

Looking at Meat, Poultry, Fish and Shellfish

Chapter 19 Food for Today

What is a cut?

- A particular edible part of meat, poultry or fish as it is sold in the marketplace.

How do meat, poultry and fish muscles compare in cholesterol content.

- All contain about the same amount of cholesterol per ounce.

Types of Shellfish

- 1. Shrimp: Are marketed by size such as: Jumbo, large, medium and small. They may be purchased peeled, unpeeled, cooked uncooked, cleaned, breaded and deveined.

Types of Shellfish continued

- 2. Oysters: Can be purchased live in the shell, fresh or frozen. They are also packed according to size.
- 3. Crabs: Blue and Dungeness are the most common. You can buy cooked, frozen whole, and as frozen or canned cooked meat.

Shellfish continued

- 4. Lobster: They are dark blue green when removed from the water, and become red when cooked. You can buy them cooked, frozen whole or lobster tails, or cooked meat only.

Shellfish—the finish

- 5. Clams: Can be purchased fresh or frozen, shucked, or canned. They should be plump and odorless.
- 6. Scallops: The whole body of these mollusks are edible. However, the large muscle used to close the shell is only part commonly eaten in the U.S. They can be purchased fresh or frozen.

What is a finfish?

- Are fish that have fins and backbones:
Tuna, salmon, sardines, for example.



How do you cook a finfish?

- Broil
- Bake
- Fry
- Poach
- Steam

What is Poultry?

- Any domesticated bird. For example:
- Chicken
- Turkey
- Goose
- Duck

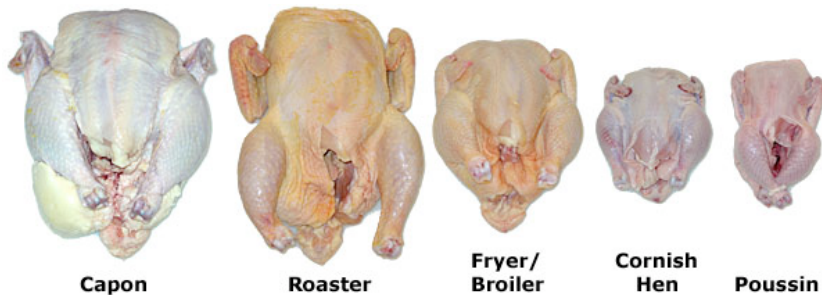


Inspection and Grading of Poultry

- All Poultry sold in interstate commerce must be federally inspected for wholesomeness. Poultry can be VOLUNTARILY graded for quality. Most poultry sold at retail are grade A. IT should be on the wing tag.



Types of Chicken



- Broiler-fryer: The most tender and most common. Can be used in any method
- Roaster: Raised to be roasted whole. They are slightly larger and older.
- Stewing: Older, mature birds—must cook with moist heat.
- Rock Cornish game hens: Young, small chickens of a special breed. Can be broiled or roasted.

Methods of cooking poultry

- Roasting
- Broiling
- Grilling
- Frying
- Oven-frying: Sometimes called baking
- Braising
- Stewing
- Microwaving

What does the term broiler-fryer on a package of chicken indicate? The term Capon?

- That the bird inside is the most tender and most common type and can be cooked using almost

Why are all fish and shellfish naturally tender?

- They have very short muscle fibers and thin, fragile connective tissue.

What is marbling?

- Small white flecks of fat within the muscle tissue of meat. It is what makes meat tender.



Moderately Abundant



Moderate



Slight

Identify two factors affecting the thickness of muscle fibers.

- Age of the animal
- The amount of exercise the body part gets.

What does the price label on meat package tell you about the meat?

- It tells you the type of meat
- The wholesale cut (where the meat comes from)
- And the retail cut.

Tell what variety meats are, and give 4 examples.

- Variety meats are edible animal organs.
- Liver
- Kidneys
- Chitterlings
- Brains
- Heart
- Tongue
- Tripe
- Sweetbreads

Explain the difference between inspection and grading

- Inspection: Is required and indicates wholesomeness.
- Grading: Is voluntary and indicates the amount of marbling, age of the animal, and texture and appearance of the meat.

Identify one advantage and one disadvantage of processed meats.

Advantage:

It gives consumers a wider choice of meats

Disadvantage:

Many are high in sodium and or fat and contain nitrates.