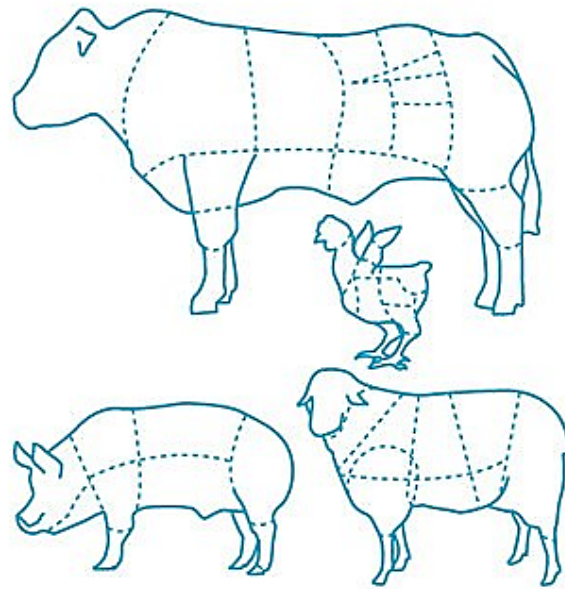




## Meat Fabrication

# Quantity Food Production 2 Lecture outlines

*Must Show Chef for Daily Credit*



Name \_\_\_\_\_



# Meat Fabrication

**MEAT LECTURE OUTLINE  
MUST SHOW CHEF FOR DAILY POINTS**

Meat –

## Meat Species

Meat	Species

Steps to slaughtering (6)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Meat Inspection

Why?



## Meat Fabrication

What?

Who?

When?

Stamp?

Which meats?

### Meat Grading

Why?

Who?

What traits?

- 1.
- 2.
- 3.
- 4.
- 5.

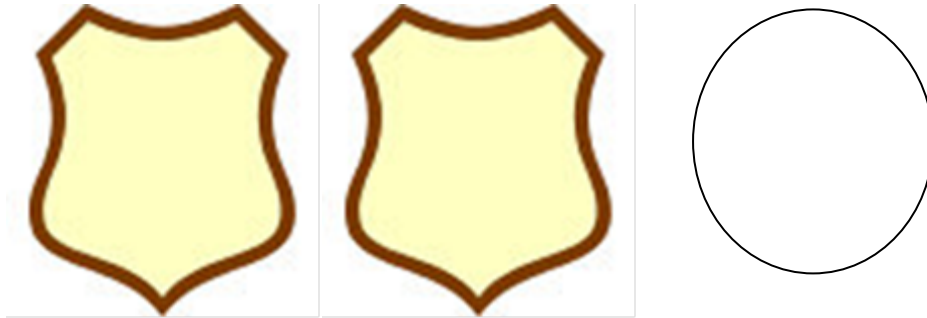
Which meats?

Grade Factors





## Meat Fabrication



### Meat Carcass Content

### Composition of Meat

\_\_ %-

\_\_ %-

\_\_ %-

\_\_ %-

Purge-

Collagen-

Elastin-

Bone connectives



## Meat Fabrication

Fat is important for several reasons:

Types of fat:

- 1.
- 2.
- 3.

### Aging Meat-

Meat is aged for several reasons

- 1.
- 2.
- 3.
- 4.

How long can meat be aged?

Wet aging

Dry aging

### Rigor Mortis-

### Green meat-



## Meat Fabrication

Why do we cook meat?

- 1.
- 2.
- 3.

### Cooking Meat Temperatures

<b>Fish/ Shellfish</b>	<b>Poultry</b>	<b>Pork</b>	<b>Beef</b>	<b>Veal</b>	<b>Lamb</b>	<b>Game</b>

4 steps for purchasing meat

- 1.
- 2.



## Meat Fabrication

3.

4.

## Meat Preparations

### Tenderizing

Mechanical tenderizing

-

-

Marinating-

Brining-

Curing-

Dry curing-

Larding-

Barding-

Enhanced meat-

Seasoning-

Maillard Reaction-

## NAMP/IMPS

NAMPS-





## Meat Fabrication

IMPS

IMPS Numbers

<b>Beef</b>	
<b>Lamb</b>	
<b>Veal</b>	
<b>Pork</b>	
<b>Chicken</b>	
<b>Turkey</b>	
<b>Duck</b>	
<b>Goose</b>	
<b>Guinea</b>	
<b>Squab</b>	
<b>Quail</b>	
<b>Pheasant</b>	
<b>Partridge</b>	
<b>Portioned Cuts</b>	

Offals-

Degrees of Doneness

Degree of Doneness

<b>Black and Blue</b>	
<b>Pittsburg</b>	



## Meat Fabrication

<b>Very Rare</b>	
<b>Rare</b>	
<b>Medium Rare</b>	
<b>Medium</b>	
<b>Medium Well</b>	
<b>Well Done</b>	
<b>Very Well Done</b>	

Carry over cooking-

Storage



# Meat Fabrication

## POULTRY LECTURE OUTLINE MUST SHOW CHEF FOR DAILY POINTS

### Poultry-

Poultry Species ( ) and types

Bird	French Name
	Male:  Female:
	a.  b.

