

Meat Identification Slide Set – TEXT FOR STUDY GUIDE PPT

Beef – Pork – Veal – Lamb - Variety Meats

Instruction Booklet

Meat Identification Slide Set

This booklet describes the 136 retail meat cuts shown in the Meat Identification Slide Set.

Names of the cuts are based on the Uniform Retail Meat Identity Standards (URMIS) system for beef, pork, lamb and veal. Under the URMIS system, each cut has a three-part label giving the species of the animal, the wholesale or primal name and the specific retail name.

URMIS was developed and is coordinated by the former National Live Stock and Meat Board (currently the National Cattlemen Beef Association) through the work of an Industry-wide Cooperative Meat Identification Standards Committee.

On an actual store label, some names may be abbreviated, as approved by the URMIS manual, to save space. In this booklet, the retail names are spelled out in full. Each cut is listed with its complete name, and a general description. Since it was impossible to photograph all meat cuts in exactly the same proportion, descriptions include the actual weight and size, expressed in both standard and metric terms.

Species are shown in the sequence: beef, pork, lamb and veal. Within each species group, the cuts are shown going from front to rear on the carcass.

Additional information can be found at:

http://mdg.ext.msstate.edu/Meat_ID/meat_id_test.html

http://msucares.com/4h_Youth/interactive.html

<http://www.beefretail.org/retaURMIS.aspx>

<http://animalscience.unl.edu/meats/id/>

<http://beef.org/>

(once you are in this site click on Bovine Myology or Beef Retail blocks for great information)

BEEF

1. Beef Chuck Arm Pot-Roast

Contains round arm bone and sometimes cross sections of rib bones. Includes several muscles varying in size separated by connective tissue.

Cookery Method: M-Moist Heat

2. Beef Chuck Arm Steak

Same muscle and bone structure as arm pot-roast but cut thinner, usually less than 1 ½ inches.

Cookery Method: D/M-Dry or Moist Heat

3. Beef Chuck Shoulder Pot-Roast Boneless

A part of arm portion of chuck. Boneless with very little fat cover.

Cookery Method: M-Moist Heat

4. Beef Chuck Shoulder Steak Boneless

Same muscle structure as shoulder pot-roast boneless but cut thinner.

Cookery Method: D/M-Dry or Moist Heat

5. Beef Chuck Cross Rib Pot-Roast

Square cut, thicker at one end, containing 2 or 3 rib bones and alternating layers of lean and fat. Sometimes boneless. May be tied.

Cookery Method: M-Moist Heat

6. Beef Chuck Short Ribs

Rectangular-shaped with alternating layers of lean and fat. Contain rib bones, cross sections of which are exposed.

Cookery Method: D/M-Dry or Moist Heat

7. Beef Chuck Flanken Style Ribs

Cut lengthwise rather than between ribs as for short ribs. Contain rib bones and alternating streaks of lean and fat.

Cookery Method: D/M – Dry or Moist Heat

8. Beef For Stew

Meaty pieces containing varying amounts of fat. Cut 1 to 2 inches square. May be cut from chuck, brisket, rib and plate.

Cookery Method: M-Moist Heat

9. Beef Chuck Blade Roast

Contains blade bone, backbone, rib bone and a variety of muscles. Usually cut about 2 inches thick.

Cookery Method: M-Moist Heat

10. Beef Chuck Blade Steak

Same muscle and bone structure as blade roast but cut thinner, usually less than 1 ½ inches. May or may not contain rib bone, depending on thickness of cut.

Cookery Method: D/M-Dry or Moist Heat

11. Beef Chuck 7-Bone Pot-Roast

Identified by 7-shaped blade bone. Contains backbone, rib bone, and a variety of muscles. Cut from center of the blade portion of the chuck.

Cookery Method: M-Moist Heat

12. Beef Chuck 7-Bone Steak

Same muscle and bone structure as 7-bone pot-roast but cut thinner, usually less than 1 ½ inches.

Cookery Method: D/M – Dry or Moist Heat

13. Beef Chuck Top Blade Pot-Roast

Contains short 7-shaped blade bone and two or three muscles from top portion of blade roast. Fat covering on one side.

Cookery Method: M-Moist Heat

14. Beef Chuck Under Blade Pot-Roast

Contains bones and muscles of bottom portion of blade roast, including chuck eye muscles and rib bone.

Cookery Method: M-Moist Heat

15. Beef Chuck Under Blade Steak

Same muscle and bone structure as under blade pot-roast but cut thinner, usually less than 1 ½ inches.

