# Unit 308: Produce and present advanced main course dishes using standardised recipes

# Handout 1: Cuts of meat



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| **Beef** | |
| **Cut** | **Uses** |
| Chuck and blade | Used for braising or the modern “flatiron” steak |
| Beef fillet | This is the cut of meat where the filet mignon, tenderloin, tournedos and chateaubriand are found |
| Sirloin | Used as the “prime” roasting joint or for streaks such as sirloin, T-bone, porterhouse etc |
| Rump | Used for steaks and said to have more flavour than the more expensive cuts |
| Topside | Used in stir-fries, for roasting, grilling and frying |
| Silverside | Lean cut of meat used as either a roasting or braising joint |
| Fore-rib | Ideal for roasting, also used for ‘rib eye’ steaks |
| Short rib | Used for mincing |
| Thin flank or skirt | Often used for grilling, frying or bbq |
| Leg or shank | Used as stewing steak |
| Brisket | Boned and rolled then slow or pot roasting |
| Thick rib | Used for braised steaks |
| Neck | Used for slow cooking process, full of flavour |



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| **Lamb** | |
| **Cut** | **Uses** |
| Neck or ‘scrag end’ | Used for stewing or braising, full of flavour |
| Shoulder | Slow cooking process advised, also used for mince |
| Best end of lamb  neck best end), rack of lamb | Tender and used for several different cuts such as ‘French trimmed’, ‘Guard of Honour’ |
| Lamb cutlets | Cut from the ribs and called a valentine steak if off the bone |
| Loin | Lamb chops, ‘Barnsley Chops’, Cannon and noisette |
| Chump | Steaks and chops |
| Leg | Prime roasting joint |
| Shank | Slow cooking, such as braising, very flavoursome |
| Breast | Boned and rolled, very fatty, but tenderises with the cooking process |

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| **Pork** | |
| **Cut** | **Uses** |
| Neck | Used in stews, stocks and soups |
| Shoulder | Ideal for roasting and slow cooking |
| Loin | Cured for back bacon, but also a prime roasting joint |
| Tenderloin | Grilling, frying, stir fry’s |
| Chump | Steaks and slow cooking in a hotpot |
| Leg | Ideal for roasting and steaks, but prime use is to make a ‘Ham’ |
| Belly | Used for the making of bacon, sausages and pancetta |
| Ribs | Ideal for a BBQ |
| Cheeks | Slow cooking due to this overused muscle |
| Hock | Very tough meet, requires a lot of cooking so the meat falls from the bone |
| Trotters | These are grilled, deep fried, braised or poached |