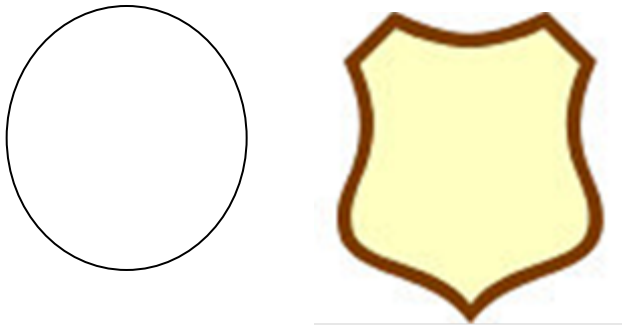
### USA Poultry Industry



# Meat Fabrication

## Poultry Inspection

Draw and Label the stamps



## Grading

- 1.
- 2.
- 3.

## Poultry Grading Expectations

- 1.
- 2.
- 3.

---

- 4.
- 5.



## Meat Fabrication

6.

### Composition of Meat

\_\_\_%-

\_\_\_%-

\_\_\_%-

\_\_\_%-

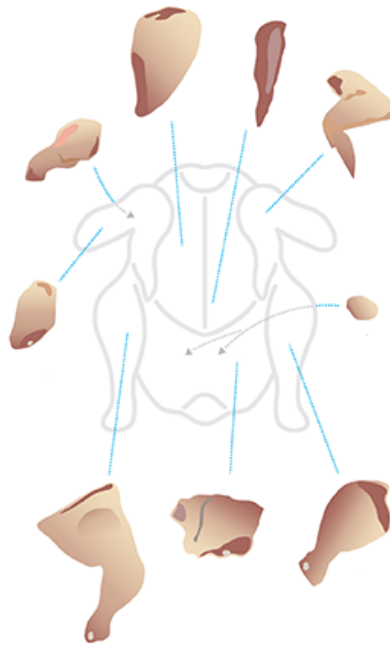
### Meat composition

Dark Meat	White Meat

Label the parts of a bird



## Meat Fabrication



### Poultry History

2000BC-

1926-

1957-

1968-

Chicken

### Chicken Classes



## Meat Fabrication

Size	Weight	Age

Free Range Chicken

Capon

Cock/ Rooster

Rock Cornish Game Hen

Poussin

Duck



# Meat Fabrication

## Duck Classes

Size	Weight	Age

Goose

## Goose Classes

Size	Weight	Age

Guinea





# Meat Fabrication

## Guinea Classes

Size	Weight	Age

Partridge

Pheasant

Squab (\_\_\_\_\_)



# Meat Fabrication

## Squab Classes

Size	Weight	Age

## Quail

## Ratites

### Ratites Types

Name	Home



# Meat Fabrication

## Turkey

### Turkey Classes

Size	Weight	Age

Male:

Female:

## Poultry Safety

1926-

1957-

1968-

Cooking- \_\_\_\_\_ °F



# Meat Fabrication

## Storage

Frozen- \_\_\_\_\_ °F

Fresh- \_\_\_\_\_ °F

## Purchasing Poultry

1.

2.

3.

PC-

IQF-

WOG-

## IMPS Numbers

<b>Chicken</b>	
<b>Turkey</b>	
<b>Duck</b>	
<b>Goose</b>	
<b>Guinea</b>	

<b>Squab</b>	
<b>Quail</b>	
<b>Pheasant</b>	
<b>Partridge</b>	

Why do we have poultry on our menus?



## Meat Fabrication

Marinade must contain \_\_\_\_\_

When is our poultry done?

- 1.
- 2.
- 3.
- 4.

### Salmonella

- 
- 
- 

Forcemeat-

### Ingredients

- 1.
- 2.
- 3.
- 4.

Formula:



## Meat Fabrication

Offals AKA \_\_\_\_\_ or \_\_\_\_\_

- 1.
- 2.
- 3.
- 4.

Foie Gras

Can come from a:

- 1.
- 2.

