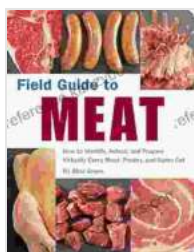


The Essential Guide to Identifying, Selecting, and Preparing Meats, Poultry, and Game

This comprehensive guide provides detailed information on how to identify, select, and prepare virtually every meat, poultry, and game cut. With over 300 full-color photographs and illustrations, this book is the ultimate resource for home cooks, butchers, and anyone who wants to learn more about the art of cooking with meat.



Field Guide to Meat: How to Identify, Select, and Prepare Virtually Every Meat, Poultry, and Game Cut

by Aliza Green

★★★★☆ 4.5 out of 5

Language : English

File size : 136063 KB

Text-to-Speech : Enabled

Enhanced typesetting : Enabled

Print length : 400 pages

Screen Reader : Supported

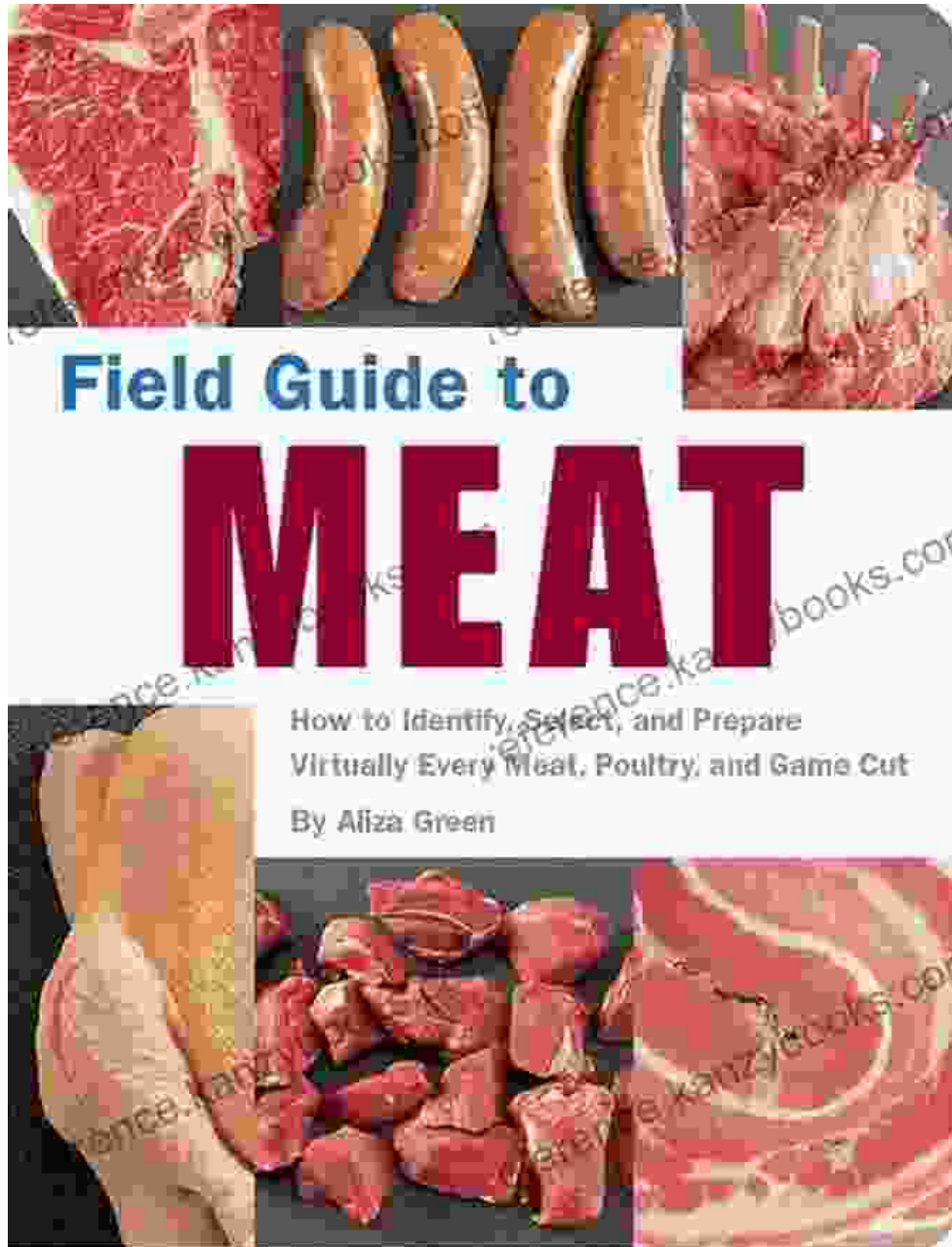


Chapter 1: Beef

Beef is one of the most popular meats in the world, and it is available in a wide variety of cuts. In this chapter, you will learn how to identify the different cuts of beef, and how to select the best cut for your needs. You will also learn how to prepare beef properly, including how to cook it to the desired doneness.

Tenderloin

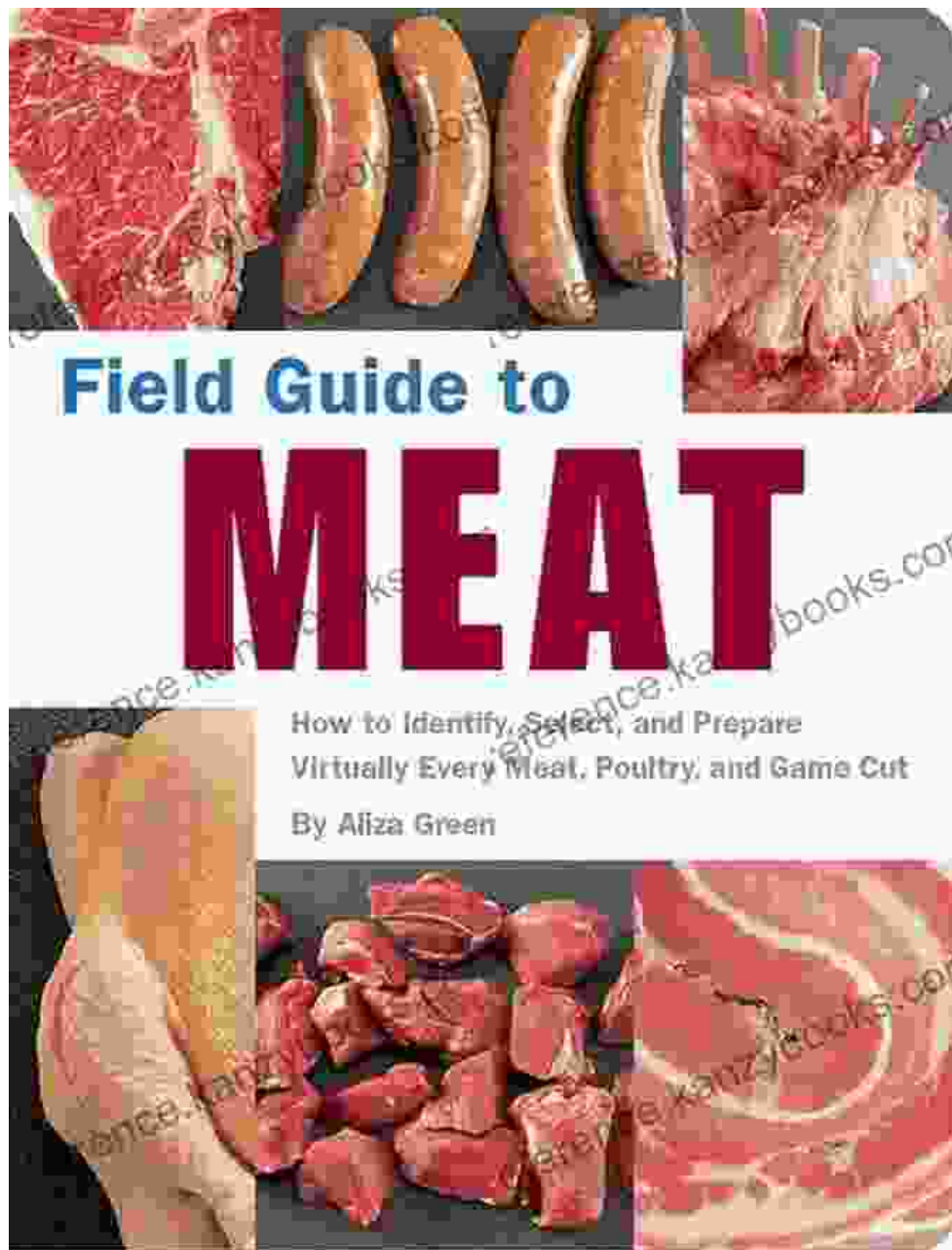
The tenderloin is the most tender cut of beef. It is a long, narrow muscle that runs along the spine. The tenderloin is typically roasted whole, or it can be cut into steaks or medallions.



