

CUTS OF MEAT

Meat includes edible portion of the mammals, the chief one being cattle.

Structure

Meat comprises of three parts:

1. Lean or flesh part: It is composed of microscopic fibers which are tube like and tapering at the ends and vary in size. These fibers are held together by the CONNECTIVE TISSUES. Fats, blood cells and nerves are found in the connective tissue. Individual fiber is made up of outer walls and the cell contents. Muscles are composed of bundles of microscopic fiber and each bundle is enclosed in a sheath of connective tissue which extends beyond the muscle to form a tendon and ligament. Tendon hold muscles to bony framework.

2. Fatty Tissue: fat globules lie embedded in a network of connective tissues. The distribution of the fatty tissue is inter and intra- muscular under the skin.

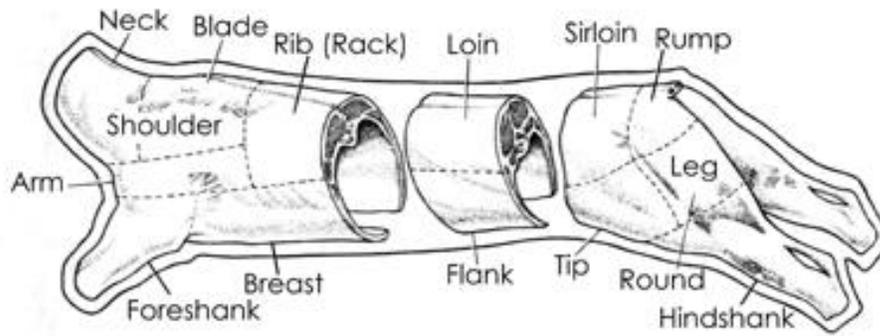
3. Bones: long shafts of the bones are composed of compact bony tissue. A center canal is filled with yellow marrow. Contain red marrow which has get blood cells.

Rigor mortis: after the animals are killed, the muscles become stiff and hard. This is due to the clotting of the MYOSIN (a protein present in meat) which is converted to lactic acid. This condition is called RIGORMORTIS and has its importance in food production because of the fact that the meats are not cooked while they are in the state of Rigor Mortis. When the meats are held for certain time duration at a temperature of 2 to 5° C for 12 to 24 for hours, the Rigor Mortis disappears making the meat tenderer. Veal and Pork should not be hung. Veal due to lack of fat results in excessive drying and pork has high fat content which goes rancid if hung for a longer time.

Meats are generally divided into two categories:

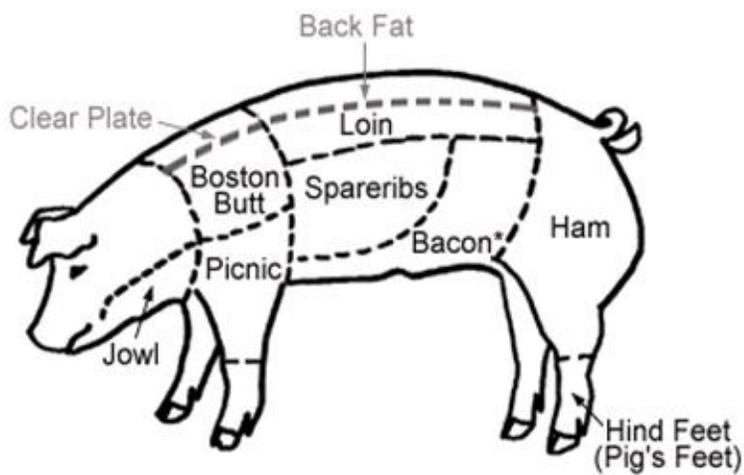
1. White Meat: Veal, Pork and Poultry.
2. Red Meat: Beef, Mutton, Lamb

Cuts of Veal



Major cuts of Veal

Cuts of Pork



Cuts of Chicken



Whole Chicken: The chicken with all parts intact, generally including the giblets stuffed in the cavity. Consists of white and dark meat.



Breast: The entire breast portion of the chicken. It is available bone-in, boneless, skin-on and skinless. Consists of white meat only.

Breast Quarter:

Generally includes a little more than one quarter of the meat on the chicken. The cut includes half a breast, a wing, and part of the back.





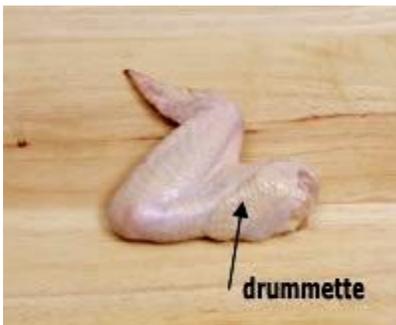
Supreme/Tenderloin:

The muscle of the breast, which runs along both sides of the breastbone, located on the upper portion of the breast. Consists of white meat only.



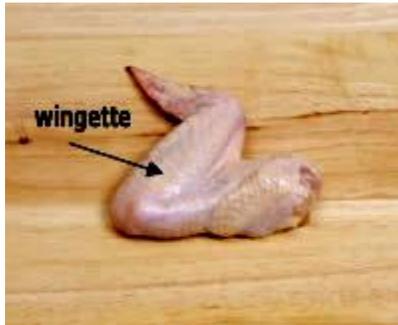
Wing:

The wing of the chicken consists of three sections, the wing tip, the wingette (or flat wing tip), and the drummettes.