Ballotine

Roulade

Trussing

8-way Chicken

Contains: \_\_\_\_\_ and \_\_\_\_\_

- a.
- b.
- c.
- d.

plus:

Duck Confit



# Meat Fabrication

## **BEEF LECTURE OUTLINE MUST SHOW CHEF FOR DAILY POINTS**

Beef-

Species:

IMPS:

Domesticated:

Florida Cattle

Classifications

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Wholesomeness Grading

Who?

What?

Why?

What stamp?



# Meat Fabrication

## Quality Grading

Who?

What?

Why?

What stamp?

### Beef Grades

- |    |    |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

## USDA Quality Grade Factors

- 1.
- 2.
- 3.
- 4.
- 5.

## Yield Grading

Who?

What?





# Meat Fabrication

Why?

## Yield Grades:

- 1.
- 2.
- 3.
- 4.
- 5.

What stamp?

Draw and Label the stamps



## Composition of muscle

\_\_%-

\_\_%-

\_\_%-

\_\_%-

Beef Breeds



## Meat Fabrication

- 1.
- 2.
- 3.
- 4.
- 5.

### Milk Breeds

- 1.
- 2.

### Others:

### Kosher Beef-

### Kobe Beef-

### Certified Angus Beef-

### Beef Primals and Subprimals



## Meat Fabrication

### Forequarter

- 1.
- 2.
- 3.
- 4.
- 5.

### Hindquarter

- 6.
- 7.
- 8.
- 9.

### Tough vs. Tender

<b>Most Tender/ \$\$ Cuts</b>	<b>Tender Cuts</b>	<b>Cheaper and Least Tender Cuts</b>



## Meat Fabrication

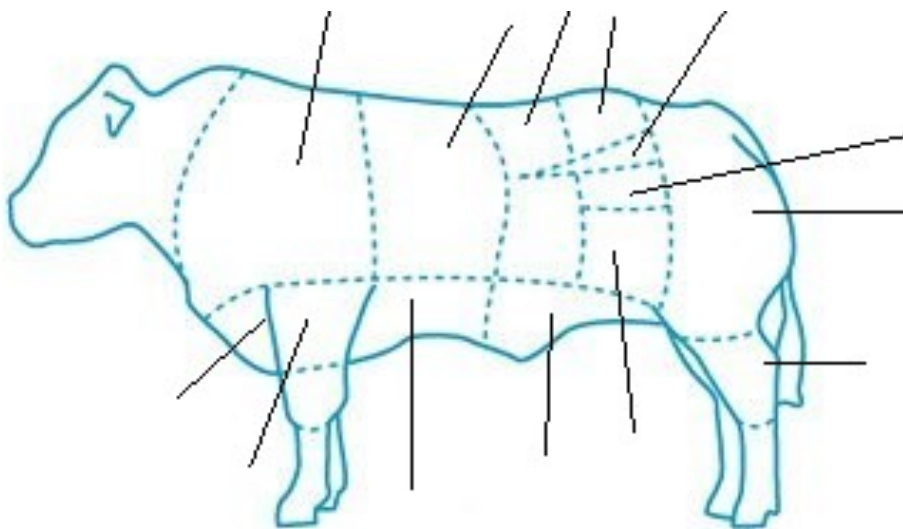

How to Prepare:

--	--

Four Major Primals

- 1.
- 2.
- 3.
- 4.

Label the Parts of Beef





## Meat Fabrication

### Meat % of a carcass and Cooking Methods (hint: some listed on each slide)

<b>Primal/subprimal (location)</b>	<b>% of Carcass</b>	<b>Common Cuts</b>	<b>Best Cooking Method</b>	<b>Other Notes</b>
Chuck				
<b>Primal/subprimal (location)</b>	<b>% of Carcass</b>	<b>Common Cuts</b>	<b>Best Cooking Method</b>	<b>Other Notes</b>
Rib				
Shank/Forshank				
Flank				



## Meat Fabrication

Brisket				
<u>Corned Beef</u>  <u>Brining</u>  <u>Curing</u>				
Plate				
Round				



## Meat Fabrication

<u>Muscles</u>				
1. 2. 3. <div style="text-align: center; margin-top: 20px;"> </div>				
Primal/subprimal (location)	% of Carcass	Common Cuts	Best Cooking Method	Other Notes
Short loin		<u>Cuts from the Short Loin Region</u> 1. 2. 3. 4. 5. 6. 7.		
Tenderloin		<u>Cuts from the tenderloin</u> 1.		