Cookery Method: D/M-Dry or Moist Heat

16. Beef Chuck Under Blade Pot-Roast Boneless

Bones removed from under blade pot-roast leaving chuck eye, several other muscles and narrow streaks of fat.

Cookery Method: M-Moist Heat

17. Beef Chuck Under Blade Steak Boneless

Same muscle structure as under blade pot-roast boneless but cut thinner, usually less than 1 ½ inches.

Cookery Method: D/M – Dry or Moist Heat

18. Beef Chuck Mock Tender

Naturally boneless cut consisting of a single tapering muscle with little fat covering, taken from above blade bone.

Cookery Method: M-Moist Heat

19. Beef Chuck Top Blade Roast Boneless

Triangular shaped cut taken from above blade bone. Naturally boneless with large amount of connective tissue.

Cookery Method: M-Moist Heat

20. Beef Chuck Top Blade Steak Boneless or "Flat Iron" Steak

Same muscle structure as top blade roast boneless but cut into thin slices. Steaks are oval-shaped with little fat covering.

Cookery Method: D/M-Dry or Moist Heat

21. Beef Chuck Eye Roast Boneless

Contains meaty inside muscles of blade chuck, some seam fat, and thin fat cover, if any.

Cookery Method: M-Moist Heat

22. Beef Chuck Eye Steak Boneless

Same muscle structure as eye roast boneless but cut into slices.

Cookery Method: D/M-Dry or Moist Heat

23. Beef Shank Cross Cuts

Cut from hindshank or foreshank, perpendicular to bone and 1 to 2 ½ inches thick.

Cookery Method: D/M-Dry or Moist Heat

24. Beef Brisket Boneless

Boneless cut from breast section containing layers of lean and fat. May be cured in salt brine (pickled) to make corned beef brisket.

Cookery Method: M-Moist Heat

25. Beef Plate Skirt Steak Boneless

"Skirt" is inner diaphragm muscle. May also be rolled into pinwheels about ¾ to 1 inch thick.

Cookery Method: D/M-Dry or Moist Heat

26. Beef Flank Steak

Boneless flat oval cut containing elongated muscle fibers and very little fat. Surface may be scored.

Cookery Method: D/M-Dry or Moist Heat

27. Beef Flank Steak Rolls

Flank steak is rolled, secured with ties or skewers, and cut crosswise into ¾ to 1 inch slices.

Cookery Method: D/M-Dry or Moist Heat

28. Beef Rib Roast Large End

Contains 2 to 4 ribs, rib eye muscle, cap muscle and seam fat separating the muscles. Cut from large end of primal rib.

Cookery Method: D/M-Dry or Moist Heat

29. Beef Rib Roast Small End

Contains large rib eye muscle and 2 or more ribs. Cut from small end of primal rib.

Cookery Method: D/M-Dry or Moist Heat

30. Beef Rib Steak Small End

Same as rib roast small end but cut usually 1 inch thick or less.

Cookery Method: D-Dry Heat

31. Beef Rib Steak Small End Boneless

Same as rib steak small end with rib bone removed.

Cookery Method: D-Dry Heat

32. Beef Rib Eye Roast

Large center muscle of beef rib (rib eye). All other muscles, bones and seam fat removed.

Cookery Method: D/M-Dry or Moist Heat

33. Beef Rib Eye Steak

Cut from rib eye roast across grain. Little or no fat cover.

Cookery Method: D-Dry Heat

34. Beef Loin Top Loin Steak

Contains top loin muscle and backbone running length of cut. Tenderloin has been removed. Outside fat covering.

Cookery Method: D-Dry Heat

35. Beef Loin Top Loin Steak Boneless

Same as top loin steak with backbone removed.

Cookery Method: D-Dry Heat

36. Beef Loin T-Bone Steak

Derives name from T-shape of finger bone and backbone. Contains top loin and tenderloin muscles. Tenderloin is smaller in the T-bone than in the Porterhouse.¹

Cookery Method: D-Dry Heat

37. Beef Loin Porterhouse Steak

Contains the top loin, tenderloin muscles, backbone and finger bone. Similar to T-Bone Steak but the tenderloin is larger.²

Cookery Method: D-Dry Heat

38. Beef Loin Wedge Bone Sirloin Steak*

Contains portion of backbone, hip bone and varies in bone and muscle structure depending on its location in sirloin section of loin. The hip bone resembles shape of a wedge.

