

ARMY CATERING CORPS

FEEDING THE SOLDIER – FUELING THE MISSION

BUTCHERY GUIDE & SKILLS

PROFESSIONAL STANDARDS
IN FIELD AND BARRACKS

KNOW YOUR CUTS
MASTER YOUR SKILLS
REDUCE WASTE
MAXIMISE YIELD
FEED THE TROOPS

SKILLS
KNOWLEDGE
DISCIPLINE
QUALITY

THE FOUNDATION
OF GOOD CATERING



CUT IT RIGHT – COOK IT RIGHT – SERVE IT RIGHT

1. KNOW YOUR CUTS



Understand the primal cuts and their uses.

2. TRIM CORRECTLY



Remove waste, fat and sinew with skill.

3. CUT WITH CARE



Consistent portions ensure quality and yield.

4. UTILISE FULLY



Use every part – bones, trimmings and offal.

5. MAINTAIN TOOLS



Sharp tools are safe tools – keep them in top condition.

6. HYGIENE ALWAYS



Clean hands, clean equipment, clean work area.

EFFICIENT BUTCHERY – BETTER COOKING – STRONGER SOLDIERS



PROFESSIONAL PRIDE
EXPERT SKILLS
ESSENTIAL TO THE MISSION



★ CREATED BY PAUL BALDRY – MASTER CHEF ACC ★

Introduction

The ability to butcher meat correctly has always been one of the foundation skills of a professional Army Catering Corps chef. Long before convenience cuts became common, military cooks were expected to receive whole carcasses and wholesale joints, identify every cut, bone and muscle, and prepare them accurately for feeding large numbers of soldiers. Skill with a boning knife was as important as skill at the stove.

This booklet has been produced as a modern reconstruction of the butchery training once taught within the Army Catering Corps during the 1970s. While not an official Ministry of Defence publication, it has been carefully compiled to reflect the techniques, standards and working practices that many ACC chefs learned during their training and military service.

Within these pages you will find illustrated guides covering:

- The identification of wholesale and retail cuts.
- Basic and advanced boning techniques.
- Natural muscle seams and jointing.
- Commercial trimming standards.
- Preparing steaks, chops, escalopes and diced meat.
- Producing quality mince.
- Yield calculations and portion control.
- Waste reduction techniques.
- The care and maintenance of butchery knives and equipment.
-

Throughout my own Army career, I learned that good butchery was never simply about cutting meat. It was about respect—for the animal, for the ingredients, for public money, and for the soldiers depending upon us to produce nutritious, well-presented meals. Every accurate cut improved yield, reduced waste and made the cook's job easier in the kitchen.

Whether you are a former member of the Army Catering Corps, a professional chef, a catering student, a military historian, or simply

someone interested in traditional butchery, I hope this booklet helps preserve knowledge that deserves to be remembered and passed to future generations.

It is my tribute to the professionalism, craftsmanship and pride of the Army Catering Corps—the chefs who quietly kept the Army fed, wherever duty took them.

Paul Baldry
Master Chef ACC

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- **Plate 9** – Knife Skills
- **Plate 10** – Basic Boning Techniques

Plate 11 — Basic Boning Skills

- Selecting the correct knife
- Following the natural seams
- Working close to the bone
- Removing sinew and gristle
- Basic safety

Plate 12 — Boning a Leg of Lamb

- Locate the femur
- Free the aitch bone
- Remove shank bone
- Produce a rolled roasting joint
- Trim for even cooking

Plate 13 — Boning a Shoulder of Lamb

- Remove blade bone
- Follow shoulder seams
- Remove excess connective tissue
- Prepare for roasting or dicing

Plate 14 — Boning a Leg of Beef

- Follow the femur
- Remove round bone
- Separate topside
- Separate silverside
- Separate knuckle

Plate 15 — Boning a Sirloin of Beef

- Remove backbone
- Remove chine bones
- Remove feather bones
- Trim the fillet
- Prepare boneless sirloin

Plate 16 — Boning a Pork Leg

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- Remove shank
- Open for curing
- Prepare rolled ham

Plate 17 — Boning a Pork Shoulder

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- Shoulder seam
- Collar preparation
- Dicing and roasting joints

