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	
Roasting	
Frying	
Stewing	
Boiling	



List your top 5 dishes containing red meat and complete the following for each dish:			
Recipe/Dish	**Meat Cut Used**	**Cooking Method**	**Alternative Meat Cut or Cooking Method Possible?**

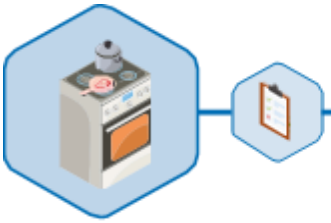
Use the guide at: Discover Cuts of Meat - Make it Scotch to help you work out which cuts of meat could be used.

Recipe Scenario

Your school canteen uses this recipe regularly and it is very popular. The local council catering team have suggested the recipe could be healthier and the school has been asked to alter it.

Recipe – Cottage Pie

1kg minced Scotch Beef (20% fat content) 3 medium carrots, peeled and chopped 1 tbsp plain flour 700ml beef stock (use 2 good quality beef stock cubes) 4 tbsp tomato puree 1 tbsp Worcestershire sauce	3 tbsp hot horseradish sauce 1.5kg floury potatoes, peeled and cut into chunks 100ml milk, warmed 75g butter, plus a little extra 100g grated cheese Salt and freshly ground black pepper



1. Fry the mince in a hot non-stick pan, stirring to break up any lumps, until nearly browned. When the fat runs, add the carrots and cook for 5-8 minutes until beginning to soften and the meat is brown all over. Stir in the flour and cook for a minute or two.
2. Add the stock, tomato puree and Worcestershire sauce, stir well and bring to the boil, then reduce the heat, partially cover with a lid and simmer for about 40-50 minutes until the juices are thick, rich and bubbling and the meat and vegetables are tender. Cool the mixture a little then stir in the horseradish. Spoon the mixture into a 2 litre gratin dish.
3. Cook the potatoes in boiling water until very tender, about 15-20 minutes. Put the milk, butter, salt and pepper into a small saucepan ready to heat up when you drain the potatoes.
4. Preheat the oven to 190 C/ 170 C fan/ gas mark 5. When the potatoes are ready, drain them well, then give the pan a firm shake or two to smash them up and allow the steam to escape. Mash well with a fork or masher until there are no lumps, then beat in the warm buttery milk with a fork to keep the mash light and airy. Check the seasoning.
5. Spoon the mash evenly over the top of the meat and evenly spread to completely cover and seal in the meat, especially at the edges. Dot the top with a little extra butter and cheese and bake in the oven for 30-40 minutes for a large dish until bubbling and golden.

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.
2.
3.

