



ADDITIONAL RESOURCES

Food enthusiasts around the world have long viewed meat, in all its varieties, as the pinnacle of cooking. But a lot of skill and knowledge is needed to deliver fantastic meat dishes. This step-by-step program focuses on how chefs prepare meat before cooking. A professional chef guides viewers through: identifying meat cuts, hygiene and safety, storage and packaging, knife selection, and meat cleaning and boning. Audiences in hospitality will gain a technical understanding of meat and how best to prepare a cut before cooking. An ideal companion program to Meat: Cooking Techniques, Meat: Selection and Preparation has plenty to offer for those with a passion for cooking.

Duration of resource: 21 Minutes

Year of Production: 2013

Stock code: VEA12043

Resource written by:
Terry Evans BAppSc (FoodTech), GradDipEd,
CertIIICommCookery(Trade)



Meat: Selection and Preparation

For Teachers

Introduction

Have you ever wondered how meat gets from the paddock to your plate? This program highlights several of the methods and techniques used by butchers and chefs to create mouth watering meals using meat, and shows safe and hygienic ways to prepare meats.

Timeline

00:00:00	Safety and hygiene
00:02:18	The work area
00:04:37	Meat packaging: Storage and care
00:07:19	Knife selection and safety
00:09:25	Boning meat before cooking
00:14:27	Identifying meat cuts
00:17:58	Cleaning meat before cooking
00:20:01	Credits
00:20:33	End program

Related Titles

Meat: Cooking Techniques
Fruit and Vegetable: Selection and Preparation
Vegetable: Cooking Techniques

Recommended Resources

- <http://www.vicsmeat.com.au/askthebutcher/ask-the-butcher.html>
- <http://www.takepart.com/foodinc/film>
- <http://www.exploratorium.edu/cooking/meat/>
- <http://www.howtocookmeat.com/>

Student Worksheet

Initiate Prior Learning

1. Cross contamination can be a serious health risk in a commercial kitchen. Brainstorm all the safety precautions you are aware of to help prevent cross contamination, particularly concerning meat. Compare your ideas with others.
2. Some kitchens use different coloured chopping boards for different types of foods to prevent cross contamination. Can you predict which colours would be used for different food groups: Yellow, Green, Red, Brown, Blue, and White?
3. Why are some cuts of meat tender while others are tough? What cooking techniques do you think are better suited for tender cuts? Tough cuts?

Meat: Selection and Preparation

Active Viewing Guide

1. What are the six conditions required for the growth of food borne pathogens (use the acronym FATTOM)?

2. What is the "Temperature Danger Zone"?

3. Match the chopping board colour to its intended food by drawing a line from the colour to the intended food.

Yellow	Seafood
Green	Cooked meat
Red	Poultry
Brown	Bread
Blue	Fruit and vegetables
White	Raw meat

4. Explain what the packaging 'cryovac' is.

Meat: Selection and Preparation

5. Identify where fresh meat should be stored in the cool room. Why?

6. The whole point of keeping cooked and fresh meat apart is to prevent _____ - _____.

7. Suggest why you should change the trays of fresh meat every 24 hours.

8. Define half-tang knife.

9. Define full-tang knife.

10. Give examples of why a chef would 'French' bones.

11. Why might a chef remove surface fat before boning a piece of meat?

12. What do joint cuts require and why?

Meat: Selection and Preparation

13. List the cuts of meat that come from a single leg of lamb.

14. Identify some of the characteristics that would tell if fresh meat is tough.

15. Match the cuts of meat with their suggested method of cooking.

Rump	Lard
Steak	Roast
Roast	Grilled
Knuckle	Roast
Dice lamb	Grilled
Shank	Stew

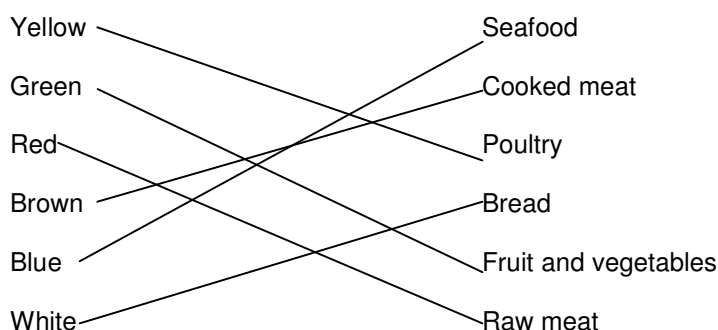
Extension Activities

1. Revisit the cross contamination precautions you came up with before watching the program. Are there any others you can add to this from the program information?
2. For further information on a wide range of meat cuts and cooking methods, visit <http://www.vicsmeat.com.au/askthebutcher/ask-the-butcher.html>
3. Many organisations worldwide are promoting the importance of questioning and understanding the conditions under which our food is grown and processed. Interested students may wish to view the movie Food, Inc. which addresses the corporate-style farming methods becoming more frequently common around the world. The website for the movie is: <http://www.takepart.com/foodinc/film>

Suggested Student Responses

Active Viewing Guide

1. What are the six conditions required for the growth of food borne pathogens (use the acronym FATTOM)?
Food, Acidity, Temperature, Time, Oxygen, Moisture
2. What is the “Temperature Danger Zone”?
Food borne pathogens grow best in temperatures between 5° C and 57° C, a range referred to as the temperature danger zone.
3. Match the chopping board colour to its intended food by drawing a line from the colour to the intended food.



4. Explain what the packaging ‘cryovac’ is.
Thick plastic allowing meat to stay fresh for up to 60 days at 3 C
5. Identify where fresh meat should be stored in the cool room. Why?
Bottom shelves/lowest position so the meat can’t drip onto other foods and contaminate it.
6. The whole point of keeping cooked and fresh meat apart is to prevent **cross-contamination**.
7. Suggest why you should change the trays of fresh meat every 24 hours.
The meat could drip juices so these need to be removed every day. Makes the meat last longer.
8. Define half-tang knife.
On a half-tang knife the blade metal only partly enters the handle
9. Define full-tang knife.
On a full-tang knife the blade metal goes all the way into the handle
10. Give examples of why a chef would ‘French’ bones.
Cleans the meat off, greatly improves presentation, no ‘dags’ of meat remaining

Meat: Selection and Preparation

11. Why might a chef remove surface fat before boning a piece of meat?
So the chef can see the bones, muscles and joints underneath more easily, thus boning more precisely.
12. What do joint cuts require and why?
Slow use of the knife, movement (or articulation) of the bones: makes it safer and easier to remove the bones and knife won't slip causing an injury.
13. List the cuts of meat that come from a single leg of lamb.
Rump, knuckle, silverside, topside, shank.
14. Identify some of the characteristics that would tell if fresh meat is tough.
Visible sinew (white connective tissue), 'fast' fibres, short grain in meat
15. Match the cuts of meat with their suggested method of cooking.

