

Beef / Meat

Degrees of Cooking : It is not easy to determine the time required to cook meat. This depends mainly on the quality and conditioning of the meat, the age of animal, the amount of fat present and the firmness of the flesh. The size of the cut also determines the level of cooking. A meat thermometer can also be used.

Quality of Meat

Beef

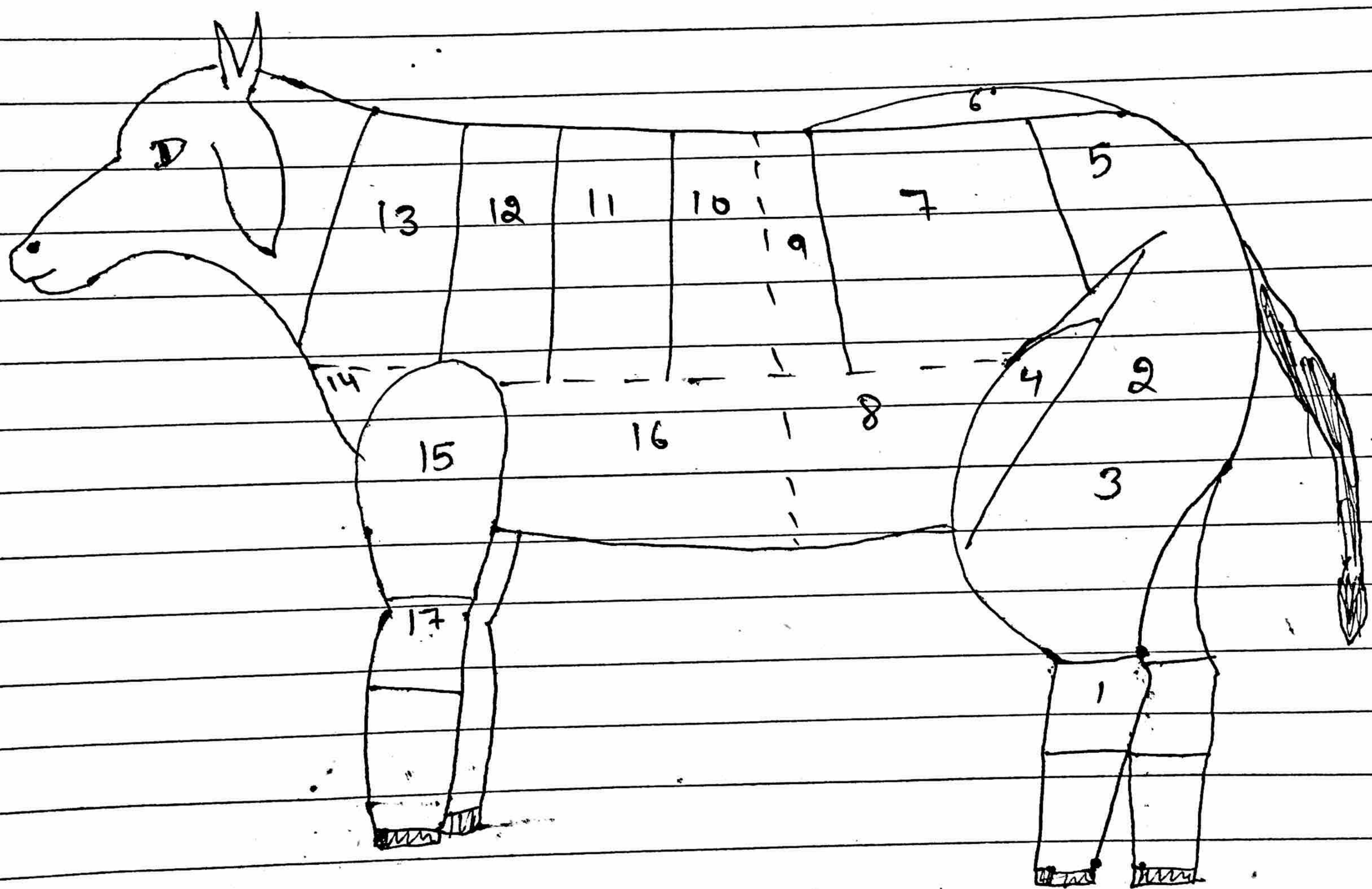
Veal

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| 1. The meat should be pinkish red in color | Flesh should be white or very pale pink. |
| 2. Should have well marbled fat. | Flesh should be soft to touch. |
| 3. Should not have any patch marks. (Mostly white) | Flesh should be moist not weeping |
| 4. Fat should be firm and brittle. | Bone should be pinkish white and fairly flexible to touch. |

Beef

5. The meat should be fresh and chilled. It should not be frozen.

Cuts of Beef (Avg Wt. - 180 Kgs)



Serial No

Name of Parts

Uses

Weight

<u>Serial No</u>	<u>Name of Parts</u>	Weight	<u>Uses</u>	
1.	Shank	7-8 Kgs	Clarification, Brown Stock	
