



Note that this material does NOT appear in the smaller version John Wiseman SAS Survival Guide; ISBN 0 00 470 1674

## Jointing Meat (Butchering, Jointing Meat, SAS Survival Handbook, p219)

1 FILLET OR UNDERCUT. The most tender meat -- only 1 per cent is fillet.

Ideal for preserving.

2 SIRLOIN. Next most tender. Fat free strips can be cut for preserving.

3 RUMP. Ideal for frying, little cooking needed. Can also be dried in strips.

4 TOPSIDE. Muscle from the top of the leg. Cook slowly, it tends to be tough.

Cut into cubes for boiling.

5 TOP RUMP. Muscle from front of thigh. As for topside.

6 SILVERSIDE. Muscle on outside of thighs. Good for roasting.

7 HIND FLANK. Belly, ideal for stews and casseroles.

8 LEG. Tough and sinewy, cut into cubes and stew.

9 FLANK. Muscular extension of the belly. Ideal for stews. Usually tough so needs long simmering to make tender.

10 BRISKET. Same as Flank.

11 SHIN. Foreleg, best cubed for stews.

12 NECK.

13 CLOD. Ideal for stews. Contains less tissue than leg. Cook slowly.

14 CHUCK AND BLADE. Quite tender but usually cut up as stewing steak.

15 RIBS. Ideal for roasting but cook slowly.