Cookery Method: D-Dry Heat

39. Beef Loin Round Bone Sirloin Steak*

Contains portion of backbone, hip bone and varies in bone and muscle structure. Largest muscles include top sirloin and tenderloin, interspersed with fat. The hip bone shape resembles the round bone.

Cookery Method: D-Dry Heat

40. Beef Loin Flat Bone Sirloin Steak*

Contains top sirloin and tenderloin muscles. The hip bone shape is long and flat.

Cookery Method: D-Dry Heat

41. Beef Loin Pine Bone Sirloin Steak*

Contains top sirloin and tenderloin muscles. Also includes backbone and portion of hip bone which will vary in size.

Cookery Method: D-Dry Heat

42. Beef Loin Shell Sirloin Steak

Similar to other sirloin steaks but tenderloin muscle has been removed.

Cookery Method: D-Dry Heat

43. Beef Loin Sirloin Steak Boneless

Same as sirloin steak with bones removed. Muscle structure will vary.

Cookery Method: D-Dry Heat

44. Beef Loin Top Sirloin Steak Boneless

Sirloin steak with bones and tenderloin removed.

Cookery Method: D-Dry Heat

45. Beef Loin Tenderloin Roast

Cut from the tenderloin muscle. Elongated with rounded large end gradually tapering to thin, flat end. Bone long with little if any fat covering. Very Tender.

Cookery Method: M-Moist Heat

46. Beef Loin Tenderloin Steak

Cut from tenderloin roast across grain. Probably most tender steak in carcass.

Cookery Method: D-Dry Heat

47. Beef Round Steak

Lean, oval-shaped cut containing round bone, three major muscles. Muscles in order of size are top, bottom and eye of round. Thin fat covering on outer edges.

Cookery Method: D/M-Dry or Moist Heat

48. Beef Round Rump Roast

Contains aitch bone and three major round muscles: top round, eye round and bottom round. Fat covering on outer surface.

Cookery Method: M-Moist Heat

49. Beef Round Rump Roast Boneless

Same as rump roast with bone removed. Usually tied.

Cookery Method: M-Moist Heat

50. Beef Round Heel of Round

Boneless, wedge-shaped cut containing top, bottom and eye round muscles. Least tender cut of round with considerable connective tissue.

Cookery Method: M-Moist Heat

51. Beef Round Top Round Roast

Contains inside top muscle of round. Boneless with small amount of fat on outer surface.

Cookery Method: M-Moist Heat

52. Beef Round Top Round Steak

Same muscle structure as top round roast but cut thinner.

Cookery Method: D/M - Dry or Moist Heat

53. Beef Round Bottom Rump Round Roast (Steaks are called "Western Griller" Steaks)

Irregular-shaped, thick cut from outside (or bottom) of round. Comes from sirloin end of bottom round. Slight fat covering.

Cookery Method: M-Moist Heat

54. Beef Round Eye Round Roast

Cut from eye round muscle which has been removed from bottom round. Elongated, naturally boneless with slight fat covering.

Cookery Method: M-Moist Heat

55. Beef Round Tip Roast (may be called Sirloin Tip)

Wedge-shaped cut from thin side of round. Contains cap muscle of sirloin.

Cookery Method: M-Moist Heat

56. Beef Round Tip Roast Cap Off (may be called Sirloin Tip)

Same as tip roast with bone, cap muscle and thin layer of outer fat removed. Compact and easy to carve.

Cookery Method: M-Moist Heat

57. Beef Round Cubes For Kabobs

Lean pieces of round cut into cubes. Usually taken from most meaty muscles such as tip.

Cookery Method: D-Dry Heat

58. Beef For Stew

Lean cubes usually derived from chuck, brisket, rib and round.

Cookery Method: M-Moist Heat

59. Beef Cubed Steak

Square or rectangular-shaped with cubed effect made by machine that tenderizes mechanically. May be made from muscles from several primal cuts.

Cookery Method: D/M - Dry or Moist Heat

60. Ground Beef

Made generally from lean meat and trimmings from round, chuck, loin, flank, neck or shank, ground mechanically. Sold according to percentage of lean in relationship to fat.

Cookery Method: D/M - Dry or Moist Heat

PORK**61. Pork Shoulder Arm Picnic**

Contains arm bone, shank bone and portion of blade bone. Shoulder muscles interspersed with fat. Shank and part of lower area covered with skin.

