

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 casseroling – 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