

Offal Introduction

- ❑ Offal is the term used to describe edible parts of an animal taken from the inside of the carcass



- ❑ Fresh offal should be kept in refrigeration
- ❑ Frozen offal should be kept frozen until required

The following is a list of the most common offal;-

Offal Introduction

- Liver

Foie



- Kidneys

Rognons



- Suet



- Tripe

Tripe



- Sweetbread

Ris



- Bones & Marrow

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- Oxtail



Offal Introduction



- **Liver**

Liver should look moist, and smooth and have a pleasant smell and colour

Liver from lamb, mutton veal, pork and chicken are used in cooking

Calfs liver is considered the most tender and flavoursome

Lamb liver is also tender but with a stronger flavour

Offal Introduction



▣ Kidneys

Kidneys should be moist, with any fat being brittle and should smell pleasant

The kidneys from lamb, mutton, beef (calf & Ox) and also veal are used in cooking

Calf kidneys are superior and need less cooking

Kidneys vary in size depending on the animal

Offal Introduction



▣ Suet

Suet should be creamy white, brittle hard and dry

Suet should not be sticky or have a sour smell

Used for suet paste. (Suet puddings)

Suet can be rendered-down for dripping

Offal Introduction



▣ Tripe

After being processed, stomachs are sold as tripe
Tripe has a low food value and requires long slow cooking

There are 2 types of tripe

- ▣ Smooth tripe
- ▣ Honeycombed tripe

Offal Introduction



▣ Sweetbread

Sweetbreads are glands from different parts of the animal

They should be creamy white with a clean pleasant smell

Calf's sweetbreads are considered to be the highest quality

Offal Introduction



▣ **Bones & Marrow**

Bones are often received from the butcher with the meat

Bones should be fresh and have no bad smells

They need trimming and washing

Chopped they are used for stocks (Bouillon)

Marrow is the inside of the large bone used for some garnishes

Offal Introduction



▣ Oxtail

Oxtail is the only offal from outside the animal

Should be clean and free from stail smells

The meet should have a deep red colour

Oxtail is used mainly for Oxtail soup as it has a unique flavour