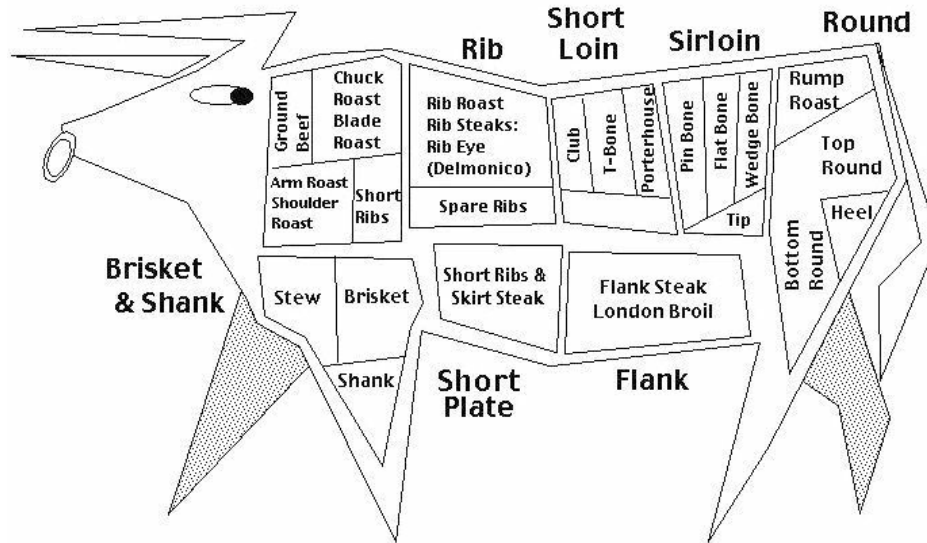
## Meat Fabrication

		2. 3. 4. 5. 6.		
PSMO				
<b>Primal/subprimal (location)</b>	<b>% of Carcass</b>	<b>Common Cuts</b>	<b>Best Cooking Method</b>	<b>Other Notes</b>
Sirloin			TOP  BOTTOM	





# Meat Fabrication



Aging Meat ( \_\_\_\_\_ )

\_\_\_\_\_ °F

- 1.
- 2.
- 3.
- 4.

Two types of Aging

- 1.
- 2.

Storage



# Meat Fabrication

\_\_\_\_\_ °F

Purge-

Green Meat-

## Ground Beef Percentages

Ground Beef-

(Calculate for 5# yield of ground beef- hint convert to ounces first)

5# = _____ oz.
----------------

Designation	Amount of Meat	Amount of Fat
90/10		
95/5		
80/20		
76/24		
93/7		

Barding-

Larding-

Offals



## Meat Fabrication

Cooking Methods for Beef- Use Carcass % chart above (pg. 26-29)

### Cooking Beef Temperatures

Preparation	Recommended Cooking Temperature

Roasting Beef

Braising Beef



## Meat Fabrication

### Degrees of Doneness

Black and Blue-

Very Rare-

Rare-

Medium Rare-

Medium-

Medium Well-

Well Done-

Very Well Done-

Pittsburg-

### Concerns about Beef Safety

	<b>Mad Cow Disease</b>	<b>E- Coli</b>
What Causes it?		
What it Effects?		
Where does it come from?		
Some Symptoms		



## Meat Fabrication

Other Facts		
What it leads to:		



# Meat Fabrication

## VEAL LECTURE OUTLINE MUST SHOW CHEF FOR DAILY POINTS

Veal-

Why do we have veal?

Species:

IMPS:

Age-

Categories

1.

2.

3.

4.

Veal Grades

1.

2.

3.



## Meat Fabrication

4.

5.

What is used for quality grading?

1.

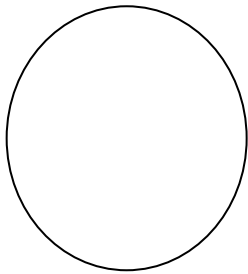
2.

3.

4.

Yield Grading?

Draw and Label the stamps



Primals

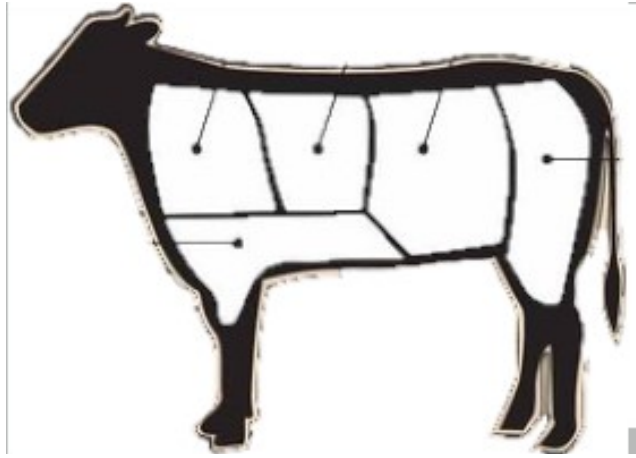
a.

b.