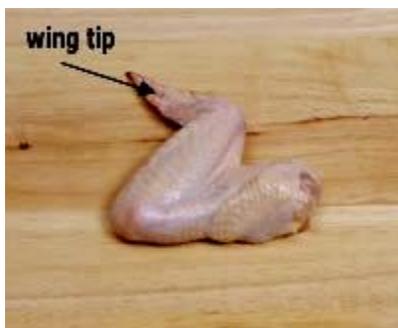
Drummette:

The section of the wing that is connected to the body of the bird and contains most of the wings meat. It resembles a very small drumstick.



Wingette:

Also referred to as the flat wing tip. The middle section of the wing, which does not contain much meat, but is generally moister than the drumette.



Wing Tip:

The third and outer most section of the wing. Does not contain much meat and is many times discarded. It can be used when making stock to help add flavor to the broth.



Leg Quarters: Generally includes a little less than a quarter of the meat on the chicken. The cut includes a thigh, drumstick, and a part of the back.

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Leg: The leg of the chicken consists of two parts, which are the thigh and the drumstick. Consist of dark meat only.



Thigh: The top portion of the leg above the knee joint that is connected to the body of the chicken. Consists of all dark meat.



Drumstick: The bottom portion of the leg below the knee joint. Consists of all dark meat.



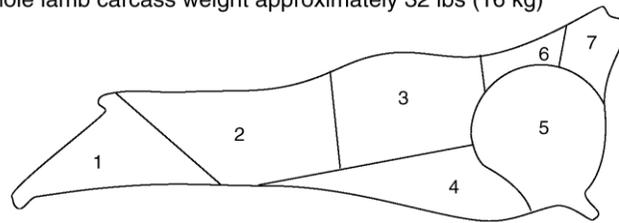
Giblets: Consists of the neck, liver, heart, and gizzard.

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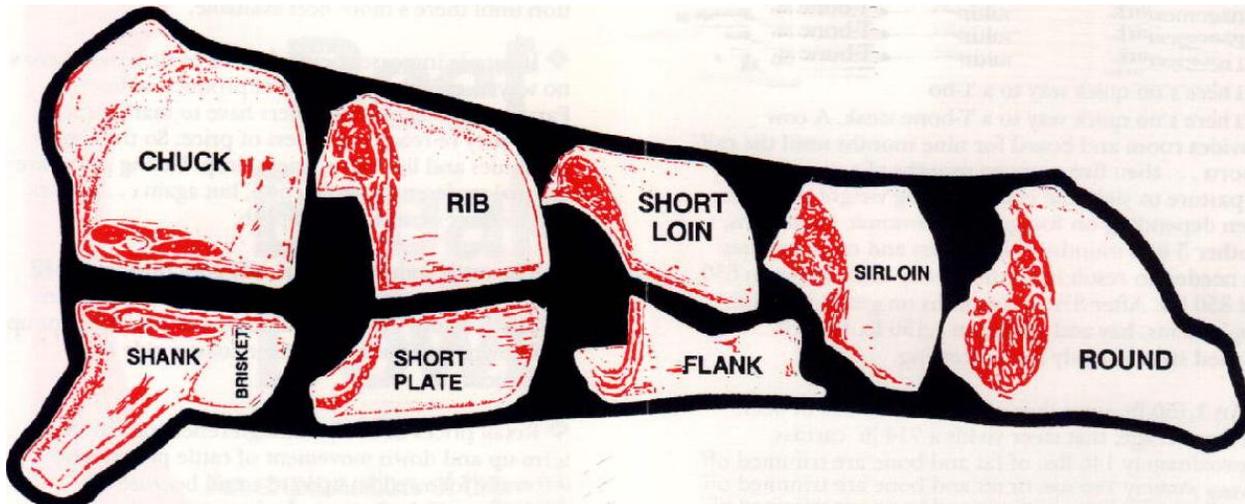
Cuts of Lamb

	CUT	WEIGHT	METHOD OF COOKING
1	Leg	3½ kg (7 lb)	Roasting
2	Saddle	3½ kg (7 lb)	Roasting, Grilling, Shallow Frying
3	Best end	2 kg (4 lb)	Roasting, Grilling, Shallow Frying
4	Breast	1½ kg (3 lb)	Roasting, Stewing
5	Shoulder	3 kg (6 lb)	Roasting
6	Middle neck	2 kg (4 lb)	Stewing
7	Scrag end	½ kg (1 lb)	Stewing

Whole lamb carcass weight approximately 32 lbs (16 kg)



Cuts of Beef



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Cuts of Fish

1. La Darne: A slice of round fish cut on the bone 2-3 cm thick. E.g. Darne De Saumon.
2. La Tronçon: A slice of flat fish cut on the bone 4-5 cm thick. E.g. Tronçon De Turbot.
3. La Fillet: A cut of fish which is free from bone. E.g. Fillet De Saumon.
4. La Supreme: It is usually applied to fillet of large fish which is cut on a slant. E.g. Supreme De Saumon.
5. Le Delice: Trimmed and neatly folded fillet of fish. E.g. Delice De Sole.
6. Le Goujon: The term is usually applied to fillet of fish which is cut into strips. 8 cm long and 1 cm wide. E.g. Goujon De (any small fish).
7. Le Goujonnet: The term is usually applied to fillet of fish which is cut into strips. 5 cm long and ½ cm wide. E.g. Goujonnet De (any small fish).
8. Le Paupiette: It is fillet of fish which is spread with stuffing and then rolled. E.g. Paupiette de sole.

Note: A round fish gives 2 fillets and flat fish gives 4 fillets.