

Meat and Poultry Study Sheet

Reference: Lecture
World of Food, Chapter 18
Food for Today, Chapter 19

Meat is government inspected for wholesomeness

Amount of bone affects the number of servings:

- 4 to 5 servings per pound—cuts with no bone, some fat (ground beef)
- 3 to 4 servings per pound—cuts with little fat or bone (round steak)
- 2 to 3 servings per pound—cuts with medium fat or bone (most roasts, ham, chops)
- 1 to 2 servings per pound—cuts with much fat and bone (pork spareribs, porterhouse, T-bone, and club steaks)

Salt is added at the end of cooking: helps to retain water so the meat doesn't dry out.

Meat Thermometer:

The best way to test for doneness to ensure meat is cooked properly.
Should be placed in the center of the meat away from fat and bone.

Fresh meats (other than ground meats) will usually stay fresh in the refrigerator 2 - 4 days.

Thawing Meats:

Thawing meat in the refrigerator is the safest way to thaw frozen meats.
When thawing under cold water or in the microwave, cook the meat immediately after thawing.

Principle of Meat Cookery:

Cook at a **LOW** temperature

Nutrient Contributions:

Protein, iron, copper, phosphorus, B vitamins—thiamin, riboflavin, niacin, fat

Beef

Grades of Beef:

prime, choice, select or good, standard, commercial

Label:

Kind of meat - beef, pork, lamb, etc.

Net weight, name and address of the processor, and grade of meat

Primal/wholesale cuts:

Chuck, Rib, Short loin, Sirloin, Round, Fore shank, Brisket,
Short plate, Flank, Rump

Retail cuts

Steak is a thinner cut (chuck steak)

Roast is a thicker cut (chuck roast)

Location and type of muscle tissues determines the best cooking method for beef:

Support - tender cuts

Rib, Short loin, Sirloin

Use dry heat method of cooking - broil, pan broil, roast, barbeque,
pan fry, stir fry, deep fat fry

Location - less tender cuts

Chuck, rump, round, fore shank, brisket, short plate, flank

Use moist heat method of cooking - braise, stew, cooking in liquid,
slow cooker, pressure cooker

(slow cooking with moisture will increase tenderness)

Bones:

Clue for identifying beef cuts as tender or less tender.

Tender:

t-bone, rib, wedge

Less tender:

round, blade

Tenderizing methods:

Marinating with acids, pounding, moist heat cooking, commercial
tenderizers, grinding, scoring

Degree of tenderness or grade has no relationship to the nutritional value, but does affect price.

Marbling: small amounts of fat throughout the lean that provide tenderness, flavor, and moistness. More marbling occurs in prime cuts of meat.

Cook ground meats until they are no longer pink to ensure all bacteria/e.coli is killed.

To reduce fat in ground beef:

Thoroughly drain and then rinse ground beef

Omit additional fat/oil in recipes calling for browning of ground beef; the meat has sufficient fat to brown.

Ground Beef:

Regular ground beef has up to 30% fat.

Lean ground beef has up to 22% fat.

Extra lean ground beef has up to 15% fat.

Poultry

Poultry is all tender and can be cooked using dry heat methods.

Light meat is leaner and has a more mild flavor than dark meat. Dark meat is more flavorful and tender because it has more fat in it.

Skins are nondigestible and are high in fat.

Remove skin to reduce fat content.

Cook poultry and test with a meat thermometer for an internal temperature of 107° for parts; 180° for the whole bird; juices should run clear