Label the Parts of Veal



## Meat Fabrication



Foresaddle	Hindsaddle

Primal/subprimal (location)	% of Carcass	Common Cuts	Best Cooking Method	Other Notes
Loin				
Rack				<u>Manchonner-</u>





## Meat Fabrication

Leg		1. 2. 3. 4. 5. 6.		
Breast and Foreshank				
Shank				
Shoulder				

Usage and Purchasing



## Meat Fabrication

### Cooking and Preparing

Required internal cooking temperature= \_\_\_\_\_ °F

If Ground= \_\_\_\_\_ °F

### Offals



# Meat Fabrication

## LAMB LECTURE OUTLINE MUST SHOW CHEF FOR DAILY POINTS

Lamb-

Mutton-

Species:

IMPS:

History

9000 BC

Red Meat=

White Meat=

Black Meat=

3 countries	Diet	Largest?

Notes:



# Meat Fabrication

## Classes

Name	Size

## Wholesomeness Grading

Who?

What?

Why?

What stamp?

## Quality Grading

Who?

What?

Why?

What stamp?

## Lamb Grades

1.

2.



## Meat Fabrication

3.

4.

5.

### Yield Grading

1.

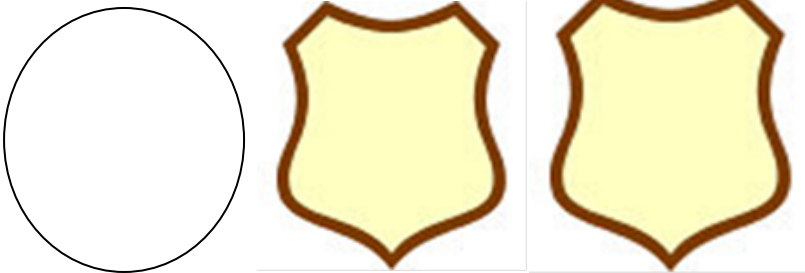
2.

3.

4.

5.

Draw and Label the stamps



Lamb Primals

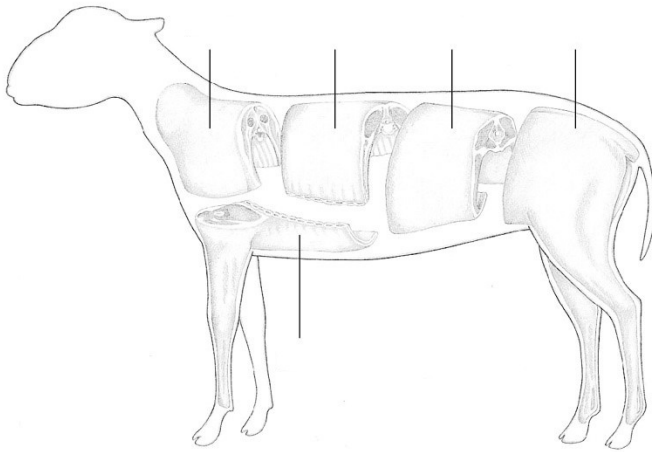
a.

b.

Label the Parts of the Lamb



## Meat Fabrication



**Primal %, Composition, and primary Subprimals**

<b>Primal/subprimal (location)</b>	<b>% of Carcass</b>	<b>Common Cuts</b>	<b>Best Cooking Method</b>	<b>Other Notes</b>
Shoulder				
Breast				
<b>Primal/subprimal (location)</b>	<b>% of Carcass</b>	<b>Common Cuts</b>	<b>Best Cooking Method</b>	<b>Other Notes</b>
Rack				<u>Manchonner-</u>



## Meat Fabrication

Loin				
Leg				<u>BRT-</u>

### Cooking Lamb



# Meat Fabrication

## **PORK LECTURE OULINE MUST SHOW CHEF FOR DAILY POINTS**

Pork-

Age:

Species:

IMPS:

History

7000BC-

1539-

1639-

Who is Uncle Sam?

Pork on the menu

- 1.
- 2.
- 3.
- 4.





# Meat Fabrication

## Wholesomeness Grading

Who?

What?

Why?

What stamp?

## Yield grading?

Aging?

Why?

## Quality Grading

Who?

What?

1.

2.

3.

Why?

What is PSE?



