



Province of the
EASTERN CAPE
EDUCATION

HOSPITALITY STUDIES

GRADE 12

MEAT MARKING GUIDELINES

This document consists of 3 pages.

- 3.1
- 3.1.1 Loin✓/Sirloin✓ (1)
- 3.1.2 There is a good distribution of marbling on the T-bone✓, it will add to the tenderness✓ and flavour to the meat✓
It is a soft meat cut with little connective tissue✓ (Any 3) (3)
- 3.1.3 Meat may have been cooked too long✓
The meat may have been obtained from an old carcass/ involved in a lot of muscle activity✓
The wrong cooking method may have been used✓
Animal may have been stressed during slaughtering✓
Carcass was not matured sufficiently✓ (Any 4) (4)
- 3.1.4 Bright red colour✓
Well-marbled✓
Pleasant smell✓
Creamy coloured fat✓
Cut surface must be smooth/satin/velvety ✓
Bones should be red and porous✓
Texture should be firm but not dry✓ (Any 3) (3)
- 3.2
- 3.2.1 Tongue✓
Kidney✓
Oxtail✓ (Any 2) (2)
- 3.2.2 To brown the surface✓
To create a desirable flavour/to add flavour✓
Prevents loss of moisture✓ (Any 2) (2)
- 3.2.3 After searing✓ flat rib is cooked in liquid✓ in a covered pan ✓
Placed on a bed of root vegetables/mirepoix✓
Add enough liquid/stock to cover a quarter of the flat rib✓
Put in the oven at 180 °C / on the stove top✓ (Any 3) (3)
- 3.2.4 The white connective tissue/collagen bonds with water✓
Changing the connective tissue/collagen to gelatin✓
It makes the collagen more edible✓
Yellow connective tissue/elastin is not affected by moist heat and it remains chewy✓ (Any 2) (2)
- 3.3
- 3.3.1
- | BEEF | LAMB |
|--|---|
| Colour: bright red to cherry red✓
Texture: smooth, fine and firm✓
Fat: creamy or yellow colour ✓
Bones: Whiter and harder✓
(Any 2) | Colour: bright light red✓
Texture: smooth, fine grain firm and not dry✓
Fat: white /pinkish✓
Bones: soft red and porous ✓
(Any 2) |
- (4)
- 3.3.2 It is a tough cut of meat/contains a lot of connective tissue✓
Stewing is a moist heat cooking method✓, converting the white connective tissue to gelatine✓, this slow cooking method makes is tender ✓ (Any 2) (2)

- 3.3.3 Mashed potatoes✓
Cous cous✓
Pap✓ (Any relevant answer) (1)

3.4

3.4.1

NAME OF STEAK	NAME OF CUT IN CARCASS	COOKING METHOD
Porterhouse Steak✓	Sirloin/Loin✓	Grill, shallow fry✓
Tournedos✓	Fillet/Tenderloin✓	Grill, shallow fry✓
Beef stroganoff✓	Fillet/Tenderloin✓	Shallow fry/ Stewing/simmering✓

(6)

- 3.4.2 - Natural enzymes break down muscle fibres during maturing✓
- Meat is tender✓
- More flavour✓
- Meat is more succulent✓ (Any 2) (2)

3.5

- 3.5.1 -Chuck✓
-Thin flank✓
-Topside✓
-Neck✓
-Bolo✓
-Thick flank✓ (Any 2) (2)

- 3.5.2 -Temperature should be between 1-2 °C✓
-Store in a loosely wrapped plastic✓
-Remove all air from the packaging✓
-Can be vacuum packed which will last for 2 weeks ✓ (Any 3) (3)

- 3.5.3 -slow freezing produces large ice crystals that tend to break the muscle tissue✓
-The nutritional value, appearance and taste of meat is not affected✓
-Sarcoplasm is retained✓ (Any 2) (2)

- 3.5.4 -Thawed in its packaging or covered✓ slowly in the refrigerator overnight✓ (2)

3.6

- 3.6.1 (a) Colour: Brown✓ / Pink✓ (Any 1) (1)

- (b) Symbol (Class): B /BBB✓ / C✓ (Any 1) (1)

- 3.6.2 Less tender / tough✓ because:
-it is an older animal ✓
-meat with yellow fat is tough✓ (Any 2) (2)