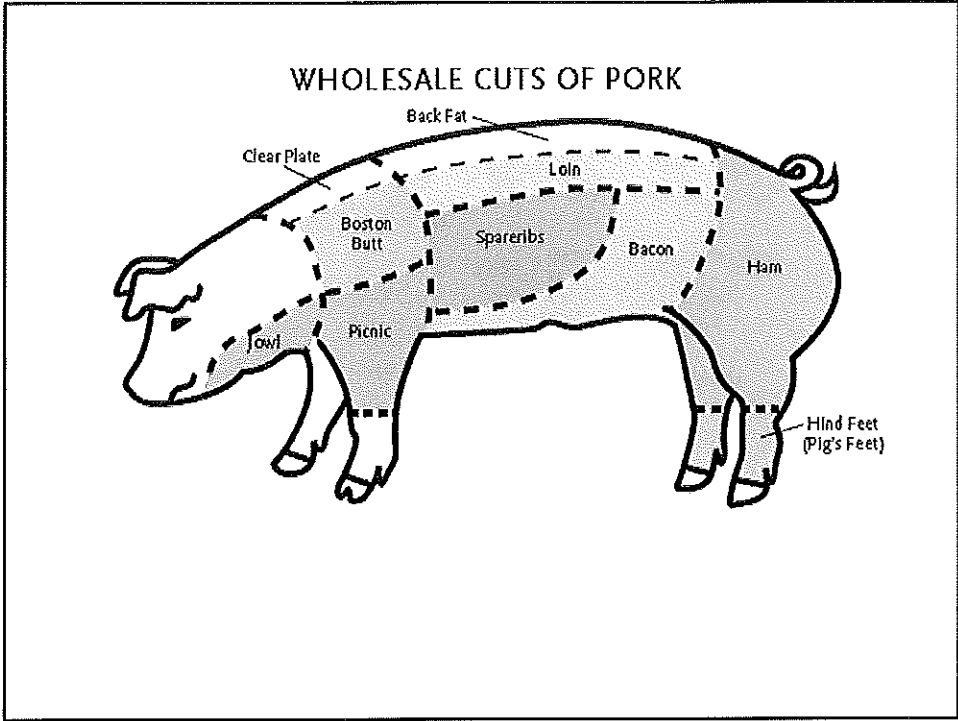
### Wholesale Cuts of Beef-Pork-Lamb

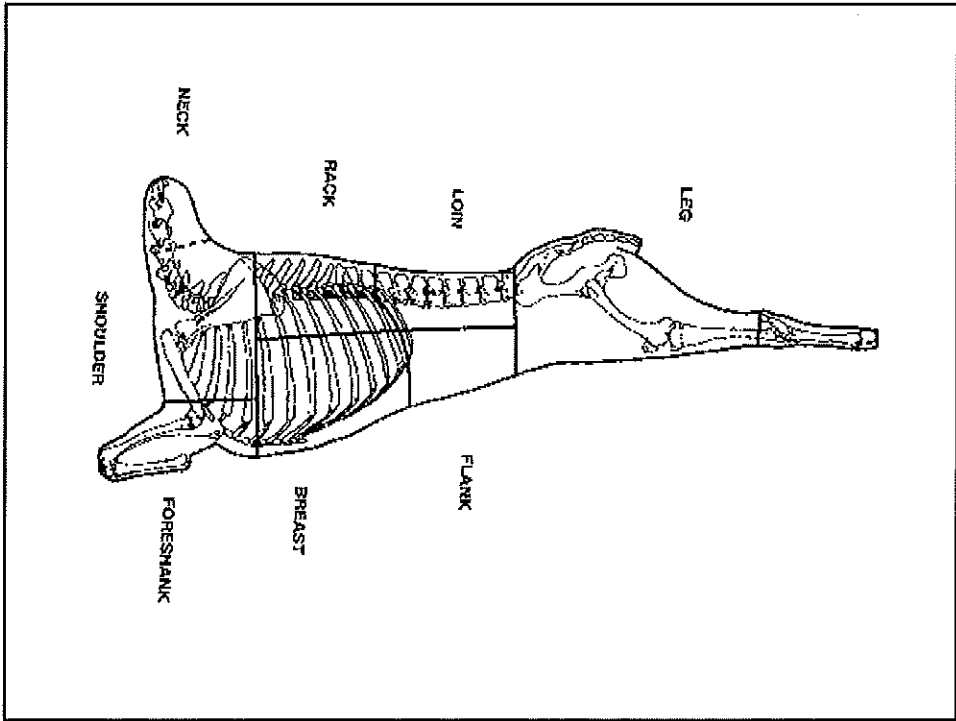
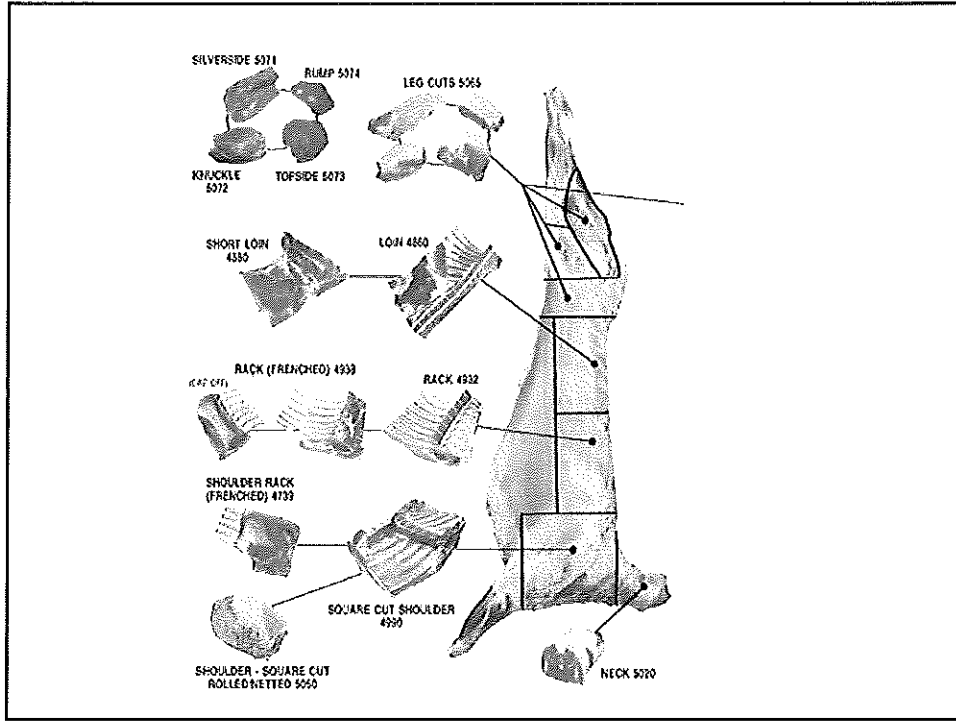
\*Indicates number matches worksheet

Beef	Pork	Lamb
Wholesale	Wholesale	Wholesale
1. Chuck	1. Jowl	1. Shoulder
2. Rib	2. Boston	2. Rib
3. Shank	Blade	3. Foreshank
4. Brisket	3. Picnic	4. Breast
5. Short Loin	Shoulder	5. Loin
6. Sirloin	4. Belly	6. Leg
7. Round	5. Loin	
8. Flank	6. Leg	







