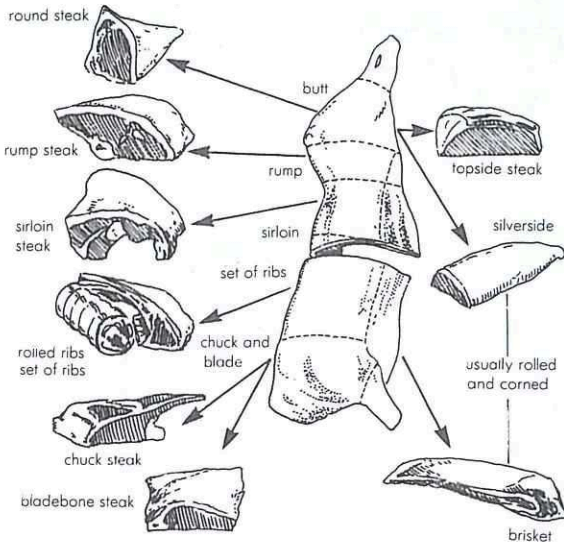


Activity

WHAT PRODUCTS DO WE GET FROM BEEF CATTLE?

1. This picture shows the parts of beef cattle, with the cuts of meat from each part.

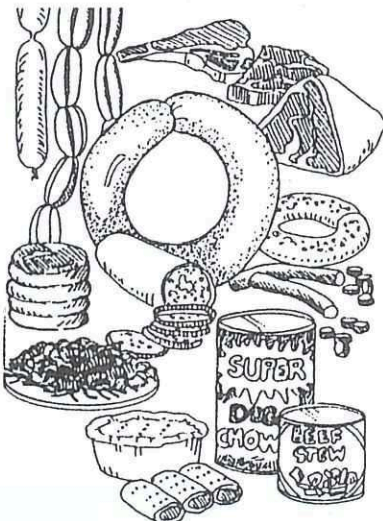


▲ Beef cuts

Cuts of beef

Beef cuts	Cooking uses
topside and round	frying and/or braising steak, roast, seasoned and steam
silverside (corned)	simmer
sirloin as joint	roast
sirloin, T-bone and porterhouse	grill or fry
rump	grill or fry
fillet	grill or fry
leg	brawn or gravy beef for soup
rib, rolled or bone in blade and oyster blade	braise, fry or roast
chuck	braise, curry, stew, mince or roast
brisket (corned)	simmer
shin	brawn or gravy beef for soup

- Which cuts have you eaten?
- Select one cut from each section and find out how much it costs in cents per kg. Which end of the



▲ Different methods of using beef

carcass produces the most expensive meat? From this information, comment on what might be the best-shaped beef animal.

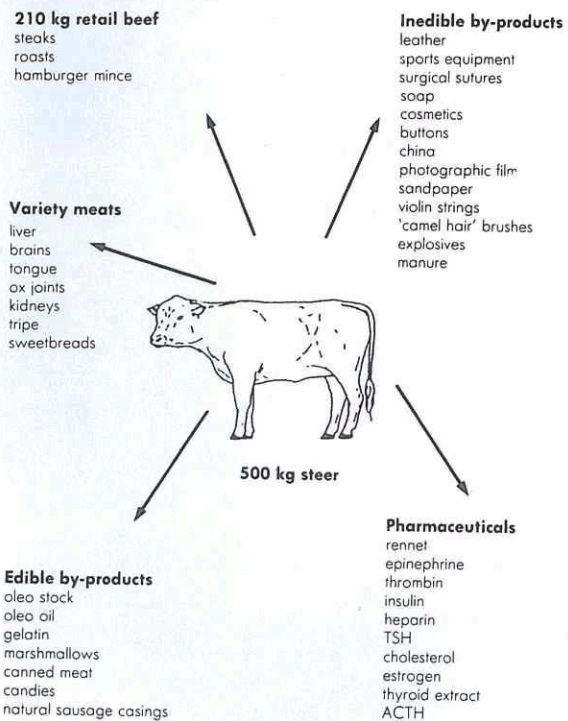
(c) Why are different cuts of meat cooked differently? Cut them into small pieces about the same size and cook them for the same length of time. Compare their colour, tenderness, amount of fat, flavour, and juiciness. Describe the differences. Would all cuts of meat be used in the same way? Which cuts would need to be cooked the longest? Find some recipes for different cuts and compare the cooking times and methods used.

3. So far you have looked at unprocessed meat. Beef can be processed, preserved or canned.

List as many different ways as you can of how beef is processed.

4. Other products we get from cattle are shown below.

Choose at least one of these products and find out how it is made.



▲ The variety of products obtained from beef cattle

Follow up

class to find out which are eaten most often. meat are most commonly

er wondered how sausage made at the butchery? See and out what parts of the ed to make the filling and or sausages.