Plate 18 — Poultry Boning

- Chicken
- Duck
- Turkey breast
- Removing wishbone
- Boning for stuffing

Plate 19 — Fish Boning

- Round fish
- Flat fish
- Pin bone removal
- Skinning
- Filleting

Plate 20 — Trimming and Finishing

- Removing silver skin
- Fat trimming
- French trimming
- Tying joints
- Preparing for roasting

Advanced Butchery Plates

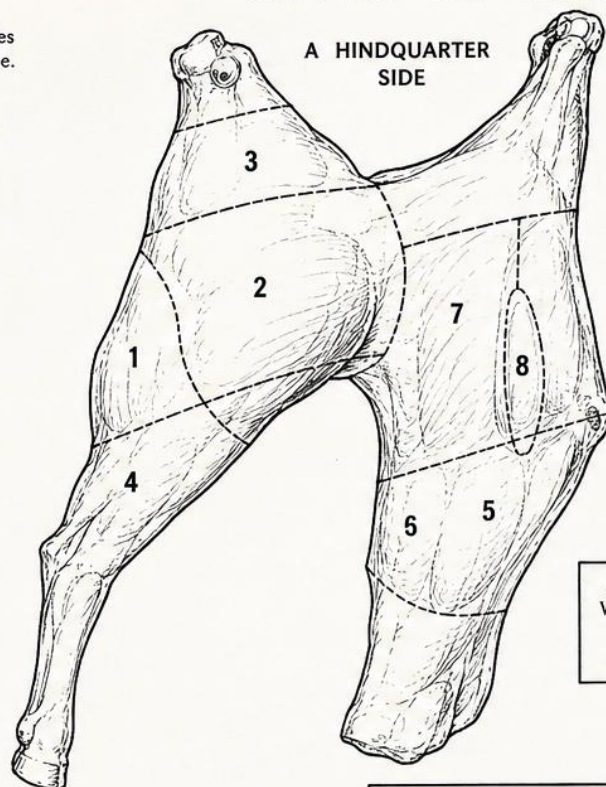
- Plate 21 — Identifying Bones of Meat
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- Plate 24 — Preparing Steaks and Escalopes
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- Plate 27 — Producing Mince
- Plate 28 — Yield Calculations from Wholesale Cuts
- Plate 29 — Waste Reduction Techniques
- Plate 30 — Care of Butchery Knives and Equipment

SIDES OF BEEF – BRITISH CUTS

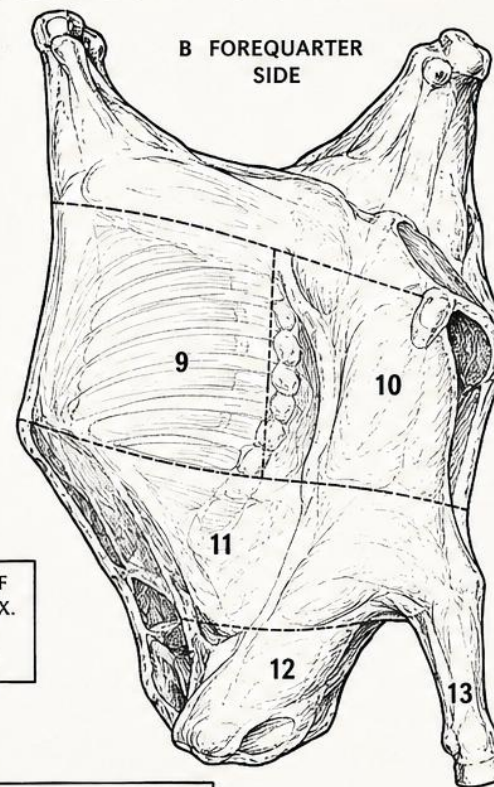
Beef is divided into two sides by a cut along the backbone. Each side is then cut into wholesale joints as shown. The joints are prepared for issue as required.

REFERENCE

- 1 Silverside
- 2 Topside
- 3 Rump
- 4 Knuckle
- 5 Thick Flank
- 6 Thin Flank
- 7 Sirloin
- 8 Fillet
- 9 Ribs
- 10 Fore Rib
- 11 Chuck and Blade
- 12 Brisket
- 13 Shin



A HINDQUARTER
SIDE



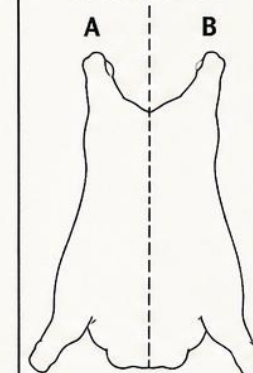
B FOREQUARTER
SIDE

A SIDE OF BEEF
WEIGHS APPROX.
160 – 200 kg
(352 – 440 lb)

NOTES

1. Weight and shape will vary with breed and condition.
2. Cuts shown are standard British butchery cuts.
3. Joints may be further divided into sub-primal or retail cuts as required.