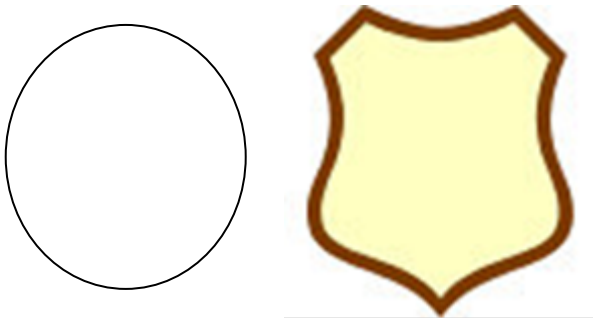
# Meat Fabrication

What stamp?

## Pork Grades

- 1.
- 2.
- 3.
- 4.

Draw and Label the stamps



## Trichinosis

Killed at: \_\_\_\_\_°F

Cook until: \_\_\_\_\_°F

## Composition of Meat

\_\_\_%-

\_\_\_%-



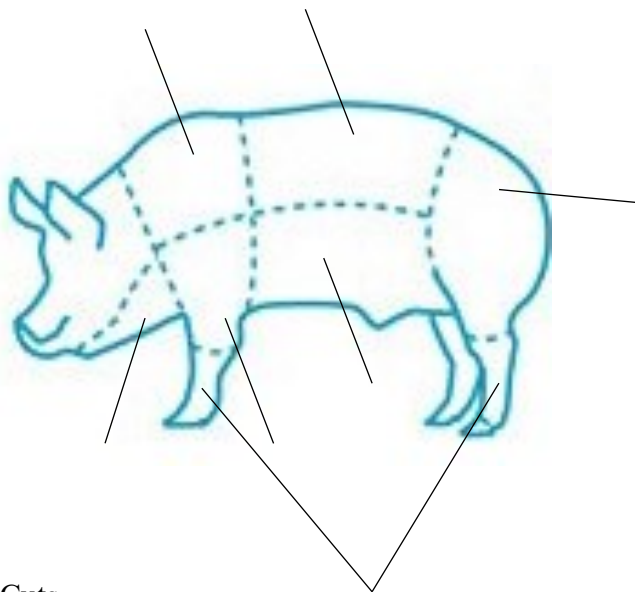
# Meat Fabrication

\_\_\_%-

## Classes of Pork

Name	Male	Female

## Label the Parts of Pork



## Pork Primal and Subprimal Cuts



## Meat Fabrication

- 1.
- 2.
- 3.
- 4.
- 5.

<b>Primal/subprimal (location)</b>	<b>% of Carcass</b>	<b>Common Cuts</b>	<b>Best Cooking Method</b>	<b>Other Notes</b>
Picnic Shoulder				
Boston Butt/ Shoulder				
Belly				
Whole Loin				



## Meat Fabrication

Fresh Ham				

Pork Fat

Offals





## Meat Fabrication

Enhanced Pork-

Marinating-

Pig's habits and habitat

Pork Breeds

- 1.
- 2.
- 3.

Who doesn't eat pork?

Three types of Ancient Food Preservation

- 1.
- 2.
- 3.



## Meat Fabrication

### Ribs

(also refer to slides on individual primals/ subprimals)

Name	Location	What else?
Back		
Button		
Country-Style		
Kansas City		
Rib tips		
St. Louis style		
Spare		

### Ham

Comes from what primal?

### Hams

Name	(sub)primal	From (region)	Characteristics
Black Forest			
Canadian Bacon			
Peameal Bacon			





## Meat Fabrication

Capacolla Ham			
Iberico Ham			
Prosciutto			
Serrano Ham			
Smithfield Ham			
Tasso			

## Sausages

### Types

- 1.
- 2.
- 3.

### Casings

- 1.
- 2.
- 3.



## Meat Fabrication

Bacon

Cooking

\_\_\_\_\_ °F



**Meat Fabrication**  
**FISH AND SHELLFISH OUTLINE**  
**MUST SHOW CHEF FOR DAILY POINTS**

Fish-

Grading and Inspection

PUFI-

Grades

- 1.
- 2.
- 3.

**Purchasing Fish**

Fresh

Flash Frozen

Fresh Frozen

Glazed

**Qualities of Fish**

Good	Not Good



## Meat Fabrication

### Qualities of a fresh fish

- 1.
- 2.
- 3.
- 4.
- 5.

### Qualities of Frozen Fish

- 1.
- 2.
- 3.
- 4.

How should fresh fish be stored?

### Types of fish

- 1.
- 2.
- a.
- b.

### Structure and Composition

	<b>Round Fish</b>	<b>Flatfish</b>	<b>Cartilaginous Fish</b> <b>AKA:</b>
Swims			
Eyes			
Components			
How many filets?			



