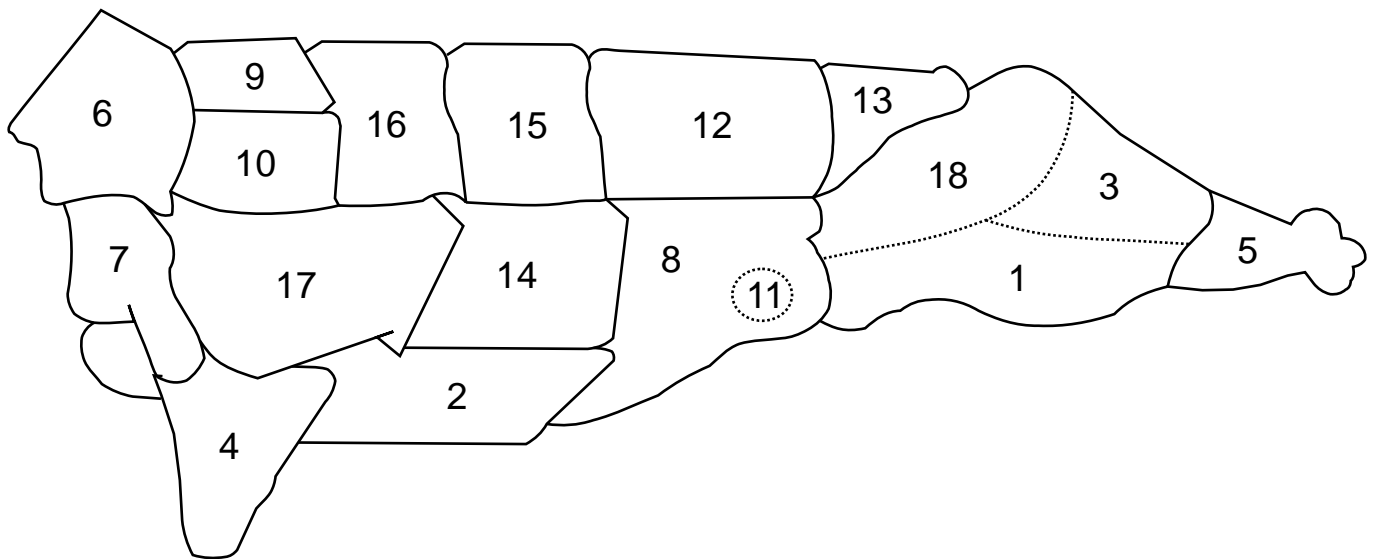


BEEF OR BOUF

The meat of the bullock, cow or even bull, the best and most expensive meat being that of a bullock about two years old. The quality of beef is very dependent on all sorts of factors, such as the age, breed and sex of the animal and the hanging, storing and cutting up of the joints. It is worth seeking out a butcher who supplies the sort of beef you like.

Beef should look fresh and moist, but not watery, with small flecks of fat through the lean. This fat called marbling helps to keep the meet moist and tender during cooking. Choose meat with little gristle between the fat and the lean. Home-killed beef is the choicest, but imported frozen or chilled beef of good quality comes from South Africa, Australia, New-Zealand and other countries.

Beef like all meat, is a good source of protein. It also supplies energy, particularly if there is a lot of fat. The amount of fat in different cuts varies considerably and it is impossible to give exact figures for the nutrients. However, it is a good source of B vitamins and a fair source of Iron.



CUTS AND METHODS OF COOKING

Cuts of beef vary from country to country, but the best cuts, for roasting, grilling or frying, always come from the rump of the animal, while the proper quality meat, for stewing, braising or casseroling, comes from the forequarter.