POSITION OF CUT



WHOLESALE CUTS

A HINDQUARTER

- 1 SILVERSIDE
- 2 TOPSIDE
- 3 RUMP
- 4 KNUCKLE
- 5 THICK FLANK
- 6 THIN FLANK
- 7 SIRLOIN
- 8 FILLET

B FOREQUARTER

- 9 RIBS
- 10 FORE RIB
- 11 CHUCK AND BLADE
- 12 BRISKET
- 13 SHIN

COOKING METHODS

- Roasting – Ribs, Sirloin, Topside, Silverside
 Boiling – Brisket, Shin, Chuck
 Braising – Chuck, Blade, Shin
 Stewing – Shin, Chuck, Brisket
 Grilling – Sirloin, Rump, Fillet, Fore Rib

GENERAL

Good husbandry in purchasing and careful preparation are essential to secure maximum yield and the best eating quality.

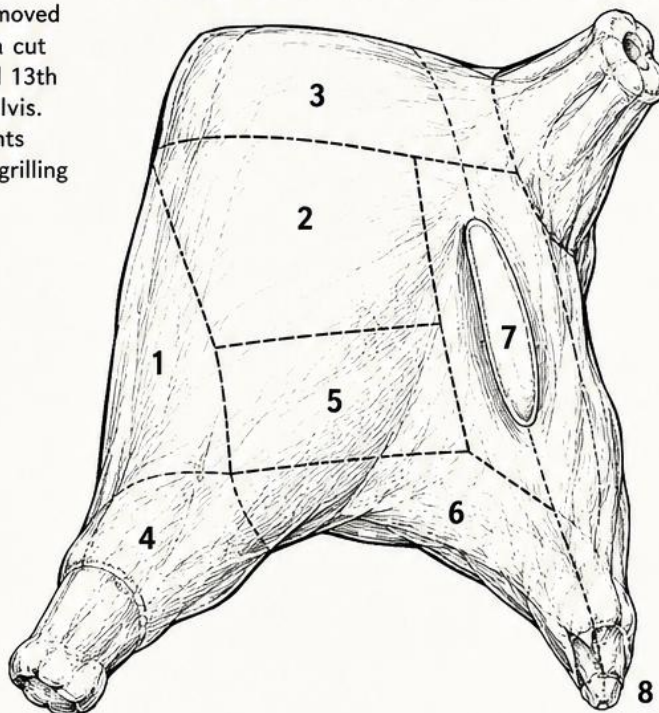
BEEF – HINDQUARTER BREAKDOWN

WHOLESALE CUTS AND RETAIL PORTIONS

The hindquarter is removed from the carcass by a cut between the 12th and 13th ribs and along the pelvis. It provides tender joints suitable for roasting, grilling and stewing.

WHOLESALE CUTS

- 1 Silverside
- 2 Topside
- 3 Rump
- 4 Knuckle
- 5 Thick Flank
- 6 Thin Flank
- 7 Fillet
- 8 Tail (Oxtail)



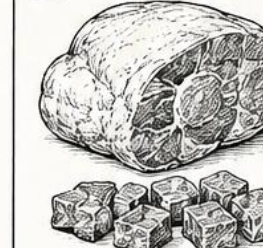
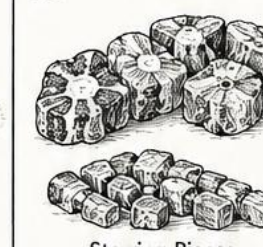
BUTCHER'S NOTES

1. Remove all surplus fat and sinew as required.
2. Keep meat chilled but never frozen.
3. Cut across the grain for maximum tenderness.
4. Silverside and Topside are ideal for roasting.
5. Flank cuts are suitable for braising and stewing.