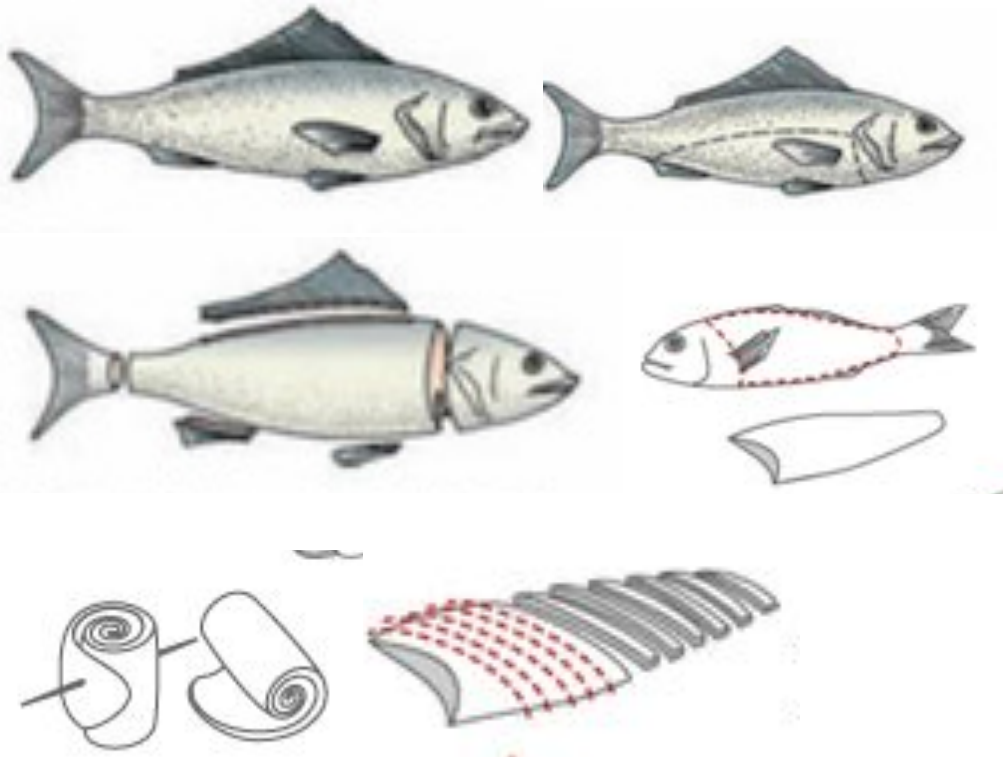
## Meat Fabrication

Examples			
----------	--	--	--

## Nutrition

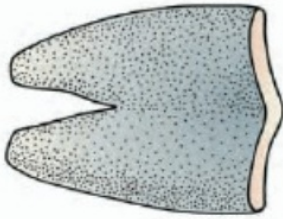
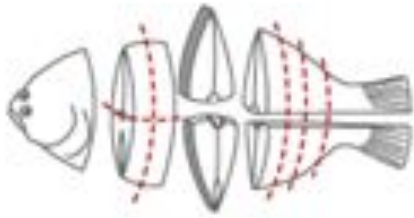
### Label the Market Forms of Fish

(whole, drawn, dressed, fillet, butterflied fillets, steaks/ darne, wheel, troncon, paupiette, goujon)





## Meat Fabrication



Viscera-

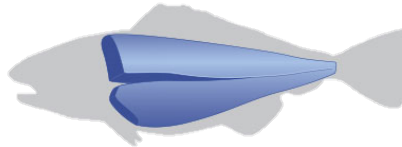
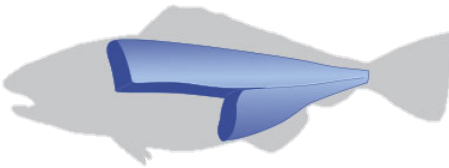
Eviscerated-

