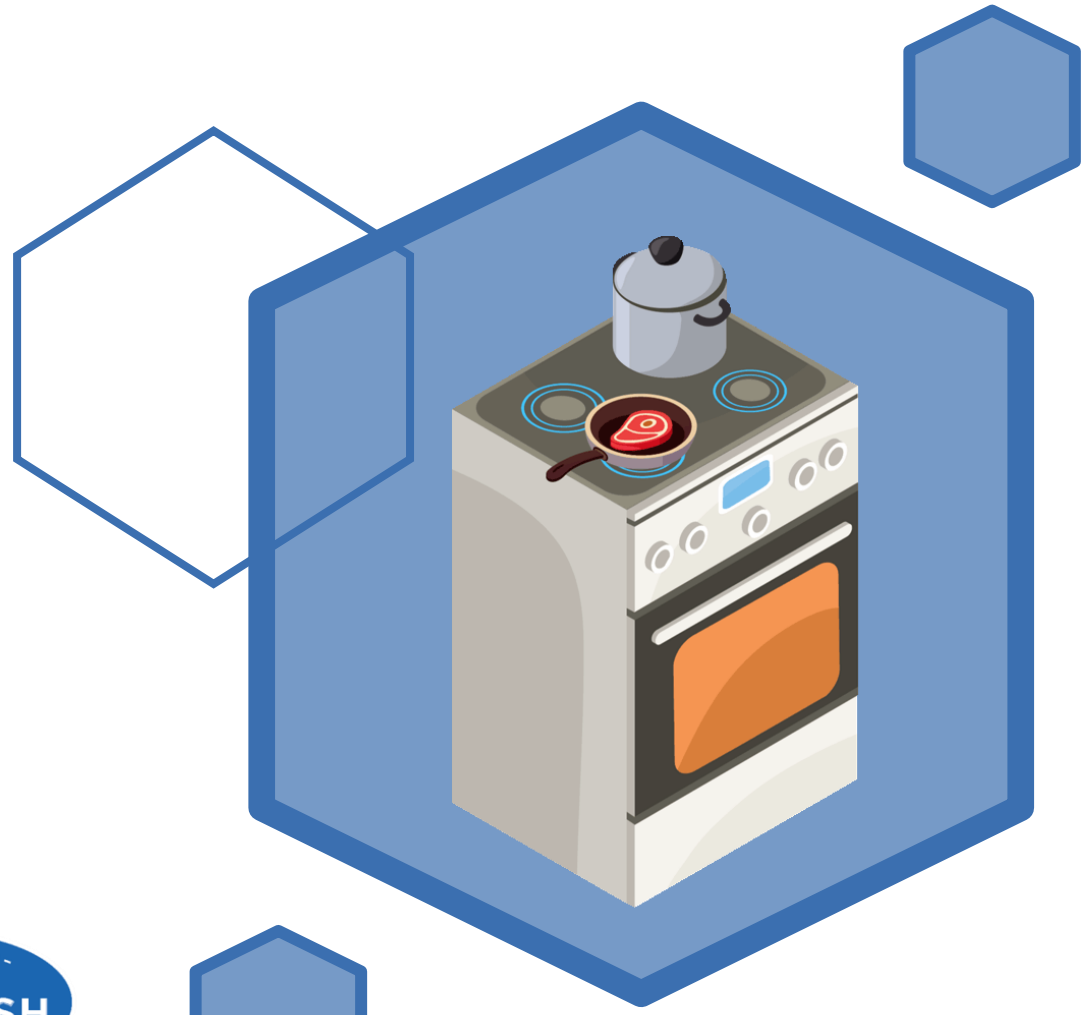
LESSON 5

Preparing and Cooking Red Meat



Learning Intentions

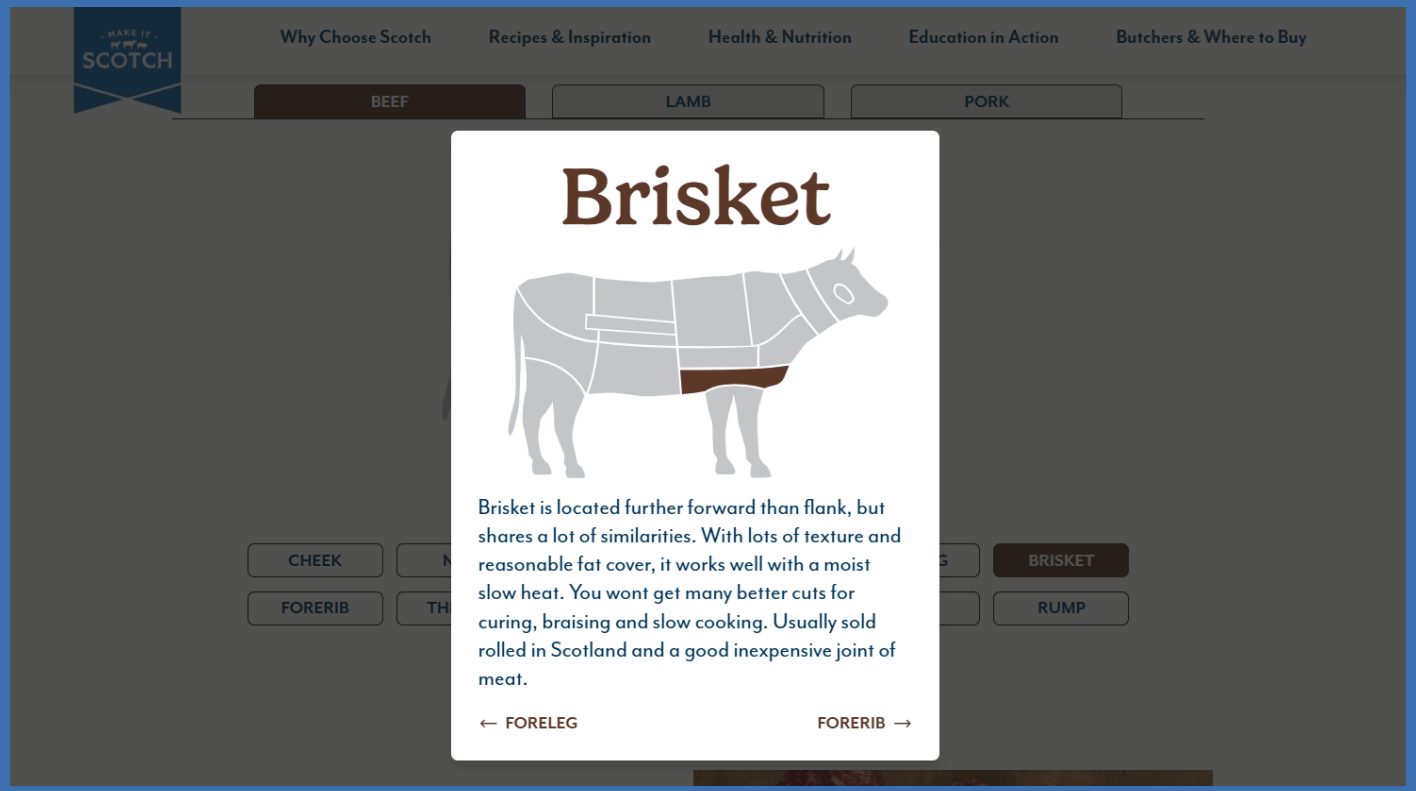
By the end of this presentation, we will:

- Understand the **characteristics of red meat**.
- Identify **different cuts of meat**.
- Learn about **food preparation techniques** for meat.
- Understand different **cookery processes**.
- Understand the benefits of **supporting local producers**.
- Understand the importance of **reducing food waste** and using leftovers.



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Explore the **different cuts** of beef, lamb and pork at makeitscotch.com