KEY TO DIAGRAM

- 1 Silverside
- 2 Topside
- 3 Rump
- 4 Knuckle
- 5 Thick Flank
- 6 Thin Flank
- 7 Fillet
- 8 Tail (Oxtail)

RETAIL PORTIONS

① SILVERSIDE  Roasting Joint or Minute Steaks	② TOPSIDE  Roasting Joint or Minute Steaks	③ RUMP  Roasting Joint or Steaks	④ KNUCKLE  Braising Steak or Stewing Steak
⑤ THICK FLANK  Stewing Steak or Strips	⑥ THIN FLANK  Stewing Steak or Strips	⑦ FILLET  Fillet Steaks or Medallions	⑧ TAIL (OXTAIL)  Stewing Pieces or Oxtail Soup

COOKING METHODS

- Roasting – Silverside, Topside, Rump, Fillet
 Braising – Knuckle, Thick Flank
 Stewing – Thin Flank, Knuckle, Oxtail
 Grilling – Rump Steaks, Minute Steaks, Fillet Steaks

YIELD GUIDE (APPROX.)

- Bone in Hindquarter – 30 – 32% bone
 Boneless Meat Yield – 68 – 70%
 (Weights will vary with breed and condition)

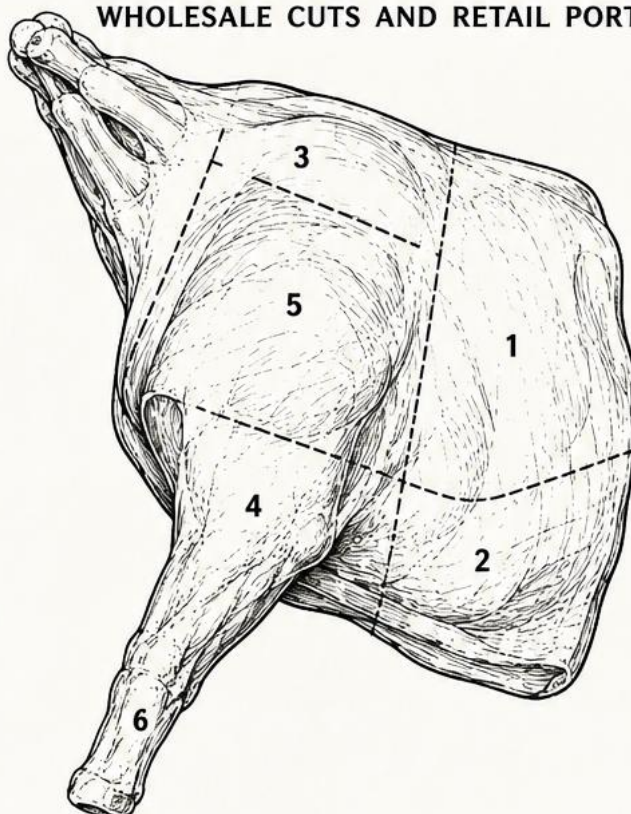
BEEF – FOREQUARTER BREAKDOWN

WHOLESALE CUTS AND RETAIL PORTIONS

The forequarter is removed from the carcass by a cut between the 5th and 6th ribs and along the shoulder blade. It provides joints suitable for roasting, braising and stewing.

WHOLESALE CUTS

- 1 Chuck and Blade
- 2 Brisket
- 3 Fore Rib
- 4 Clod
- 5 Shoulder (Chuck Roll)
- 6 Shin



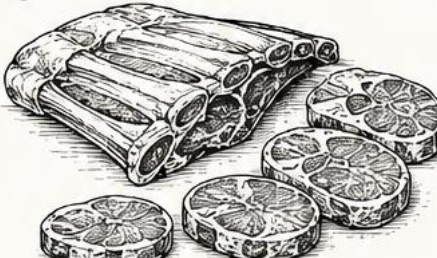
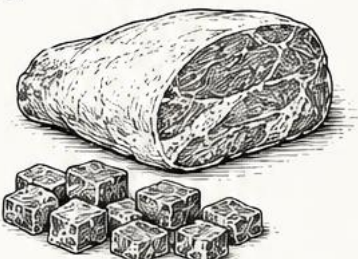
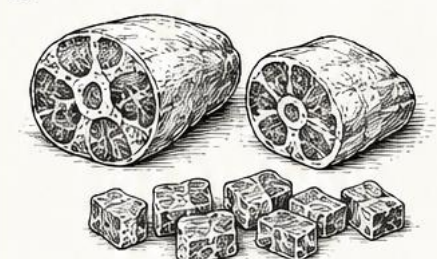
BUTCHER'S NOTES

1. Remove all surplus fat and sinew as required.
2. Cut across the grain for maximum tenderness.
3. Chuck and Blade are ideal for stewing.
4. Brisket is best cooked slowly.
5. Shin is best for stewing or making stock.