2.	Top Side	9-10 Kgs	Stewing, Roasting	
3.	Silver Side	12-13 Kgs	Boiling, Stewing	
4	Hind	Thick Flank	11-12 Kgs	Stewing
5	Quarters	Rump	9-10 Kgs	Grilling and Frying
6 (Back Portion)	Fillet (Softest Part)	3-4 Kgs	Grilling & Frying	
7	Sixlon	10-11 Kgs	Grilling & Frying	
8	Thin Flank	9-10 Kgs	Boiling & Mincing for Sausages	
9	Wine Ribs	4-5 Kgs	Grilling & Frying	
10	Fore Rib	7-8 Kgs	Grilling & Frying	
11 FORE Quarters	Mid Ribs	9-10 Kgs	Roasting	
12	Chuck Ribs	13-14 Kgs	Stewing & Mincing	
13 (Front Portion)	Sticking Piece	8-9 Kgs	Stewing & Mincing for Sausages	
14	Brisket	17-18 Kgs	Boiling	
15	Leg	10-11 Kgs	Braising whole steaks	
16	Plate	9-10 Kgs	Boiling & Mincing	
17	Shin	7-8 Kgs	Clarification, beef tea	

Cuts of veal

S.No	Name of Cut	Weight	Used for
1	Scrag End	2-3	Stew, Stock
2.	Neck End	3	Stew, Stock
3	Best End	3-4	Braising, Frying
4	Loin	3-4	Braising, Frying
5	Rump	3	Roasting, Grilling
6	Leg (2 No.)	20	Braising, Frying, Roasting
7	Breast	3	Roasting
8	Shoulder	6	Roasting, Stewing
9.	Knuckles (4 No.)	4	Stock, Minced Meat