Ribeye

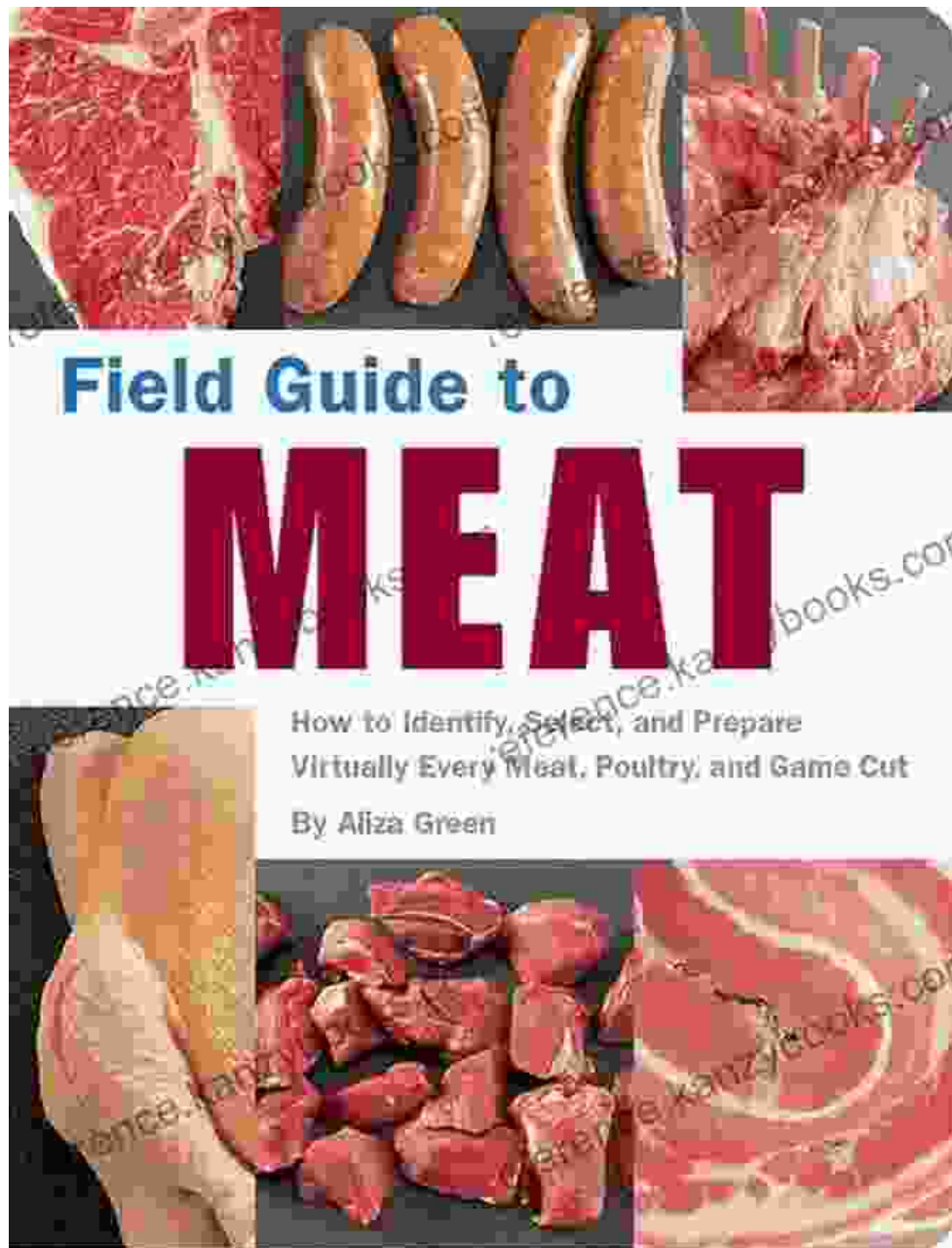
The ribeye is a flavorful cut of beef that is taken from the rib section. The ribeye is well-marbled, which means that it has a lot of intramuscular fat.