KEY TO DIAGRAM

- 1 Chuck and Blade
- 2 Brisket
- 3 Fore Rib
- 4 Clod
- 5 Shoulder (Chuck Roll)
- 6 Shin

RETAIL PORTIONS

① CHUCK AND BLADE  Stewing Steak or Cubes	② BRISKET  Stewing Steak or Corned Beef	③ FORE RIB  Roasting Joint or Rib Steaks
④ CLOD  Stewing Steak or Cubes	⑤ SHOULDER (CHUCK ROLL)  Roasting Joint or Steaks	⑥ SHIN  Stewing Pieces or Soup

COOKING METHODS

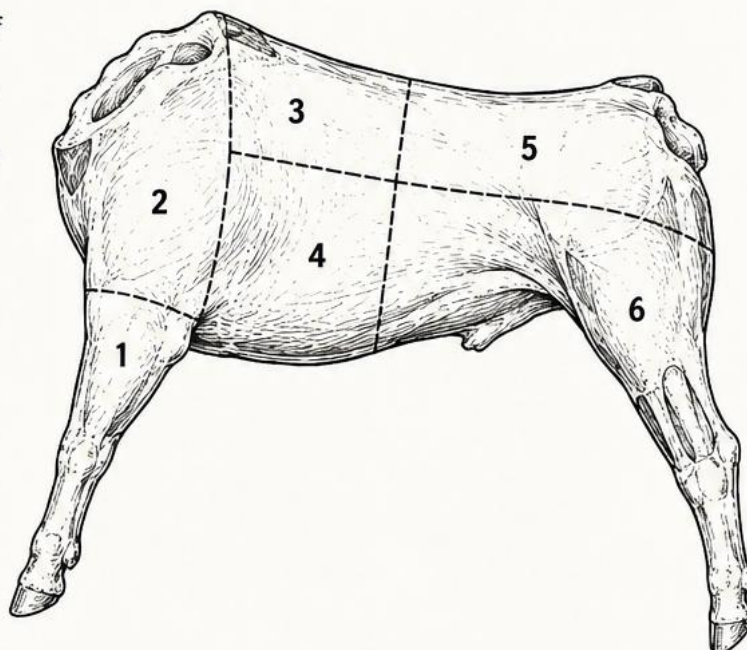
- Roasting – Fore Rib, Chuck Roll
 Braising – Chuck and Blade, Brisket, Clod, Shin
 Stewing – Chuck and Blade, Clod, Shin
 Boiling – Brisket, Shin (for Soup or Stock)

YIELD GUIDE (APPROX.)

- Bone in Forequarter – 35 – 40% bone
 Boneless Meat Yield – 60 – 65%
 (Weights will vary with breed and condition)

LAMB – WHOLESALE CUTS AND RETAIL PORTIONS

Lamb is divided by a cut along the centre of the backbone. The wholesale cuts shown are the standard butcher's cuts used in the Army Catering Corps.



BUTCHER'S NOTES

1. Remove all surplus fat and sinew as required.
2. Keep meat well chilled but never frozen.
3. Cut across the grain for maximum tenderness.
4. Use bones for stock.

WHOLESALE CUTS

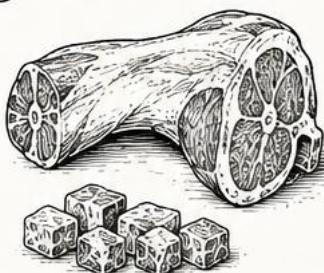
- 1 Neck
- 2 Shoulder
- 3 Rack
- 4 Breast
- 5 Loin
- 6 Leg