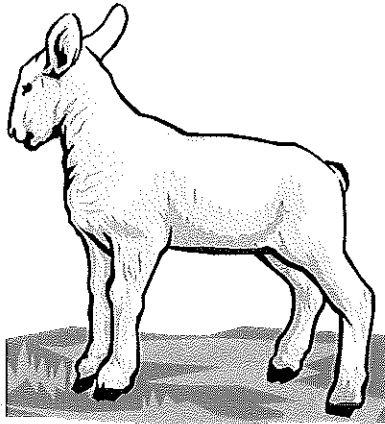


## Yield Grades of Beef

- U.S. #1
- U.S. #2
- U.S. #3
- U.S. #4



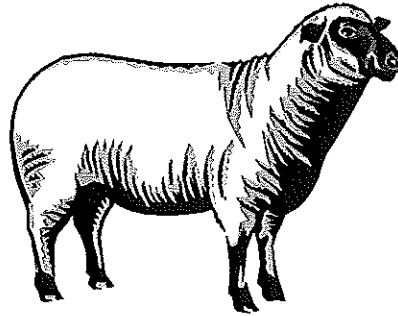
## YIELD GRADES OF LAMB



- U.S. #1
- U.S. #2
- U.S. #3
- U.S. #4

## QUALITY GRADES OF LAMB

- Prime
- Choice
- Utility



## YIELD GRADES OF PORK



- U.S. #1
- U.S. #2
- U.S. #3
- U.S. #3

## QUALITY GRADES OF BEEF

- Prime
- Choice
- Select
- Standard
- Commercial
- Utility
- Cutter
- Canner