Cookery Method: M-Moist Heat

62. Pork Shoulder Arm Roast

Cut from arm picnic. Shank removed leaving round arm bone and meaty part of arm picnic. Outside covered with thin fat layer.

Cookery Method: M-Moist Heat

63. Pork Shoulder Arm Steak

Same muscle and bone structure as arm picnic but cut thinner.

Cookery Method: D/M - Dry or Moist Heat

64. Pork Shoulder Blade Boston Roast

Top portion of whole shoulder. Contains blade bone, exposed on two sides, some inter-muscular fat.

Cookery Method: M-Moist Heat

65. Pork Shoulder Blade Boston Roast Boneless

Same as shoulder blade Boston roast with blade bone removed. Usually tied with string or placed inside elastic netting.

Cookery Method: M-Moist Heat

66. Pork Shoulder Blade Steak

Cut from blade Boston roast. Contains blade bone, several muscles.

Cookery Method: D/M - Dry or Moist Heat

67. Pork Cubed Steak

Square or rectangular-shaped with cubed effect made by machine that tenderizes mechanically. May be made from muscles from several primal cuts.

Cookery Method: D/M - Dry or Moist Heat

68. Pork Cubes For Kabobs

Boneless lean pork cut into cubes.

Cookery Method: D-Dry Heat

69. Pork Loin Blade Roast

Contains part of blade bone, rib bones and backbone. Large loin eye muscle is surrounded by several smaller muscles.

Cookery Method: M-Moist Heat

70. Pork Loin Blade Chops

Cut from blade end of loin. Contain same muscle and bone structure as blade roast.

Cookery Method: D/M - Dry or Moist Heat

71. Pork Loin Country Style Ribs

Made by splitting blade of loin into halves lengthwise. Contain part of loin eye muscle and either rib bones or backbones.

Cookery Method: D-Dry Heat

72. Pork Loin Back Ribs

Cut from blade and center section of loin. Contain rib bones. Meat between ribs is called finger meat. Layer of meat covering ribs comes from the loin eye muscle.

Cookery Method: D-Dry Heat

73. Pork Loin Center Rib Roast

Cut from center rib area of loin. Contains loin eye muscle and rib bones.

Cookery Method: M-Moist Heat

74. Pork Loin Rib Chops

Contain loin eye muscle and backbone. Rib bone may be present depending on thickness. Fat covering on outside edge.

Cookery Method: D/M - Dry or Moist Heat

75. Pork Loin Center Loin Roast

Cut from center of loin. Contains rib eye and tenderloin muscles, rib bones, and T-shaped bones. Thin fat covering.

Cookery Method: M-Moist Heat

76. Pork Loin Top Loin Chops

Contains top loin muscles and backbone running length of cut. Tenderloin has been removed. Outside fat covering.

Cookery Method: D/M - Dry or Moist Heat

77. Pork Loin Butterfly Chops

Double chop about two inches thick from a boneless loin eye muscle sliced almost in half to form two sides resembling butterfly in shape.

Cookery Method: D/M - Dry or Moist Heat

78. Pork Loin Top Loin Roast Boneless (Double)

Two boneless pork loins reversed and tied together with fat side out to produce boneless roast.

Cookery Method: M-Moist Heat

79. Pork Loin Chops

Cut from sirloin end of loin. Eye muscle and tenderloin divided by T-shaped finger bone. Also contain backbone.

Cookery Method: D/M - Dry or Moist Heat

80. Pork Loin Sirloin Roast

Contains hip bone, and backbone. Largest muscle is eye of loin, separated from smaller tenderloin muscles by finger bones.

Cookery Method: M-Moist Heat

81. Pork Loin Sirloin Chops

Cut from sirloin end of loin. Same muscle and bone structure as sirloin roast.

Cookery Method: D/M - Dry or Moist Heat

82. Pork Loin Sirloin Cutlets

Boneless slices cut from sirloin end of loin after tenderloin, hip bone and backbone have been removed.

Cookery Method: D/M - Dry or Moist Heat

83. Pork Loin Tenderloin Whole

Boneless cut taken from inside of loin. Largest end is round in shape and gradually tapers to the thin flat end. Very tender.

Cookery Method: M-Moist Heat

84. Pork Spareribs

Cut from side of pork. Contain long rib bones with thin covering of meat on outside and between ribs. May contain rib cartilage.

Cookery Method: D-Dry Heat

85. Pork Leg (Fresh Ham) Whole

Hind leg bone-in. Usually covered with skin and fat about half-way up the leg.

