

# Red meat

## Cuts, preparation and cooking

### Red meat cuts

Red meat is produced to high standards in England, Northern Ireland and Wales. Different cuts of red meat have different characteristics.

### Preparation

Trim away visible fat, slice or cube into even-sized pieces, mince or marinate to tenderise. Remember to use a red chopping board to prepare raw meat and wash your hands before and after handling.

### Cooking

Some cuts of meat are best cooked quickly, while others benefit from slow, moist cooking methods. Learn how to use the hob, grill and oven skilfully and safely.



**THE HOB** Ideal for frying, stir-frying, boiling and simmering red meat in liquid or added fat.



**THE GRILL** Great for quickly cooking or browning red meat. Good for tender cuts of meat, no more than 5cm thick.



**THE OVEN** Perfect for roasting, using dry, high temperatures. Also, great for casseroles – slowly cooking tougher cuts of red meat in plenty of liquid, or pot roasting, where a joint of meat is on top of vegetables in a pot with a tight-fitting lid.



*Five spice beef with vegetables*

**Red meat:** Beef

**Cut:** Flank

**Preparation skill:** Trim and slice thinly

**Cooking:** Hob



*Beef burgers*

**Red meat:** Beef

**Cut:** Neck, clod, brisket, flank

**Preparation skill:** Mince and shape

**Cooking:** Grill



*Beef casserole*

**Red meat:** Beef

**Cut:** Chuck

**Preparation skill:** Dice

**Cooking:** Hob/Oven



*Lamb rogan josh*

**Red meat:** Lamb

**Cut:** Leg steaks

**Preparation skill:** Trim and dice

**Cooking:** Hob



*Lamb kebabs with Chinese BBQ sauce*

**Red meat:** Lamb

**Cut:** Chump/rump

**Preparation skill:** Dice, thread and marinate

**Cooking:** Grill



*Shepherd's pie*

**Red meat:** Lamb

**Cut:** Shoulder

**Preparation skill:** Mince, cook and layer

**Cooking:** Hob/Oven



*Sausage fajita*

**Red meat:** Pork

**Cut:** Fore quarter from the shoulder

**Preparation skill:** Mince and shape

**Cooking:** Hob



*Gammon steak*

**Red meat:** Pork

**Cut:** Gammon steak (hind leg)

**Preparation skill:** Glaze

**Cooking:** Grill



*Piri piri fillet*

**Red meat:** Pork

**Cut:** Fillet

**Preparation skill:** Trim, slice a pocket and wrap or tie with string

**Cooking:** Oven