

# Meat Introduction

- Meat is probably the most important food that we use

- Types of meat:

- Cattle,
- Sheep
- Pigs

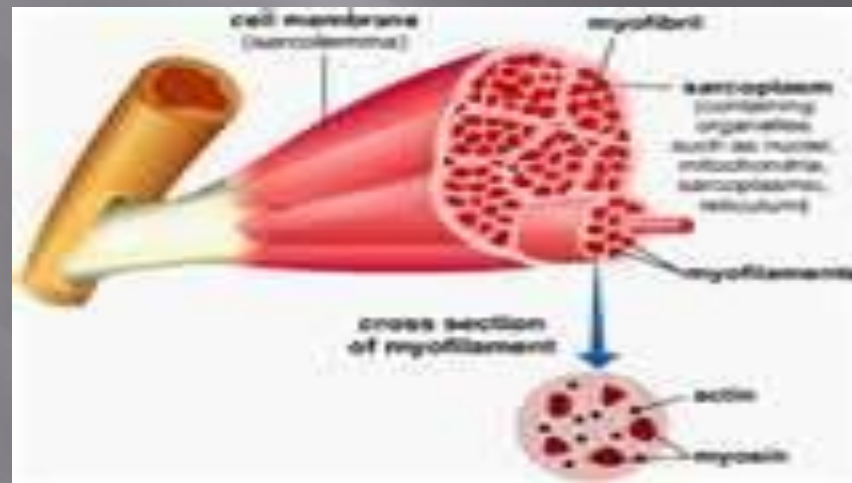


- Animals are humanely killed and prepared in hygienic conditions
- The skins and hides are removed
- The innards are removed ( Offal)



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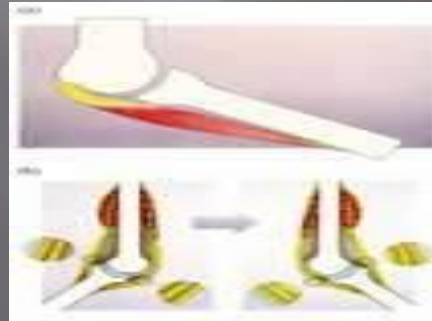
- It is necessary to understand the structure of meat
- Lean flesh is composed of muscles which are held together by fibers and connective tissue



- These fibers are extremely small, especially in tender cuts, and young animals, and affect the grain and texture of the meat

# Meat Introduction

- ▣ The quality of the connective tissue binding the fibers together will have much to do with the tenderness and eating quality
- ▣ There are 2 kinds of connective tissue
- ▣ Yellow (*elastin*)



- ▣ White (*Collagen*)



# Meat Introduction

- ▣ Yellow runs along the neck and back of animals and is also found in the muscles, especially in older animals, this will not cook, and must be broken down by pounding or mincing
- ▣ White can be cooked as it turns into gelatin when cooked.

# Meat Introduction

- ▣ The quality of connective tissue binding the fibers together will have much to do with the tenderness and eating quality.
- ▣ Fat is found on the exterior and interior of the carcass and in the flesh.



- ▣ Fat deposited between muscles or between the bundles of fibers is called marbling



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- ▣ Marbling makes the meat more tender and moist
- ▣ Much of the flavor is given by the fats in the meat
- ▣ Animals absorb flavors from the food they eat therefore the type of feed will determine the eating quality
- ▣ Extracts (Meat Juices) are also responsible for flavor

# Meat Introduction

- ▣ Storage of fresh meat
- ▣ Fresh meat must be hung from hooks to allow it to become tender



- ▣ The time for this depends on the temperature of the cold store
- ▣ Lower the temp... longer it can be hung
- ▣ 1 C up to 14 days