Sheep and Lamb

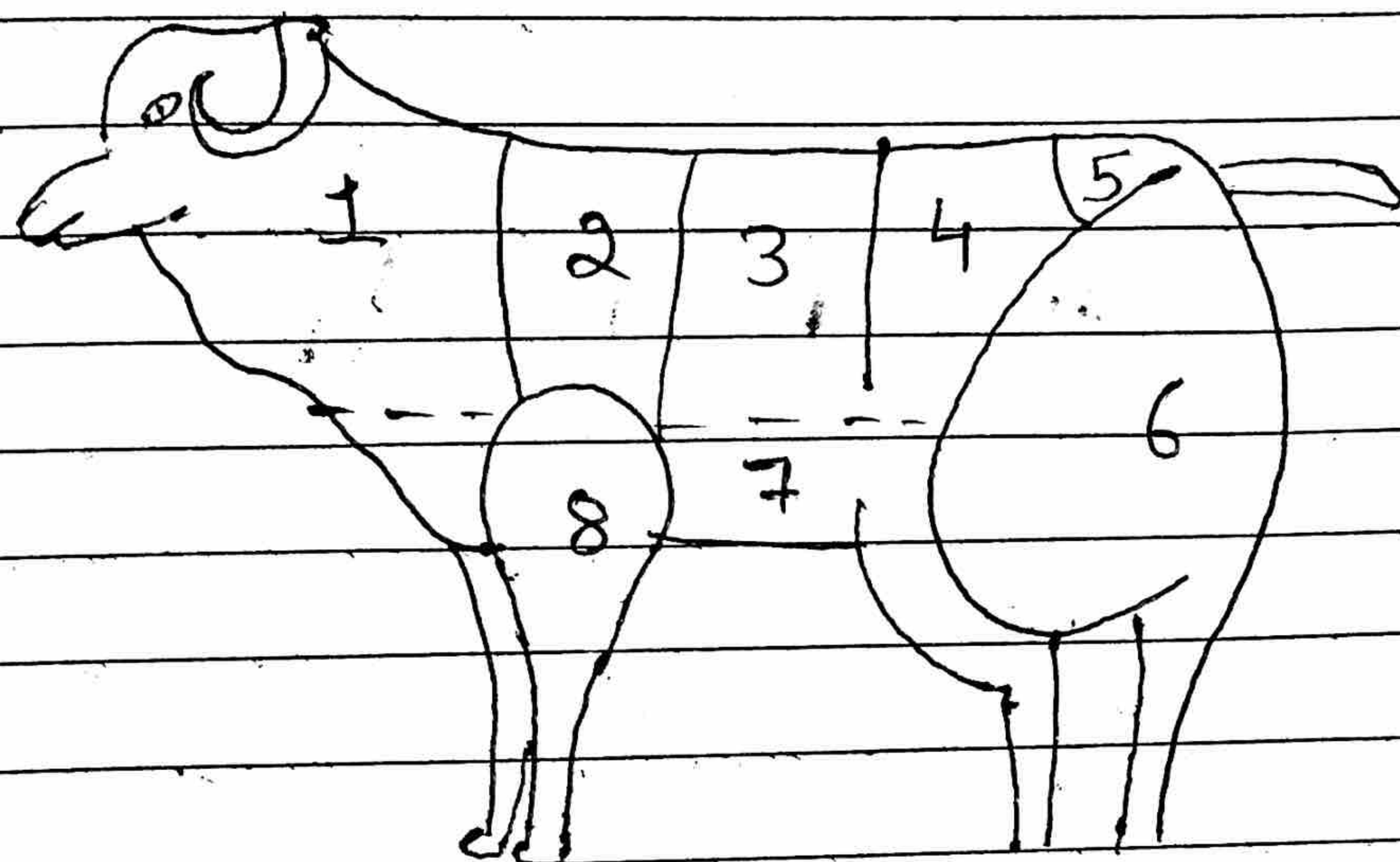
Lamb is a sheep less than a year old, typically ~~stottered~~ slaughtered between the ages of 4 and 12 months.

Older sheep is called mutton and has a much stronger flavour and tougher meat that many find distasteful.

Quality of Meat

1. The flesh should be compact and even.
2. Should have firm and lean meat (less of fat).
3. Should have a pleasing firm red color with fine texture.
4. Should have an even distribution of white fat.
5. Bones in young ones should be pink and porous.
6. In old ones, the bones are white and hard.

Cuts of sheep / Lamb



S.No	Name of Cut	Lamb	Sheep	Uses
1.	Scrag End	1/2 Kg	1 Kg	Stewing, Booth
2.	Middle Neck	2	3	Stewing
3.	Best End	2	3	Roasting, Grilling, Frying
4.	Saddle	3	5	Roasting, Grilling, Frying
5.	Coump Chops	1/2	1	Roasting, Grilling, Frying
6.	Legs	3 1/2	5	Roasting
7.	Breast	1 1/2	2 1/2	Roasting & Stewing
8.	Shoulder	3	4 1/2	Roasting
Avg. Weight		16	25	