Cookery Method: M-Moist Heat

86. Pork Leg (Fresh Ham) Roast Boneless

Same as leg (fresh ham) whole with all bones and skin removed. May be tied or placed in elastic netting.

Cookery Method: M-Moist Heat

87. Pork Leg (Fresh Ham) Shank Portion

Lower portion of leg. Contains shank bone and part of femur bone. Skin covers shank and small portion of outside muscle.

Cookery Method: M-Moist Heat

88. Smoked Pork Shoulder Picnic Whole

Same muscle and bone structure as fresh arm picnic (No. 61). Has been cured and smoked.

Cookery Method: M-Moist Heat

89. Smoked Pork Shoulder Roll

Cured and smoked meaty boneless eye of blade Boston shoulder.

Cookery Method: M-Moist Heat

90. Smoked Pork Hocks

Contain two round shank bones exposed at both ends. Oval-shaped, 2 to 3 inches thick. Have been cured and smoked.

Cookery Method: M-Moist Heat

91. Smoked Pork Loin Canadian Style Bacon

Made from boneless pork loin that has been cured and smoked. Single elongated muscle with little fat.

Cookery Method: D/M-Dry or Moist Heat

92. Smoked Pork Loin Rib Chops

Same muscle and bone structure as fresh rib chops. Have been cured and smoked.

Cookery Method: D-Dry Heat

93. Smoked Pork Loin Chops

Same muscle and bone structure as fresh loin chops. Have been cured and smoked.

Cookery Method: D-Dry Heat

94. Smoked Ham Whole

Same muscle and bone structure as fresh leg. Has been cured and smoked.

Cookery Method: M-Moist Heat

95. Smoked Ham Shank Portion

Same muscle and bone structure as fresh shank portion. Has been cured and smoked.

Cookery Method: M-Moist Heat

96. Smoked Ham Rump Portion

Portion of cured and smoked ham that contains aitch bone and part of leg bone. Thin fat cover on outer surface.

Cookery Method: M-Moist Heat

97. Smoked Ham Center Slices

Cut from center portion of cured and smoked ham. Contain top, bottom and tip muscles and round bone.

Cookery Method: D-Dry Heat

98. Slab Bacon

Side of pork which has been cured and smoked. Contains streaks of lean and fat on one side; other side may be covered with skin.

Cookery Method: D/M - Dry or Moist Heat

99 Sliced Bacon

Sliced from slab bacon. May be shingled. Outer skin removed.

Cookery Method: D/M - Dry or Moist Heat

100. Sausage Links

Made from ground fresh pork and seasonings such as salt, pepper and sage. Stuffed in casings shaped into links.

Cookery Method: D-Dry Heat

VEAL

Note: Veal is not usually studied in preparation for the 4-H Meat Identification Contest, so the cooking methods are not noted. Slides 107-121 (images 101-115) are for information only.

101. Veal Shoulder Arm Roast

Shoulder cut containing arm bone, rib bones on underneath side; cross sections of bones exposed on face sides. Muscles include shoulder, fore arm, and thin layer of lean meat from the brisket.

102. Veal Shoulder Arm Steak

Same structure as arm roast but is cut thinner. Cross sections of arm and rib bones exposed. Muscles include shoulder, fore arm and thin layer of lean brisket.

103. Veal Shoulder Blade Roast

Contains blade bone exposed on cut surface, ribs and backbone on underneath side. Muscles include inside chuck, top blade and chuck tender.

104. Veal Shoulder Blade Steak

Same structure as blade roast except for thickness. Contains blade bone, backbone, and, depending on thickness, a rib bone.

105. Veal for Stew

Meaty pieces cut 1 to 2 inches square. May be cut from shoulder, shank or round.

106. Veal Rib Chops

Contain featherbone, part of chine, and, depending on thickness, the rib bone. Largest muscle is the rib eye.

107. Veal Loin Roast

Contains top loin and tenderloin muscles, backbone and T-shaped fingerbone.

108. Veal Loin Chops

Contains backbone and fingerbone. Muscles include the top loin and tenderloin. Tenderloin differentiates this chop from rib chop, gets smaller as chops near rib.

109. Veal Loin Top Loin Chops

Same as loin chop with tenderloin removed.

110. Veal Leg Sirloin Roast

Contains portion of hip bone and backbone and variety of muscles.

111. Veal Leg Sirloin Steak

Contains portion of backbone and hip bone. Size and shape of the muscles and bones varies with each steak.

