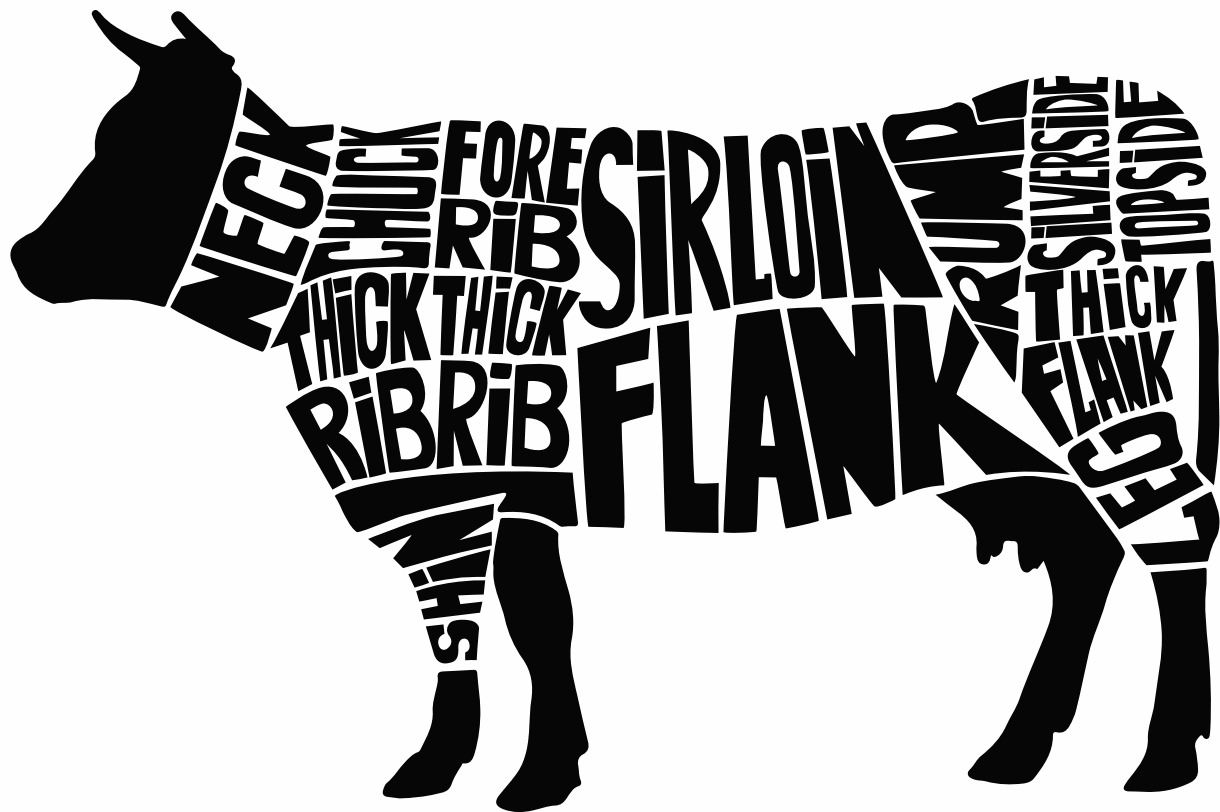


## Unit 308: Produce and present advanced main course dishes using standardised recipes

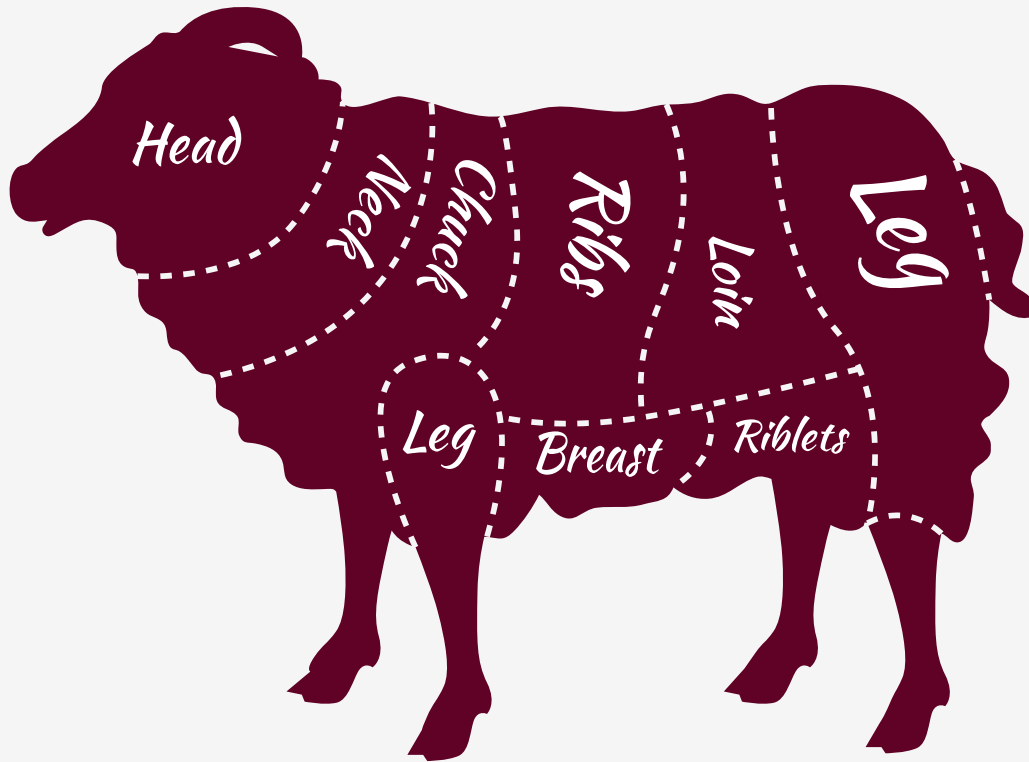
### Handout 1: Cuts of meat

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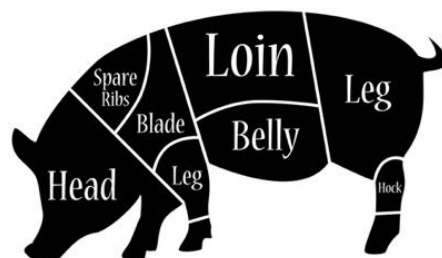
Beef	
Cut	Uses
Chuck and blade	Used for braising or the modern “flatiron” steak
Beef fillet	This is the cut of meat where the filet mignon, tenderloin, tournedos and chateaubriand are found
Sirloin	Used as the “prime” roasting joint or for streaks such as sirloin, T-bone, porterhouse etc
Rump	Used for steaks and said to have more flavour than the more expensive cuts
Topside	Used in stir-fries, for roasting, grilling and frying
Silverside	Lean cut of meat used as either a roasting or braising joint
Fore-rib	Ideal for roasting, also used for ‘rib eye’ steaks
Short rib	Used for mincing
Thin flank or skirt	Often used for grilling, frying or bbq
Leg or shank	Used as stewing steak
Brisket	Boned and rolled then slow or pot roasting
Thick rib	Used for braised steaks
Neck	Used for slow cooking process, full of flavour

# Lamb



Lamb	
Cut	Uses
Neck or 'scrag end'	Used for stewing or braising, full of flavour
Shoulder	Slow cooking process advised, also used for mince
Best end of lamb (neck best end), rack of lamb	Tender and used for several different cuts such as 'French trimmed', 'Guard of Honour'
Lamb cutlets	Cut from the ribs and called a valentine steak if off the bone
Loin	Lamb chops, 'Barnsley Chops', Cannon and noisette
Chump	Steaks and chops
Leg	Prime roasting joint
Shank	Slow cooking, such as braising, very flavoursome
Breast	Boned and rolled, very fatty, but tenderises with the cooking process

# Cuts of pork



Pork	
Cut	Uses
Neck	Used in stews, stocks and soups
Shoulder	Ideal for roasting and slow cooking
Loin	Cured for back bacon, but also a prime roasting joint
Tenderloin	Grilling, frying, stir fry's
Chump	Steaks and slow cooking in a hotpot
Leg	Ideal for roasting and steaks, but prime use is to make a 'Ham'
Belly	Used for the making of bacon, sausages and pancetta
Ribs	Ideal for a BBQ
Cheeks	Slow cooking due to this overused muscle
Hock	Very tough meet, requires a lot of cooking so the meat falls from the bone
Trotters	These are grilled, deep fried, braised or poached