This fat melts during cooking, resulting in a juicy and flavorful steak.



Strip steak

The strip steak is a leaner cut of beef that is taken from the short loin. The strip steak is less marbled than the ribeye, but it is still a flavorful and tender cut of meat.



Chapter 2: Pork

Pork is another popular meat that is available in a variety of cuts. In this chapter, you will learn how to identify the different cuts of pork, and how to select the best cut for your needs. You will also learn how to prepare pork properly, including how to cook it to the desired doneness.

Pork loin

The pork loin is a lean and tender cut of pork that is taken from the back of the animal. The pork loin can be roasted whole, or it can be cut into chops or roasts.



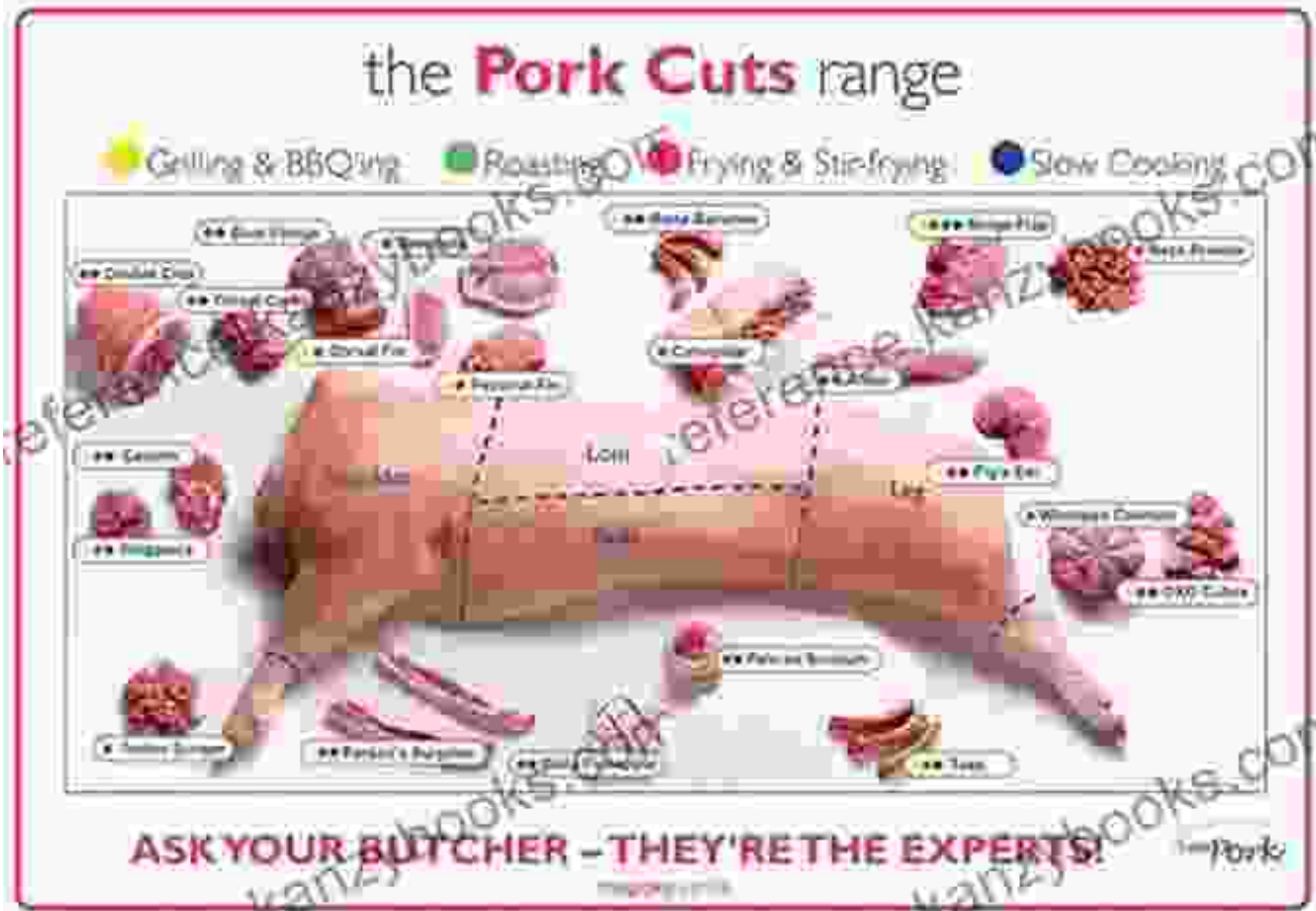
Pork shoulder

The pork shoulder is a flavorful cut of pork that is taken from the front of the animal. The pork shoulder is well-marbled, which means that it has a lot of intramuscular fat. This fat melts during cooking, resulting in a juicy and flavorful roast.



Pork belly

The pork belly is a fatty cut of pork that is taken from the belly of the animal. The pork belly is typically used to make bacon, but it can also be roasted or braised.

