



Maryland 4-H Meats Identification Cookery Methods

Primary Meat Cookery Methods

There are two primary cookery methods for preparing meat:

- **Dry Cookery Methods:** Use direct or indirect heat without adding moisture during cookery. These cookery methods use high heat and short cookery times. Used for tender cuts with little connective tissue.

Includes: Roasting, Broiling, Grilling, Pan-Broiling, Pan-Frying or Stir-Frying.

- **Moist Cookery Methods:** Use indirect heat and the addition of a liquid or retained moisture during cookery. These cookery methods typically use lower heat and long cookery times. Used for less tender cuts with more connective tissue.

Includes: Braising and Cooking in Liquid.

Suggested Cookery Methods for Beef, Pork, and Lamb Retail Cuts

Here are the cookery methods for Beef, Pork and Lamb Retail Cuts as accepted by the National 4-H Meat Identification program:

Beef

Dry Cookery:

- a. All Cuts from the Rib and Loin
- b. Select cuts from the Round, including Top Round Steak and Roast and Round Tip Steak
- c. Ground Beef

Dry-Moist Cookery:

- a. Select cuts from the Chuck, including 7-Bone Steak, Blade Steak, Chuck Eye Roast and Top Blade Steak
- b. Plate Skirt Steak
- c. Flank Steak
- d. Select cuts from the Round, including Bottom Round Roast, Bottom Round Rump Roast, Eye of Round Steak and Roast, Round Tip Roast
- e. Beef Cubed Steak

Moist Cookery:

- a. All Cuts from the Brisket and Shank
- b. Select cuts from the Chuck, including Arm Roasts and Steaks, 7-Bone Pot Roast, Blade Roast and Mock Tender Steak and Roast.
- c. Plate Short Ribs
- d. Select cuts from the Round, including Round Steaks, Bottom Round Steak, and Heel of Round Roast
- e. Beef for Stew



Pork

Dry Cookery:

- a. All cuts from Loin, except Blade Roasts and Chops and Country Style Ribs and Back Ribs
- b. Slab and Sliced Bacon
- c. Smoked Hams
- d. Ground Pork and Sausages

Dry-Moist Cookery:

- a. All cuts from the Shoulder , except Hocks
- b. Blade Roasts & Chops, Country Style Ribs, Back Ribs & Spare Ribs
- c. Fresh Side, Fresh Hams
- d. Pork Cubed Steak

Moist Cookery:

- a. Jowl
- b. Smoked and Fresh Pork Hocks,

Lamb

Dry Cookery:

- a. All cuts from Rib, Loin and Leg

Dry-Moist Cookery:

- a. All cuts from the Shoulder, except Neck Slices
- b. All Cuts from the Breast

Moist Cookery:

- a. Neck Slices
- b. Lamb Shanks

Variety Meats

Dry Cookery:

- a. None

Dry-Moist Cookery:

- a. All Variety Meats, except Beef Oxtail and Beef Tripe

Moist Cookery:

- a. Beef Oxtail
- b. Beef Tripe

FOR MORE INFORMATION CONTACT:

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