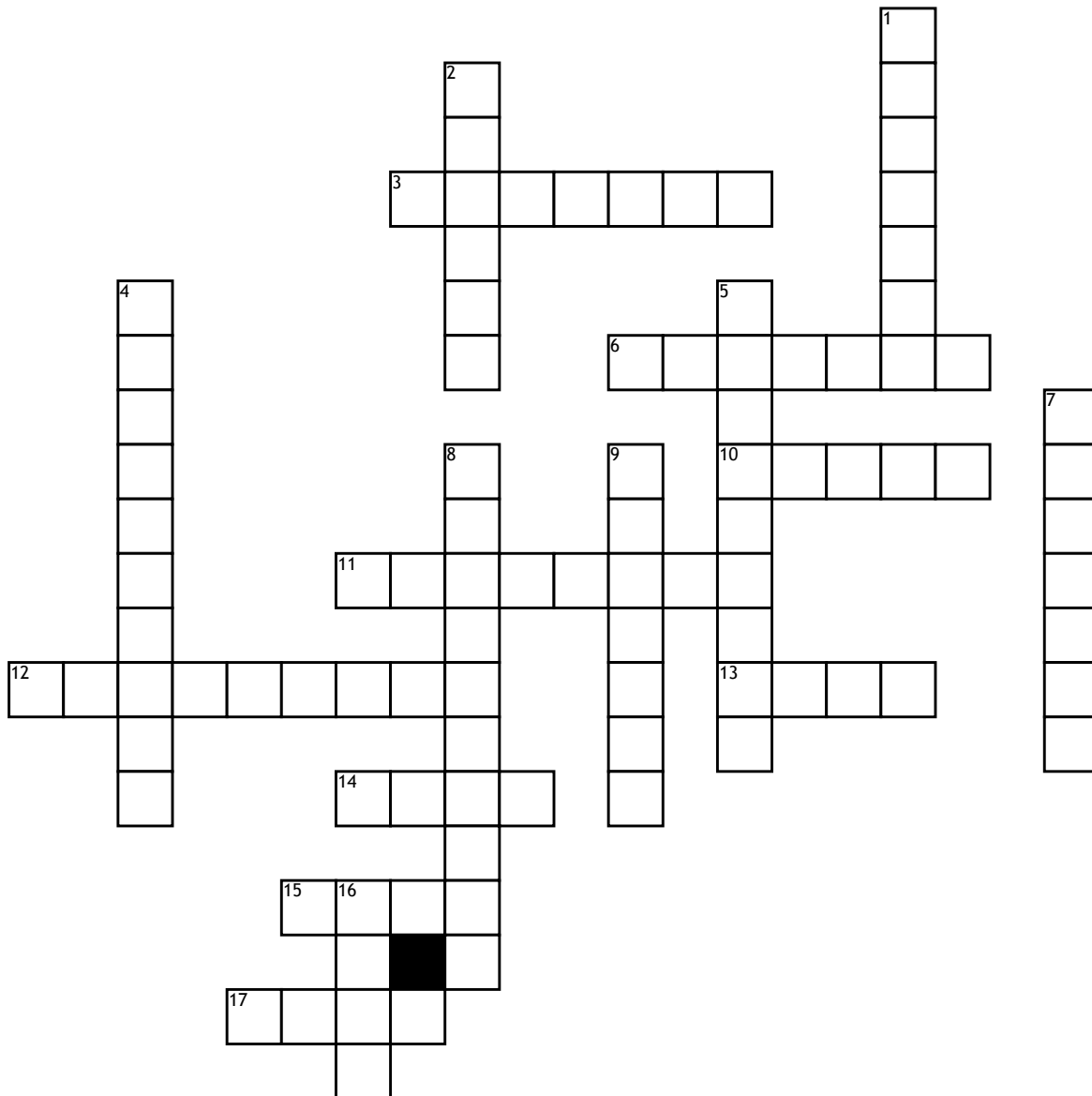


MODULE 5 LARGE MEAT CUTS BEEF



Across

3. Suitable cooking method is stewing, grilling. Bones can be used for meat stock and the meat cut is flat.

6. Used for for making corned beef, pot roast, baking in foil and can be braised

10. Suitable cooking method are grilling, stir-frying, stewing, pot-roast and baking in foil. Consists of six breastbone vertebrae.

11. Can be cooked whole or deboned and the best cooking method is oven roast and grilling.

12. Boneless portions, can be pot roasted, grilled, braised, and its trimming can be used for mince.

13. Suitable cooking method is braising, stewing and casseroles. Can be used for pies and it is the most flavoursome cuts.

14. Suitable for shallow frying, pot roast, braising and stewing. The meat must be larded and has a coarse texture.

15. Used for soups and meat stock. Can be braised or stewed.

17. Suitable cooking method can be oven roast, grilling. Can be deboned, trimmed, sliced and cubed.

Down

1. Cut biltong from the topline. Suitable cooking method is pot-roasting and stewing.

2. Boneless without fat and most tender cut. Suitable cooking method is oven-roast.

4. Suitable cooking method is stewing, shallow-fat frying and pot roasting. Biltong is cut from it.

5. Suitable cooking method is stewing and pot-roasting. Contains a tail-bone and forms part of the silver-side.

7. Consists of the vertebral column, three or four ribs. Suitable cooking method can be oven roast and grilling.

8. Consists of three muscles, inner muscles called mock fillet and suitable for pot roast.

9. Suitable cooking method can be oven-roast, grilling. It contains no ribs and can cut Scotch fillet steak.

16. Tied before cooking, suitable for pot roast and weighing more than 1.5kg