

Know your cuts of meat

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Cuts of beef suitable for:

Baking:

Sirloin
Wing rib
Fore rib
Topside
Chuck (rolled and seasoned)

Boiling:

Silverside (corned)
Round
Brisket
Bolar
Flank

Grilling:

Rump
Fillet steak
BBQ or Round steak

Stewing/Casseroles:

Topside
Skirt
Chuck
Osso Bucco (shin)
Flank
Ox tail

Cuts of lamb suitable for:

Baking:

Leg
Shoulder
Loin
Rack (neck)
Breast

Grilling:

Loin chops
Chump chops
Cutlets
BBQ chops

Stewing:

Neck chops
Breast of lamb
Middle neck
Scrag end

Soups:

Shanks
Neck

Cooking methods

Roasting - cooking meat at a moderate to high temperature, using a dry heat, usually in its own fat. Cooking times vary according to the meat, size of joint and preference for rare or well done. Suited to large tender joints of meat with enough fat to keep the meat moist, like beef standing ribs, lamb leg or shoulder or pork leg, shoulder or rolled loin.

Stewing/casseroles - simmering meat in a sauce or stock, either on the stove top or in the oven, it allows tougher meat to cook slowly and with plenty of moisture to render it tender and delicious! Cheaper cuts of meat are best used for stewing and casseroles as they will withstand long, slow cooking times, and become meltingly tender (eg shanks, brisket, chuck, round or skirt).

Slow/fast cooking - slow cooking (roasting at a lower temperature in the oven, or casseroles in the oven or on the stove top) is required for tougher, more sinewy meat. Fast cooking (grilling, pan or stir-frying, high-temperature roasting) can be used on meat that is very tender (eg fillet steak, lamb cutlets) and in particular where meat is required to be rare (beef) or pink (lamb).

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