

# Meat

## Why should we include meat in the diet?

- Meat is an important source of protein, iron and vitamin B
- There are many different types and cuts of meat
- Meat can be cooked in a number of different ways
- Some cuts of meat are relatively cheap but still nourishing
- Red meat contains saturated fat. It should be avoided by people with high cholesterol.

## Nutritional Value

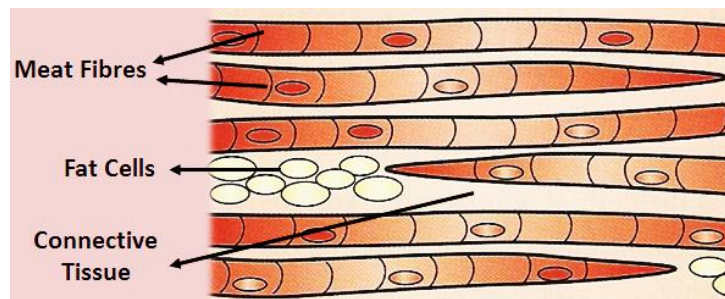
	Amount	Type	Function
<b>Protein</b>	12-20%	High Biological Value	Growth & repair of cells; production of hormones, enzymes & antibodies
<b>Fats</b>	5-25%	Saturated fat	Heat & energy Protection of delicate organs
<b>Carbohydrates</b>	0%		None presents so should be served with foods containing carbohydrates eg scrambled eggs on toast
<b>Vitamins</b>	Good source	B Group	Healthy nervous system and also controls the release of energy from food
<b>Minerals</b>	Good source	Iron Phosphorus	Produces haemoglobin which carries oxygen around the body Healthy bones and teeth
<b>Water</b>	55-70% Amount depends on % fat		Carries nutrients & oxygen to all cells in the body <u>or</u> Helps remove waste from the body via urine

## Meat is lacking in three nutrients: (3 C's)

- Carbohydrate
- Vitamin C
- Calcium

*Meat should be served with foods which contain these nutrients.*

## Structure of Meat:



- Meat is made up of long fibres filled with meat juice
- The meat juice contains extractives (flavours), vitamins, minerals and protein
- They are held together with connective tissue
- Between the meat fibres are some fat cells
- The amount of fat depends on the type of animal and its age

## Meat: Tough vs Tender

- Tender cuts of meat have short, fine fibres with less connective tissue and less fat.
- Tough cuts of meat have long, thicker fibres with more connective tissue and more fat.
- Cheaper to buy but the same nutritional value

### **Tough meat is caused by:**

- **Age:** older animals tougher
- **Activity:** more active parts are tougher
- **Incorrect hanging:** meat needs to be hung for a certain amount of time after slaughter
- **Incorrect cooking method:** the method of cooking should suit the type of meat

### **How to make meat tender**



Beat with Meat Hammer



Marinate overnight



Hang correctly after slaughter



Mince meat

### **Buying Meat**

- Buy from a clean shop which sells good quality meat
- Flesh should be firm, elastic and slightly moist
- Should have a good colour and no smell
- Check the date stamp on pre-packed meat
- Choose the correct type of meat for the dish you are cooking
- Offal and cheaper cuts are just as nourishing and cheaper

### **Storing Meat**



- Use fresh meat within two days of buying
- **Keep refrigerated**
- Check **date stamp**
- Keep vacuum packed meat in its packaging
- Place fresh **meat on a plate** to avoid dripping
- Store **raw meat on the bottom** and **cooked meat on the top** of the fridge to prevent contamination
- Place cooked meat on a clean plate, cover and store in fridge.
- **Use within two days**

### **Preparing Meat for Cooking**

- If frozen remove from freezer and allow to **defrost in the fridge overnight**
- **Remove excess fat**
- **Wipe meat down** with damp kitchen paper
- Weigh meat and calculate cooking time

### **Why Do We Cook Meat?**

- To **destroy bacteria** and make it safe to eat
- To **improve flavour**
- To make it **more digestible** and tender

### **Effects of Heat/Cooking Meat:**

- **Protein** coagulates and seals the meat
- Water **evaporates** and meat **shrinks**
- **Colour changes** from red to brown
- **Fat melts**
- **Flavour** improves
- **Bacteria** are destroyed
- **Amino acids** and **B group** vitamins may be destroyed

### Traditional Accompaniments for Meat

Meat	Accompaniment
Roast pork	Apple sauce, roast potatoes
Roast duck	Orange sauce, stuffing
Roast beef	Horseradish sauce, Yorkshire puddings, gravy
Roast lamb	Mint sauce, roast potatoes
Turkey	Cranberry sauce, stuffing, gravy

### Offal

- **Internal organs** of animals that you **can eat**
- Includes: **liver, kidney, heart** etc
- **Cheap** and **nutritious** – contains: vitamins A & B, iron and protein
- Dishes include: steak & kidney pie, roast stuffed heart



### Meat Products

- **Sausages, black & white pudding, hamburgers**
- **Processed cooked meats** eg salami
- **Tinned meats** eg corned beef, spam
- **Fats** eg lard
- **Gelatine** – used to set dishes eg cheesecake

### Meat Alternatives/Substitutes

Some people don't eat meat for a variety of different reasons. Here are something's they meat instead:

### Textured Vegetable Protein (TVP)

- Made from **soya beans**
- **Cheaper** to produce than meat
- Useful in **vegetarian diets**
- **Similar to meat in nutritive value**
- Also contains **fibre**
- **Lacks saturated fat**
- **Tofu** (paste made from soya beans) another alternative to meat



### Quorn

- Good source of **protein**
- **Developed from micro-organisms** eg fungi
- Also **cheap** to produce
- Sold frozen in **chunks** or as **mince**
- Also, **sausages, burgers** etc