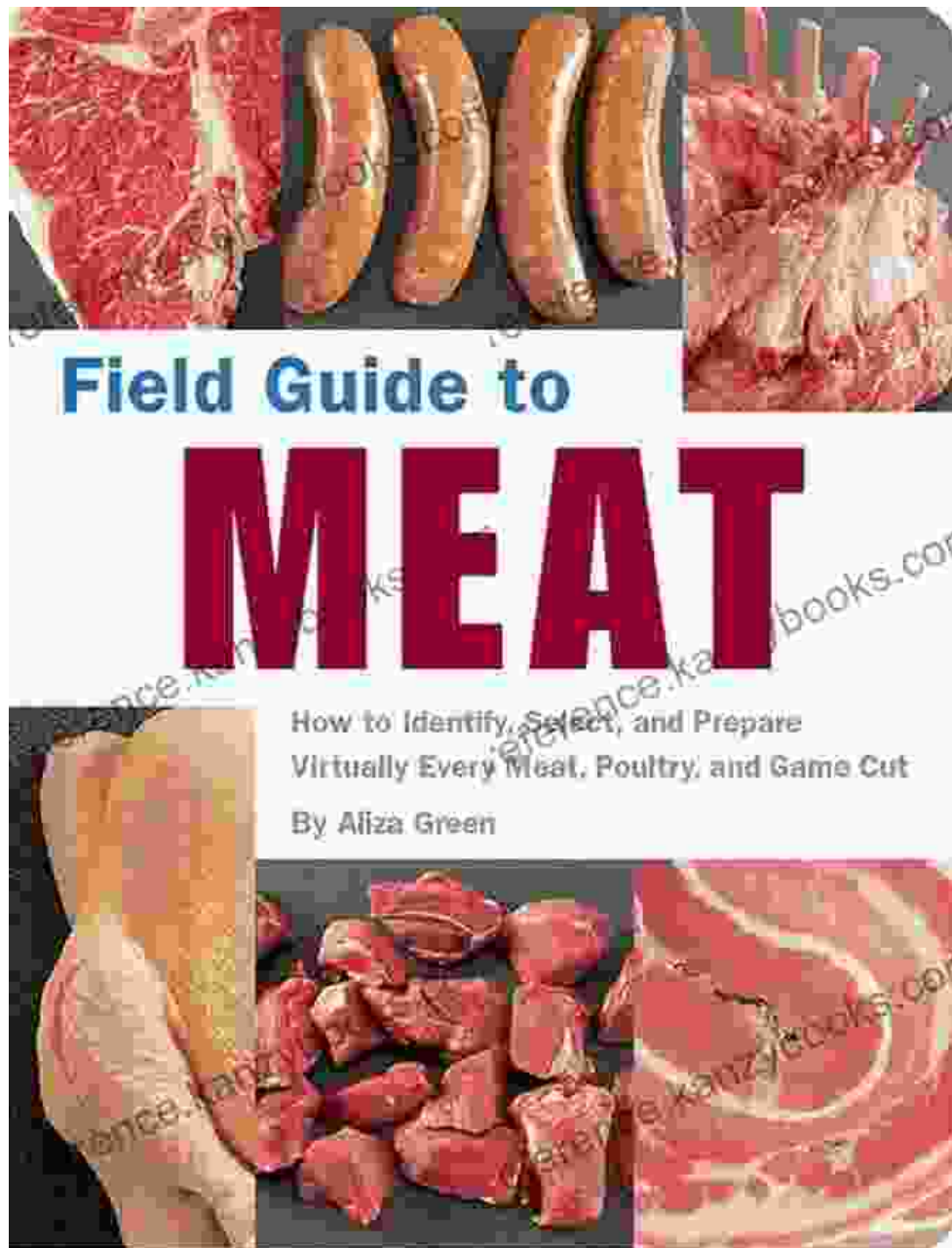


Chapter 3: Poultry

Poultry is a type of meat that comes from birds. In this chapter, you will learn how to identify the different types of poultry, and how to select the best bird for your needs. You will also learn how to prepare poultry properly, including how to cook it to the desired doneness.

