

MEAT CUTS

PERFECT SCORE

FAT AND MARBLING

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- some fat is required for flavor (about 1 cm)
- fat should be white and firm
- some marbling should be seen
- too much marbling means too much fat
- marbling evenly distributed

COLOUR

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- muscle tissue should be bright red for beef, light greyish pink to pink for pork and light to dark pink for lamb

MEAT YIELD

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- high proportion of lean meat to bone and fat
- consider cost per serving if given
- consider end use of product

TEXTURE

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- surface of cut smooth and velvety
- minimum amount of connective tissue and large muscle fibers and bundles
- fine texture indicates tenderness

FIRMNESS

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- lean meat firm to touch
- fat firm to touch