Ebarber-

Lever les filets-

Tranche-

**Label the bone-removing cut.  
Cross out the one that we do not prefer**



Activity Level	Locations	Examples	Flesh Color

Storing Fish



## Meat Fabrication

### Muscle Composition

Myotome=

Myocommata=

### Cooking Fish



## Meat Fabrication **Shellfish**

### Shellfish-

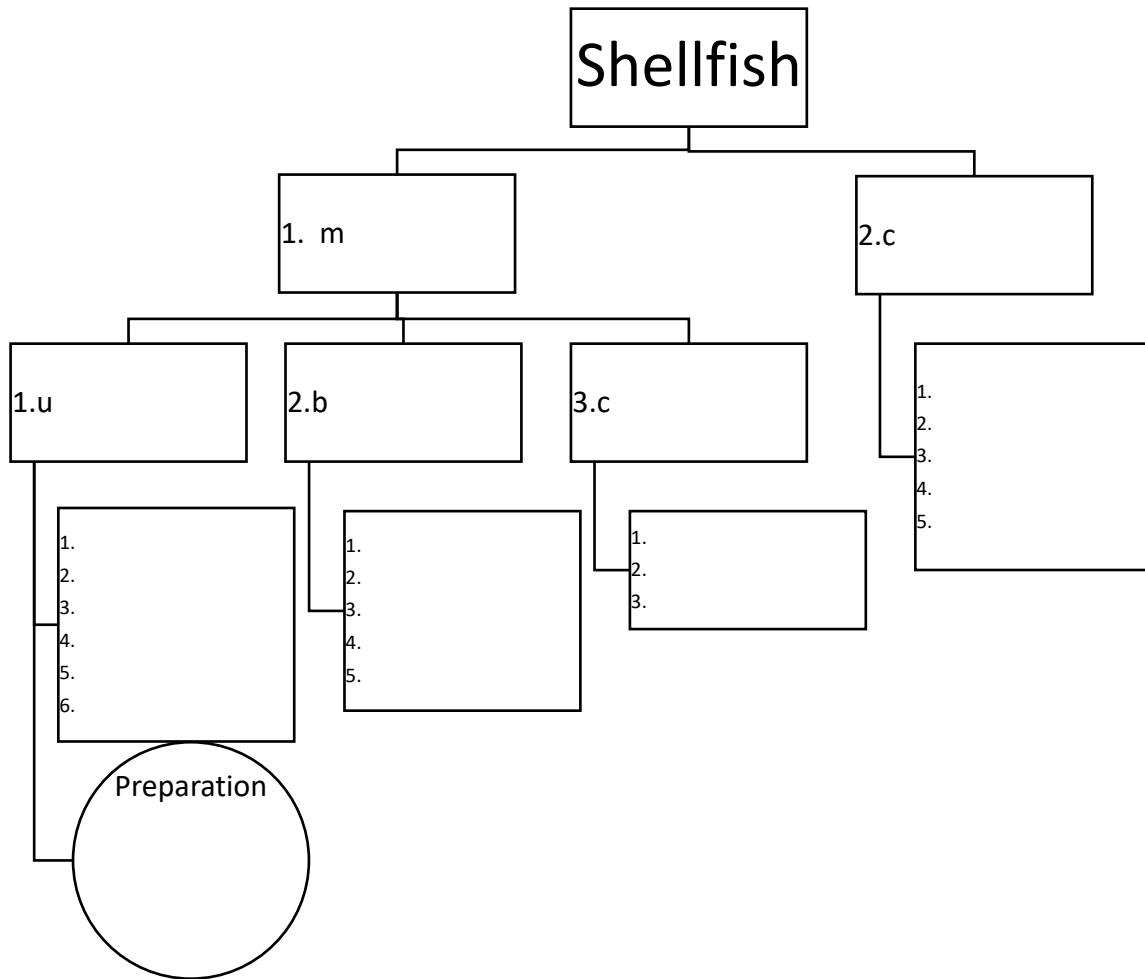
### Carapaces-

- 1.
- 2.





# Meat Fabrication



**Definitions:**

Mollusks

Univalve

Bivalve

Ebarber-

Cephalopod

Cuttlebone



## Meat Fabrication

### Crustaceans

#### Decortique-

### Receiving and storage of seafood

#### Oysters

Which Months should you buy warm water oysters?

Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
------	------	------	------	------	------	------	------	------	------	------	------

What bacteria are we concerned about?

#### Clams

#### Purge-

Clam sizes

Name	# per pound	Approximate size



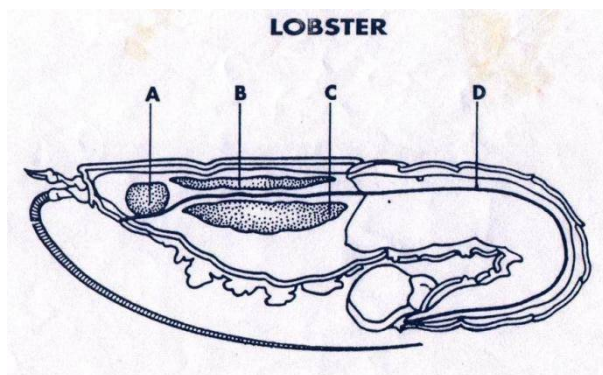
# Meat Fabrication

## Lobsters

### Lobster Sizes

Name	Size

### Label the parts of the lobster



### Tomalley-

### Coral



## Meat Fabrication

### Shrimp and Scallop Sizes

#/#=

“U”=

### Receiving Shellfish

How many days?

Storage