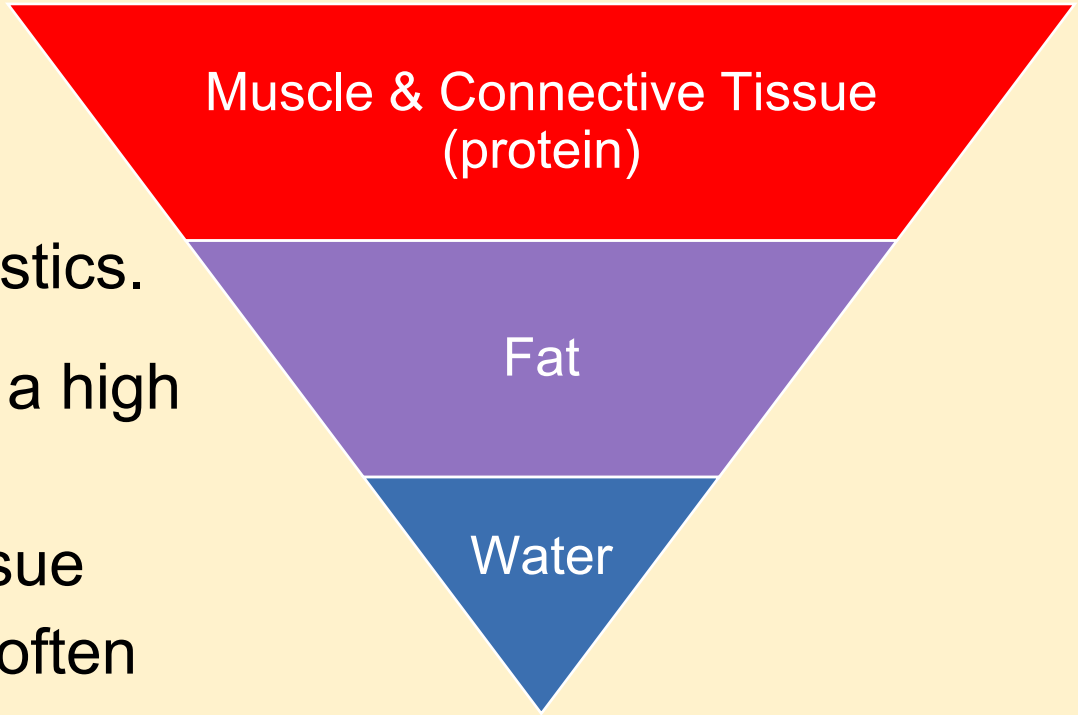




Click here to take you to makeitscotch.com

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Meat Characteristics



Different cuts of meat have different characteristics.

- **Tender cuts** can be cooked quickly and at a high heat, e.g. **beef fillet & sirloin steak**
- **Tougher cuts** contain more connective tissue and benefit from **slow, moist cooking** to soften the collagen (connective tissue) to make the meat more tender e.g. beef brisket, lamb shoulder, pork hock.



Meat Characteristics - Marbling



Marbling is the small streaks of **fat** found within the muscle.

- Marbling can add **flavour** and **juiciness** when meat is cooked.
- The amount of marbling varies between **animals** and **cuts**.
- **Ribeye** is an example of a well-marbled cut, shown in the image.



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Meat Characteristics - Colour

The red colour is due to the **protein** called **myoglobin** and some **haemoglobin.**

Different meats contain different amounts of **myoglobin**, giving them different shades of red.

What else could affect meat colour?

- **Animal age** – older animals can have darker meat.
- **Muscle/activity** – muscles that are used more can contain more myoglobin.
- **Oxygen** – exposure to oxygen can change the colour.
- **Storage and packaging** – oxygen levels and packaging can affect how the meat appears.
- **Diet and breed** can also influence meat colour



Beef



Lamb



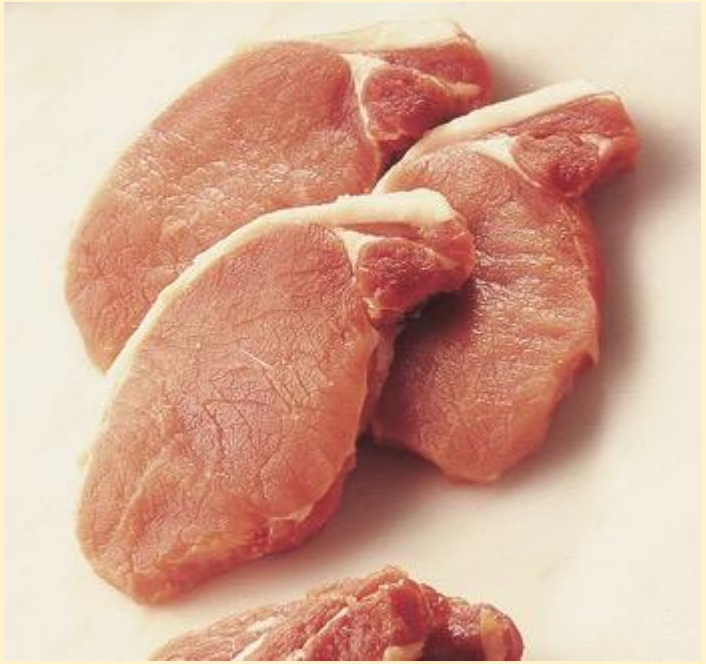
Pork



Look at the mince images – which is beef, lamb and pork?

