WORKSHEET: TO FORK

Cooking & Recipe Scenarios

Name:	Class:	Date:

This worksheet can be carried out as an individual or group exercise.

Cooking Scenarios

Many of us eat red meat regularly, but we often stick to the same types or cuts of meat. How much do you know about the cuts of meat available? Where on the animal has the cut come from? How should they be cooked and what dishes are they good for? Is there an alternative cut you've never thought about using?

Watch this video as an introduction to cuts of meat:

https://youtu.be/aleTDITI7E4

Think about where on the animal the cut has come from and what impact this has on the cooking styles.

Describe each of the cooking methods for meat below:

Grilling	Grilling involves dry heat applied to the surface of the meat, most commonly from above. This involves a significant amount of direct radiant heat and is done fairly quickly. Barbecuing is often described as grilling, but the heat is often indirect, and meat is cooked for longer and at a lower temperature.
Roasting	Roasting uses dry heat, where hot air covers the food, cooking it evenly on all sides with temperatures from at least 150° C. It usually involves larger joints/ cuts of meat, requiring a longer amount of time. Roasting can enhance flavor through caramelisation and the Maillard Reaction.
Frying	Frying meat is about cooking at a high enough temperature to caramelise the surface and make sure that moisture is evaporated as quickly as possible. If the heat is too low, you can end up with moisture in the pan and you end up boiling the meat which will toughen it.
Stewing	Stewing involves cooking smaller pieces of meat totally immersed in liquid. The liquid is usually a combination of stock and water. Vegetables are usually added to enhance flavour. This method of cooking involves slowly simmering. Meat may be browned before stewing.
Boiling	An older method of cooking traditionally used for cheaper cuts of meat. Creates a more tender meat than roasting. Less tender cuts such as silverside, brisket, chuck, featherblade and shin can also be roasted but require additional moisture and longer, slower cooking – usually covered for all or part of the cooking time; this is pot roasting.



Describe three changes that could be made to the recipe to meet current dietary advice. Explain your changes and why they help to meet current dietary guidelines.
1. To add more vegetables to the meat mixture such as parsnips, leeks and peas. This will increase the portions of vegetables in the dish – adding to the 5-a-day recommendation. It will also bulk out the meat sauce and potentially make it go further. Serving the dish with extra vegetables on the side would also be good.
2. The mince being used is 20% fat, this could be lowered to either a 12% or even 5% fat content mince. This will greatly reduce the fat content of the recipe, making it healthier and in line with dietary goals to reduce fat and saturated fat.
3. Ensure any dairy products used such as the milk and butter are low fat versions. For example, use semi-skimmed milk and a low fat spread. This will reduce the overall fat content.
3. The cheese could be removed completely - This would avoid adding extra fat.
4. Ensure only minimal amounts of salt is used – there is no amount suggested, so perhaps provide a guideline or even add no salt at all. This is useful as in the UK we tend to eat too much salt – over the 6g per day recommendation.