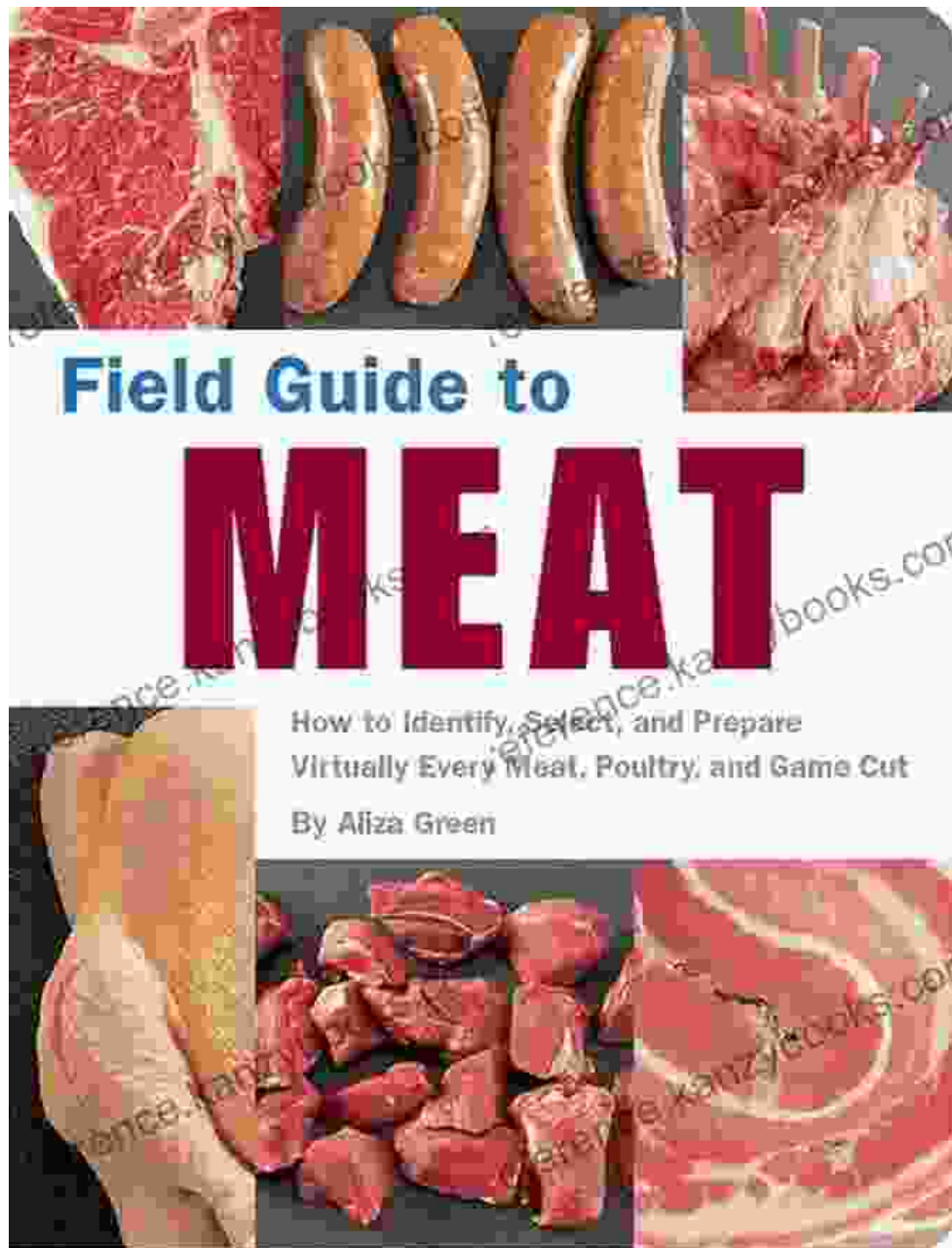
Chicken

Chicken is the most popular type of poultry in the world. Chickens are available in a variety of sizes, from small fryers to large roasting chickens. When selecting a chicken, it is important to choose a bird that is the right size for your needs.



Turkey

Turkey is another popular type of poultry. Turkeys are larger than chickens, and they are typically roasted whole. When selecting a turkey, it is important to choose a bird that is the right size for your needs.



Duck

Duck is a flavorful type of poultry that is known for its rich, dark meat. Ducks are typically roasted whole or braised. When selecting a duck, it is important to choose a bird that is the right size for your needs.