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Pork is still classed as red meat







Even though it is the palest

Food Preparation Techniques

Tenderising helps make tougher meat more tender before cooking.

- **Mincing** breaks meat into small pieces and can be used for tougher cuts such as **neck and shoulder**.
- **Beating** with a meat mallet helps break down **muscle fibres**.
- **Marinating** can add flavour and change the texture of meat. **Acidic ingredients**, such as lemon juice or vinegar, can affect the proteins on the surface.



Watch the recipe video: What **colour change** can you see after marinating?





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Cookery Processes



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Roasting

Cooking food using **dry heat**, usually in an oven.

- Often used for **larger cuts or joints of meat**
- The high heat creates **browning and caramelisation**, which can add **flavour**
- The **Maillard reaction** also contributes to browning and flavour.



Stewing

Cooking **small pieces of meat slowly in liquid**, usually at a gentle simmer.

- Meat is **covered with liquid**, such as stock.
- **Vegetables** can be added for flavour.
- Meat can be **browned first** to add colour and flavour.
- Suitable for **tougher cuts**, as slow cooking helps make them tender.



Grilling & Barbecuing

Grilling cooks meat using **direct, high heat**, usually from above.

- A **quick cooking method**
- Suitable for **tender cuts**, such as steaks and chops
- Produces **browning** and adds flavour

Barbecuing cooks meat over a heat source, using **direct or indirect heat**.

- Can be cooked **more slowly at a lower temperature**
- Can add a **smoky flavour**
- Suitable for a range of meat cuts



Slow cooking / Pot Roasting

Slow cooking uses **low heat over a longer period of time**, often with liquid.

- Suitable for **tougher cuts** such as shin, brisket and chuck.
- Can be done in a **slow cooker, oven or on the hob**.
- **Pot roasting** cooks a larger piece of meat slowly in a **covered dish with a small amount of liquid**.
- Slow cooking helps make meat **tender**.



Frying

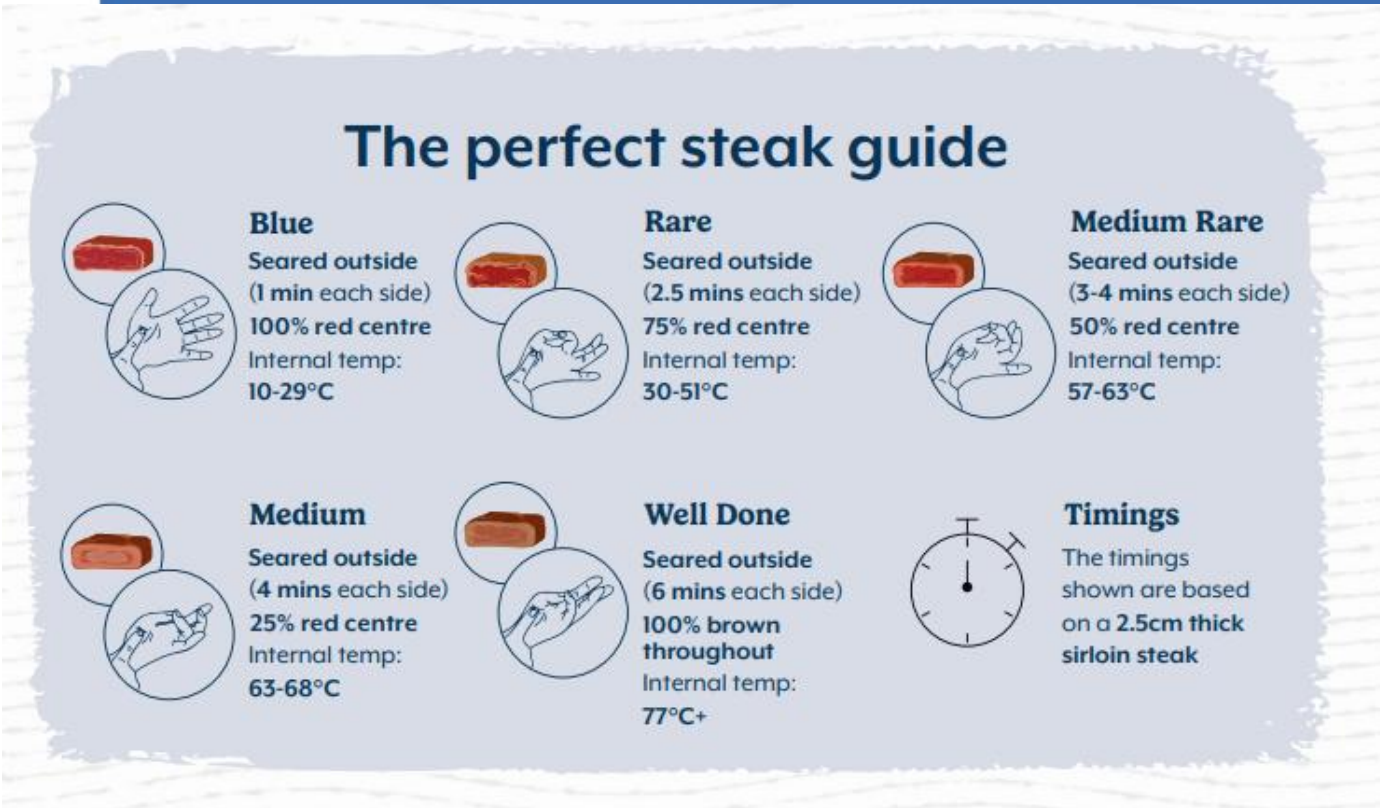
Cooks meat using **oil or fat in a pan**.