- SHIN (Foreleg) and LEG (Hindleg) (4&5)** - Produce lean meat with a high proportion of connective tissue. It is suitable for stews, casseroles, stock, soup and brawn.
- NECK & CLOD (6&7)** - Are usually cut into pieces and sold as stewing 'steak' or mince.
- SILVERSIDE (3)** - Is traditionally salted and sold for boiling. Today it is more often sold for roasting but, because it is lean, needs constant basting. Uncooked salted beef is grey, but turns pink during cooking.
- FORE RIB (15)** - Is the traditional cut of roast beef and is sold on the bone or boned and rolled.
- WING RIB (14)** - Is a popular roasting joint, but is often boned and sliced, then sold as frying or grilling steaks.
- SIRLOIN (12)** - Is a tender and delicious cut of beef sold on the bone or boned and rolled with or without fillet for roasting. The fillet is the smaller 'eye' on the inside of the rib bone, which is usually removed. It is sold in slices as fillet steak, or whole for Beef Wellington. Sirloin steaks are slices of the larger 'eye' of the lean.
- CHUCK & BLADE STICK (9&10)** - Is a large, fairly lean cut of high quality meat removed from the bone and sold as 'Chuck Stick'. Suitable for braising, stewing and pie fillings.
- THICK PLANK (Top Rump) (1)** - Is a lean cut suitable for roasting, pot roasting and braising or, when sliced, for braising and frying.
- THIN FLANK (8)** - Is ideal for braising and stewing. It is often salted or pickled and frequently sold as mince.

- SKIRT (11)** - Is tasty economical stewing meat which comes from inside the ribs and the flank.
- BRISKET (2)** - Sold either on the bone or boned and rolled, is suitable for braising or boiling, and is often sold salted. It is good cooked and served cold.
- THIN RIBS & THICK RIBS (16 & 17)** - Usually sold boned and rolled, are ideal for braising and pot roasting.
- RUMP (13)** - Is an excellent large lean and tender cut, sold in slices for grilling and frying.
- TOPSIDE (18)** - A lean cut of beef, with little or no fat, is often sold with a layer of fat tied around it. It can be roasted or pot roasted.

STEAKS

This are the lean slices from the tenderest cuts of beef. They take very little time to cook and need careful watching to ensure they do not overcook.

Steaks need very little preparation, trim them to a good shape if necessary and wipe well. Cut off excess fat but do not remove it all, then slash the remaining fat at regular intervals before cooking to prevent the edges of the meat curling while it is cooking.

Cuts of Steaks

1. **RUMP** - Is the joint next to the sirloin and one of the commonest cuts used for grilling or frying. The 'point' is considered the best part for tenderness and flavour.
2. **FILLET** - The undercut of sirloin, is probably one of the best known and most expensive of the cuts used for grilling or frying. It is very tender although it usually has less flavour than rump. The 'center' or 'eye' of the fillet is considered the best part. The fillet is often cut and shaped into small rounds known as **TOURNEDOS**, weighing 100gms. each.
A **FILLET MIGNON TOURNEDOS** is a small round steak weighing 75 gms. cut from the end of the fillet.
3. **CHATEAUBRIAND** - A thick slice taken from the middle of the fillet, is generally regarded as the most superb cuts of all. It can weigh about 350 gms. and is best grilled.
4. **SIRLOIN** - or **CONTRE FILLTE** is cut into two parts. **PORTERHOUSE** steaks is cut from the thick end of the sirloin giving a large juicy piece that can weigh 800gms. when it is cooked on the bone it is called **T-BONE STEAK**. **MINUTE STEAK** is a very thin steak from the upper part of the sirloin weighing 125 - 150 gms. without trimmings of fat.
5. **ENTRECOTE** - By definition, is the part of the meat between the ribs of the beef, but a slice cut from the sirloin or rump is often also served under this name.
6. **STEAK TARTARE** - Is not a cut of steak, but a dish of finely chopped or minced steak served raw. It is garnished with raw egg yolks and served with capers, onions, anchovies and seasonings.
7. **FLASH FRY** - Again is not a cut of steak. This cuts are slices from lean cuts which have been passes between knife-coveres rollers. This makes the meat more tender and reduces the

Cooking time for Steaks (In minutes) :-

Thickness	Rare	Medium-Rare	Well-done
2cm (3/4 inch)	5	9 - 10	12 - 15
2.5cm (1 inch)	6 - 7	10	15
4cm (1.5 inch)	10	12 - 14	18 - 20