Cottage jackets

Paprika lamb skewers

Pork, apple & cheese wheels

Budget bolgnaise

Lamb rissoles with spicy tomato dip

Pork burritos

Meaty Marrow Rounds

Bubble & squeak lamb brunch

Sweet & sour pork balls

Piri Piri burgers

Shepherd’s pie with Bubble & Squeak Topping

Pork, plum & sage pasties

The making of mince

Beef, lamb and pork mince are popular and versatile ingredients. In addition, they are relatively economical and can be used in a variety of delicious dishes.

Butchering

Beef mince is produced from the fore and hindquarter and trimmings. Lamb mince is produced from many parts of the carcass. Lamb Halal mince is also produced. Pork mince is produced from the forequarter.

Grades

Different grades of mince can be produced by the butcher. Standard mince contains on average 20% fat.

Some retailer’s standard mince will actually be around the 25% fat mark.

Any mince identified as lean will contain no more than 10% fat.

Organic minced meat is also available for a premium price. The animals used for this type of mince will have been reared according to organic standards.

Mincing

This involves meat being pushed onto rotating blades which force the meat through holes in a cutting plate. The size of the holes determines how fine or coarse the mince will be.

The process cuts the muscle fibres into smaller pieces – making it more suitable for quicker cooking methods, e.g. dry-frying or combining with other ingredients.

Did you know

Mince must be 100% meat – it can be a mixture of whole cuts of beef, lamb or pork. It cannot be a pork mixture and thus contain any chicken or veal.

For more information about meat, go to www.meatandeducation.com