- **High heat** helps brown the surface and develop flavour.
- A small amount of oil can be used for **pan frying**.
- **Stir-frying** uses small pieces of meat and vegetables, usually cooked quickly in a **wok or wide pan**.
- Suitable for **tender cuts** and smaller pieces of meat.

Think: Why is it important to get the pan hot before frying meat?



How would you like yours?



Supporting Local - The Butcher

Using a **local butcher** can offer several benefits:

- **Food miles** - buying locally sourced Scotch meat can reduce the distance food travels.
- **Support local producers** and businesses.
- **Know where it comes from** - some butchers can tell you the farm or source.
- **Expert advice** on cuts, preparation and cooking.
- **Choose your portion size** - buy the amount you need.

How can buying local affect the **food miles** of your meat?





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Food Waste

Food loss & waste has a major environmental impact.

If food loss and waste were a country, it would be the world's third-largest greenhouse gas emitter. Food and Agriculture Organization (FAO) of the United Nations.

This is because greenhouse gases are produced when food is grown, processed, transported, stored and disposed of - even when the food is never eaten!

What can we do to reduce food waste when buying, cooking and eating meat?



Our top tips with leftovers

Save time, work and money by making extra portions of dishes for the freezer to help with weekly meal planning. Curries and chillis are perfect for batch cooking – discover recipe inspiration at **makeitscotch.com** to make meal planning much easier. You might even find a new favourite dish!