112. Veal Leg Round Roast

Cone-shaped with round leg bone exposed. Contains top, bottom and eye muscles.

113. Veal Leg Round Steak

Cut from center of leg and contains top, bottom and eye muscles and cross section of leg bone. Has a thin outer covering of fat and skin.

114. Veal Cutlets

Thin, boneless slices from the leg.

115. Ground Veal

Lean meat and trimmings mechanically ground. Sold in bulk or patty form.

LAMB

116. Lamb Shoulder Square Cut Whole

Square-shaped cut containing arm, blade and rib bones. Outside cover is thin paper-like fell.

Cookery Method: M-Moist Heat

117. Lamb Shoulder Blade Chops

Chops from blade portion of shoulder. Contain part of blade bone and backbone.

Cookery Method: D/M – Dry or Moist Heat

118. Lamb Shoulder Arm Chops

Cut from arm portion of shoulder. Contain cross section of round arm bone and rib bones.

Cookery Method: D/M – Dry or Moist Heat

119. Lamb Shank

Cut from the arm of the shoulder. Contains leg bone and part of round shoulder bone. Covered by thin layer of fat and fell.

Cookery Method: M-Moist Heat

120. Lamb Rib Roast

Contains rib bones, backbone and thick, meaty rib eye muscle. Usually, fell is removed.

Cookery Method: D/M – Dry or Moist Heat

121. Lamb Rib Chops

Contain the backbone and depending on thickness, a rib bone. Meaty area is the rib eye muscle. Outer surface covered by fat with the fell removed.

Cookery Method: D-Dry Heat

122. Lamb Loin Chops

Contain part of backbone. Muscles include the eye of the loin (separated from the tenderloin by T-shaped finger bones) and the flank. Kidney fat on top of tenderloin and outer surface covered with fat; fell removed.

Cookery Method: D-Dry Heat

123. Lamb Leg Sirloin Chops

Cut from sirloin section of the leg. Contain backbone and part of hip bone, which varies in shape with each chop. Muscles include top sirloin, tenderloin and flank. Fat on outside, fell removed.

Cookery Method: D-Dry Heat

124. Lamb Leg Whole

Contains both sirloin section with hip bone and shank portion with round bone. Outside covered with fell.

Cookery Method: M-Moist Heat

125. Lamb Leg Sirloin Half

Is half of American or French leg with sirloin on. Contains hip bone, part of leg gone, part of backbone and finger bone. Is muscled by top sirloin, part of tenderloin, and parts of inside, outside and tip.

Cookery Method: M-Moist Heat

126. Lamb Leg Center Slice

Cut from center of leg. Contains round leg bone and top, bottom and tip muscles.

Cookery Method: D/M – Dry or Moist Heat

127. Lamb Leg Frenched Style Roast

Sirloin section of whole leg removed. Small amount of meat trimmed to expose 1 inch or more of shank bone.

Cookery Method: M-Moist Heat

128. Lamb Leg American Style Roast

Sirloin section of whole leg removed. Contains same muscles and bones as Frenched style leg except shank bone removed, meat folded back into pocket on inside of leg, and fastened with skewers.

Cookery Method: M-Moist Heat

129. Lamb For Stew

Meaty pieces containing small amount of fat cut 1 to 2 inches square.

Cookery Method: M-Moist Heat

130. Ground Lamb

Lean meat and trimmings from leg, loin, rib, shoulder, flank, neck, breast or shank mechanically ground. Sold in bulk or patties.

Cookery Method: D/M – Dry or Moist Heat

VARIETY MEATS

131. Livers

Pictured at top –Beef Middle left – Veal Middle right- Lamb Bottom – Pork

Cookery Method: D/M – Dry or Moist Heat

132. Kidneys

Top left in picture – Beef Top right – Veal Lower left – Lamb Lower right – Pork

D/M – Dry or Moist Heat

133. Hearts

In order of size they are: Beef, Veal, Pork and Lamb.

D/M – Dry or Moist Heat

134. Tongues

In order of size they are: Beef, Veal, Pork and Lamb.

D/M – Dry or Moist Heat

135. Brains

All brains are of soft consistency and are covered with a thin membrane.

D/M – Dry or Moist Heat

136. Sweetbreads

From stomach and thymus gland. Creamy white, soft consistency. Largest from young beef, smallest from lamb. Not found in mature beef.

D/M – Dry or Moist Heat

The End