**Culinary Essentials Chapter 23 Reading Guide**

**Meat**

**23.1 Meat Basics**

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the muscle of animals. In general, all meats contain the same three basic nutrients: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_.

2. About 75% of muscle is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 20% is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and about 5% is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. There are two types of fat in meat: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which is the fat within the muscle tissue, and the \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which is the fat that surrounds the muscle tissue.

4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is wrapping a lean meat with fat, such as bacon, before roasting. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is long, thin strips of fat or vegetables inserted into the center of lean meat. Both of these are used to keep meats from drying out during cooking.

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ determine meat’s texture and contribute to its flavor. Coarsely textured meat has large fibers, while smooth-textured meats have tender, small fibers.

6. Connective tissue is composed of either \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Collagen is soft, white tissue that breaks down into gelatin and water during slow, moist cooking processes. Elastin is a hard, yellow tissue that does not break down during cooking (gristle).

7. The book mentions four ways to tenderize meat with a lot of connective tissue:

a) \_\_\_\_\_\_\_\_\_\_\_\_\_ and then \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the meat.

b) Slice it thinly against the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

c) Grind it.

d) Break down the collagen by adding a chemical \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

8. A\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cut , sometimes called a wholesale cut, is a large primary piece of meat .

9. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cut is a smaller portion taken from primal cuts. It is a smaller, menu-sized portion of meat.

10. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is what is left of the whole animal after it has been slaughtered. The carcass does not usually include the head, feet, or hide. Beef carcasses are split into two sides which are then divided into a hind and a quarter.

11. Meat purchased for foodservice operations must have a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Inspection stamp. The FSIS checks to make sure that meat is clean, safe to eat, and properly packaged. This reveals only that the meat is fit for human consumption; it says nothing about the quality of the meat.

12. Meat is also graded to indicate its quality. Meat is graded for both quality and yield. USA graders usually check for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and the age of the animal.

13. USDA \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meats are used is the best foodservice establishments. It is also the most expensive. It will have excellent marbling and a thick layer of fat cap.

14. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grade is more widely accepted. It is preferred by consumers for its flavor and tenderness. It is also a great value.

15. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grade has very little marbling. It is usually purchased by operations concerned with keeping costs down.

16. Below the Select grade are the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ grades. These are primarily used for processed meat products.

17. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ measures the amount of usable meat on beef and lamb. The best grade is Yield Grade \_\_\_\_\_\_\_\_\_\_\_ and the lowest is Yield Grade \_\_\_\_\_\_\_\_.

18. Fresh meat should be stored at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or below. Store uncooked meats on the lower shelves of the refrigerator; with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ meats shelved below other meats.

19. To freeze meats, wrap them in \_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ packaging to prevent freezer burn, which can cause meat to spoil. Meats should always be thawed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**23.2 Meat cuts**

**Pork**

1. Before being shipped, to food service operations, a meat carcass is divided into \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_

2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the meat from hogs that are less than a year old.

3. There are five different primal cuts: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. The largest primal cut is the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

5. The loin can be divided into several fabricated cuts, such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.

6. \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the most tender cut of pork.

7. The best pork chop are those that are \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_.

8.The \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the lower part of the fore leg.

9. Just above the picnic sholder is the sholder butt or \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.

10. The \_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ is a primal cut with a high percentage of fat and little lean meat. The fabricated cut is spareribs.

11. Any leftover meat is cut for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

12. The primal cut called the ham is actually a portion, or part of the \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_.

13. This cut is very large and has lots of muscle and little \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_.

14. Uncooked pork should be \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_ in color.

15. Hogs are butchered before they are \_\_\_\_\_\_\_\_ year old. This means they are more \_\_\_\_\_\_\_\_\_\_\_\_\_.

16. While some pork is purchased fresh, such as pork chops, most pork is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the act of changing pork by artificial means. When pork is processed and cut to make ham and bacon, it is usually is \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_.

18. \_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_ are types of processing. Processing not only changes the\_\_\_\_\_\_\_\_\_\_\_ of the food.

19. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ pork with \_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ , \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_.

20. Ham that has been \_\_\_\_\_\_\_\_\_\_\_, for example, has a \_\_\_\_\_\_\_\_\_\_\_\_ color that makes it visually appealing.

21. Cured pork will \_\_\_\_\_\_\_\_\_\_\_, or avoid, spoilage better than fresh pork.

22. The oldest form of curing is \_\_\_\_\_\_\_\_\_\_\_\_ curing.

23. Seasoning, such as \_\_\_\_\_\_\_\_\_\_\_ are rubbed on the surface of the pork. Usually the entire \_\_\_\_\_\_\_\_\_\_\_ of the pork is covered then stored until seasoning is \_\_\_\_\_\_\_\_\_\_\_\_\_.

24. \_\_\_\_\_\_\_\_\_\_\_ hams are a popular variety of pork. These hams are \_\_\_\_\_\_\_\_ and then \_\_\_\_\_\_\_\_\_\_\_\_. \_\_\_\_\_\_\_\_\_\_\_\_\_ means exposing the pork to the smoke of fragrant hardwoods, such as hickory or apple.