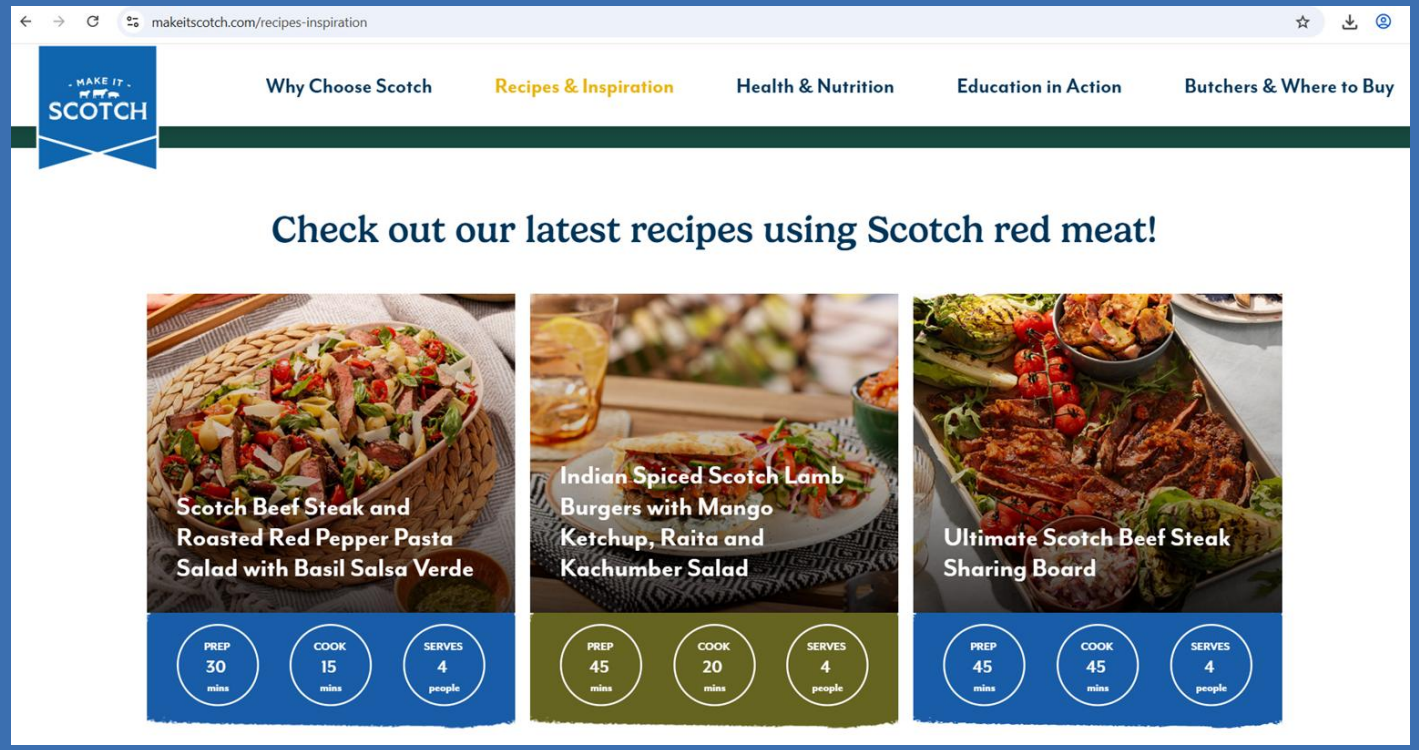
- Cool then store leftovers in the fridge as quickly as possible (approx. 2 hours). Make sure you cover them and eat within 2 days.
- To freeze, cool thoroughly first. Once frozen try to eat within 3 months to enjoy your dish at its best.
- To stop food drying out in the freezer, invest in some good freezer containers.
- Defrost your precooked dishes in the fridge overnight or defrost in the microwave if you want to cook straight-away.
- Eat leftovers within 24 hours of defrosting and do not refreeze.
- Ensure leftovers are reheated until completely hot throughout.
- Remember not to re-heat foods more than once.

For further advice on storing and reheating food visit **Food Standards Scotland**

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Looking for recipe inspiration?

Visit makeitscotch.com





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Test your knowledge quiz

It’s time to put learning to the test with our simple quiz.

It will cover the content of this lesson, the main learning takeaways and provide opportunities for class discussion.



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Which two cuts of lamb have been blanked out?

A - Sirloin

B - Loin

C - Shoulder

D - Braising steak





QMS Quality Meat Scotland | MAKE IT SCOTCH

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A - Sirloin

B - Loin

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Which cooking methods can be healthier ways to prepare red meat? Select all that apply.

A - Deep fat frying

B - Grilling

C - Baking

D - Shallow frying





Which cooking methods can be healthier ways to prepare red meat? Select all that apply.

A - Deep fat frying

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Different cuts of meat are better suited to different recipes and cooking methods.

True

Or

False



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Different cuts of meat are better suited to different recipes and cooking methods.

True

Or

False



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Where in your fridge should raw meat be stored?

A - Top shelf

B - Middle Shelf

C - Bottom Shelf

D - In the door





Where in your fridge should raw meat be stored?

A - Top shelf

B - Middle Shelf

C - Bottom Shelf

D - In the door





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Which of the following is NOT a method used to tenderise meat?

A - Pounding



B - Marinating (vinegar or lemon/lime juice)

C - Slow cooking

D - Cooking quickly at a high temperature



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Which of the following is NOT a method used to tenderise meat?

A - Pounding



B - Marinating (vinegar or lemon/lime juice)

C - Slow cooking

D - Cooking quickly at a high temperature



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Success Criteria

I can

- Describe the characteristics of red meat.
- Identify different cuts of meat.
- Describe food preparation techniques for meat.
- Identify different cookery processes and when to use them.
- Explain the benefits of supporting local producers.
- Explain why reducing food waste and using leftovers is important.



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- MAKE IT -
SCOTCH


BORN & REARED
SCOTCH
BEEF
GEOGRAPHIC
ORIGIN
UK PROTECTED
BORN & REARED
SCOTCH
LAMB
BORN & REARED
PRIME
SCOTTISH
PORK