

Adventures in Food and Nutrition! © 2012
Chapter 21: Marvelous Meat and Poultry—Glossary

beef. The meat from cattle that is over a year old.

carryover cooking. Occurs when meat is removed from the heat and the temperature inside the meat continues to rise.

casing. A thin skin shaped like a tube; holds ground meats such as sausage.

connective tissue. Long, thin tissue that holds muscles together.

cuts. Animal carcasses cut into smaller portions.

freezer burn. Pale, dry, tough patches appearing on food that has been in the freezer too long.

lamb. The meat from a sheep that is less than one year old.

marbling. Streaks of fat running through lean meat.

mutton. Meat from an older sheep.

pork. The meat from pigs.

poultry. Any bird raised for meat.

prime. The top grade of beef and veal.

processed meat. Any meats that have been prepared in some way other than cutting or grinding.

quality grade. An evaluation system for beef based on the age of the animal, amount of marbling, and the color and texture of the muscle.

sodium nitrite. An ingredient added to cured meats. It gives them a pink color and helps to preserve them.

variety meats. The organs of an animal.

veal. The meat from cattle that is a few weeks old.