



MEAT

(CLASSIFICATION AND SELECTION)

CLASSIFICATION OF MEAT

- CARCASS MEAT

example: beef, lamb, pork



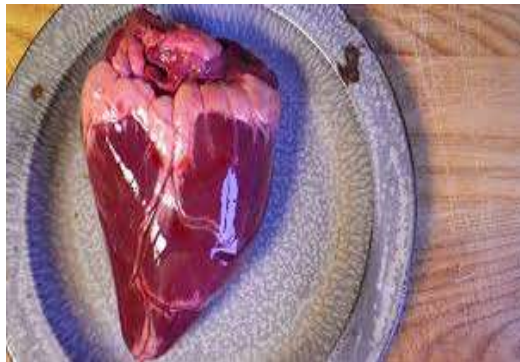
- **POULTRY**

examples: chicken, turkey, duck



- OFFAL

example: kidney, liver, heart



- **GAME**

example: pheasant, rabbit, deer



NUTRITIVE VALUE OF MEAT

- Good source of HBV protein 15-25% - for growth & repair of cells
- Saturated fat 20-30% -
the amount varies depending on the animal & cut
eg: chicken has less fat than bacon
- Good source of Vit B
- OFFAL is a good source of Vit A
- Iron & phosphorous
- Liver has small amounts of calcium but is lacking in most meat.
- Water varies 50-60%- the more fat the less water

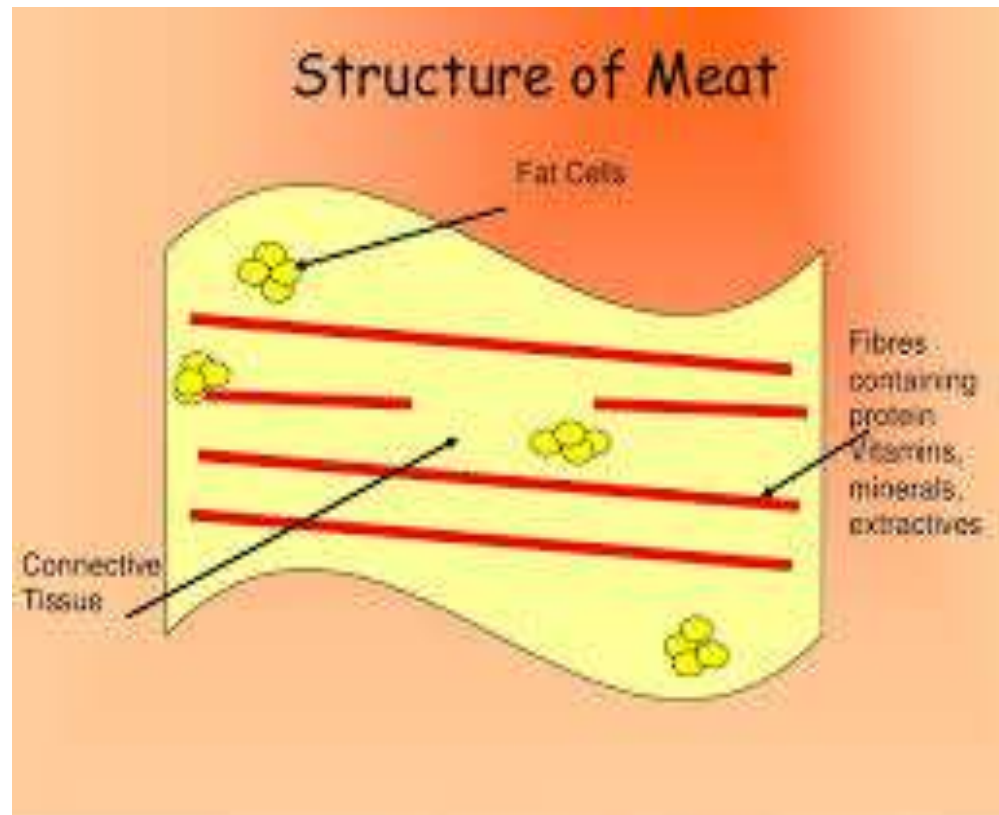
DIETETIC VALUE OF MEAT

- Important source of protein, iron and vitamin B
- Many different types and cuts of meat, some meat is organically produced
- Meat can be cooked in a variety of ways
- Some cuts of meat are relatively cheap yet nutritious
- Red meat contains saturated fat and therefore should be avoided by people with high cholesterol levels

STRUCTURE OF MEAT

- Lean meat is the muscle of the animal and is made up of many bundles of tiny fibres
- These fibres are filled with water containing extractives, vitamins, minerals and protein
- Fibres are held together by connective tissues
- Fat cells can be found between the fibres

STRUCTURE OF MEAT

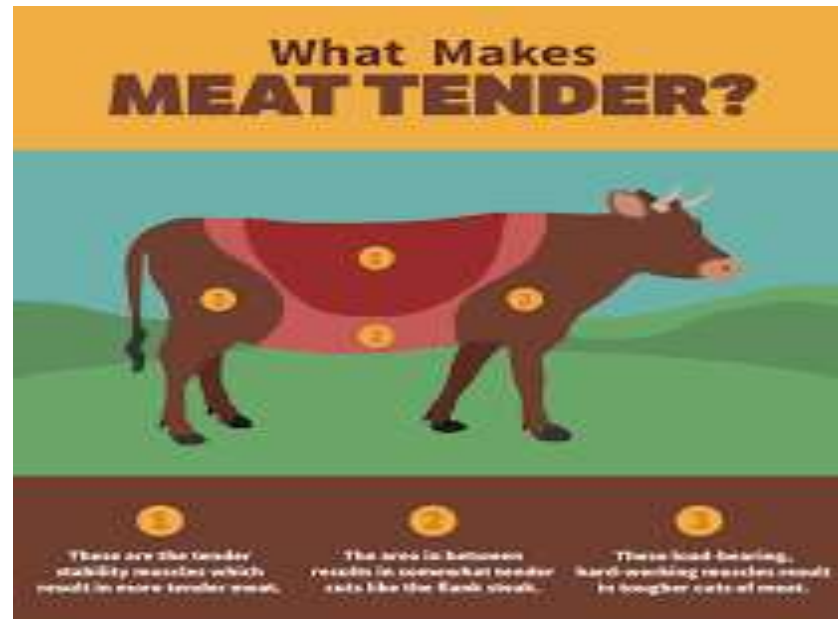


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- TOUGHNESS AND TENDERNESS OF MEAT DEPENDS ON TWO FACTORS:

1. AGE
2. ACTIVITY

TOUGH MEAT

- More tough connective tissue
- Comes from old animals
- Comes from active part of animals
example: leg or neck



TENDER MEAT

- Less connective tissue
- Comes from young animals
- Comes from inactive parts of the body
example: back

- How to make meat more tender/
methods of tenderising?

- Hang for a few days



- Chop or mince



- Beat with steak hammer



- Slow moist cooking methods



- Marinating



BUYING MEAT

- Buy from clean shop
- Money and meat should be handled separately
- Should smell pleasant and have a good colour
- Keep raw and cooked meat separate to avoid cross-contamination
- Check date

STORAGE OF MEAT

- Store in bottom part of meat
- Remove wrappings
- Use within two days of buying
- Offal should be used as soon as possible
- Avoid cross-contamination by keeping raw and cooked meat separate