Chapter 4: Game

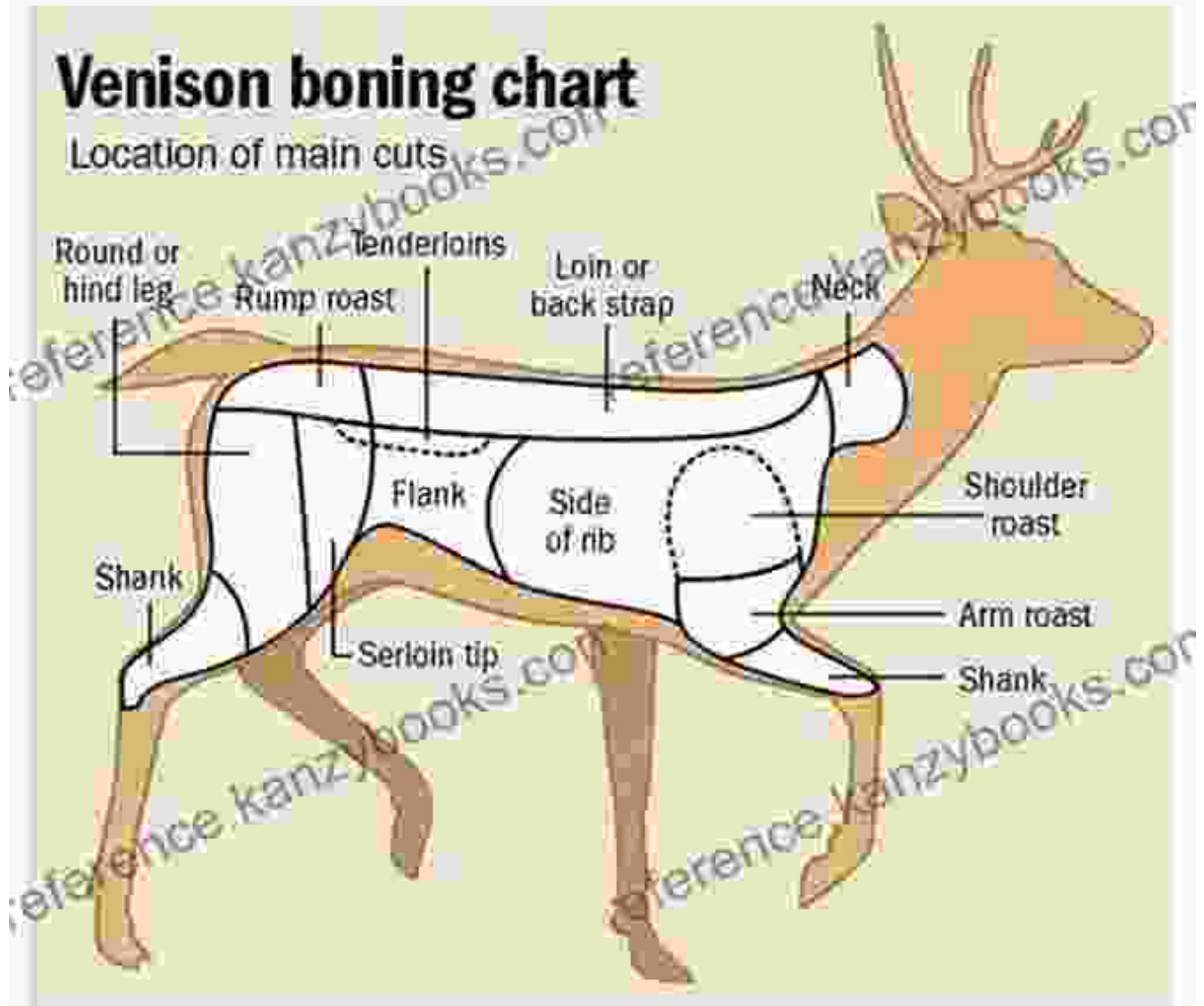
Game is a type of meat that comes from wild animals. In this chapter, you will learn how to identify the different types of game, and how to select the best animal for your needs. You will also learn how to prepare game properly, including how to cook it to the desired doneness.

Deer

Deer is a popular type of game that is hunted in many parts of the world. Deer meat is lean and flavorful, and it can be used in a variety of dishes. When selecting a deer, it is important to choose an animal that is the right size for your needs.

Venison boning chart

Location of main cuts



Source "Quality Venison" by Steve and Gale Loder

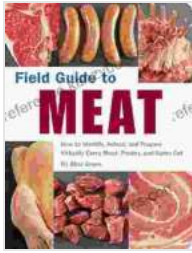
Post-Gazette

Elk

Elk is a larger type of deer that is found in North America. Elk meat is similar to deer meat, but it is slightly more

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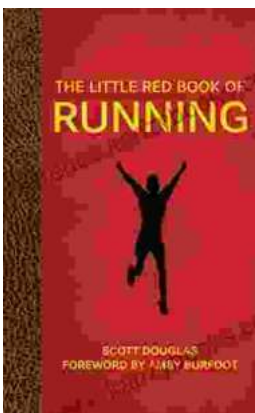
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Book Review: In Contro Scatti Di Epilessia

In Contro Scatti Di Epilessia Author: Elisa Serafini Publisher: Postcart Edizioni Publication Date: 2019 ...



The Little Red Book of Running: A Comprehensive Guide to the World's Most Popular Sport

Running is one of the most popular sports in the world. It's a great way to get fit, lose weight, and relieve stress. But if you're new to...