KEY TO DIAGRAM

- 1 Neck
- 2 Shoulder
- 3 Rack
- 4 Breast
- 5 Loin
- 6 Leg

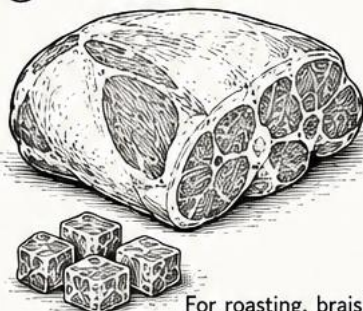
RETAIL PORTIONS

① NECK



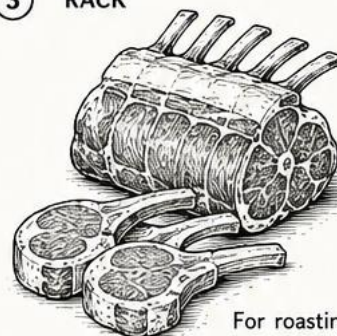
For stewing or making stock

② SHOULDER



For roasting, braising or stewing

③ RACK



For roasting or chops

④ BREAST



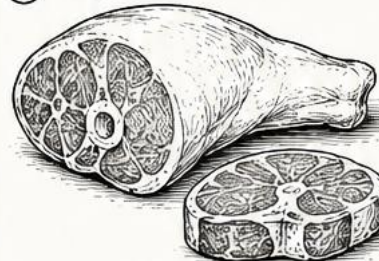
For stewing or braising

⑤ LOIN



For roasting or loin chops

⑥ LEG



For roasting, braising or steaks

COOKING METHODS

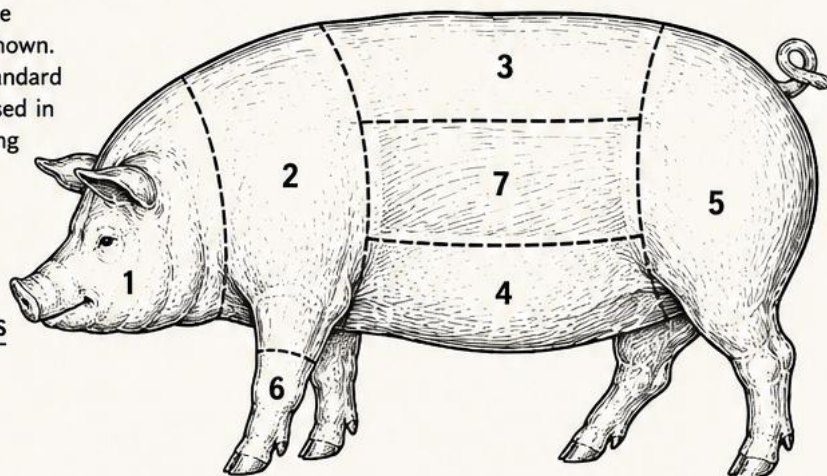
- Roasting – Rack, Loin, Leg
- Braising – Shoulder, Neck, Breast
- Stewing – Neck, Breast, Shoulder (diced)
- Grilling – Loin Chops, Leg Steaks

YIELD GUIDE (APPROX.)

- Bone in Lamb – 30 – 35 % bone
 - Boneless Meat Yield – 65 – 70 %
- (Weights will vary with breed and condition)

PORK – WHOLESALE CUTS AND RETAIL PORTIONS

Pork is divided by straight and circular cuts to obtain the wholesale cuts shown. These are the standard butcher's cuts used in the Army Catering Corps.



WHOLESALE CUTS

- 1 Head
- 2 Shoulder
- 3 Loin
- 4 Belly (Bacon)
- 5 Leg (Ham)
- 6 Hand (Hock)
- 7 Spare Rib

BUTCHER'S NOTES

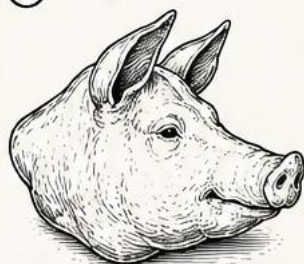
1. Remove all surplus fat and sinew as required.
2. Keep meat well chilled but never frozen.
3. Cut across the grain for maximum tenderness.
4. Use bones for stock.

KEY TO DIAGRAM

- 1 Head
- 2 Shoulder
- 3 Loin
- 4 Belly (Bacon)
- 5 Leg (Ham)
- 6 Hand (Hock)
- 7 Spare Rib

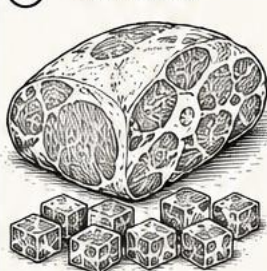
RETAIL PORTIONS

① HEAD



For brawn, head cheese or stock

② SHOULDER



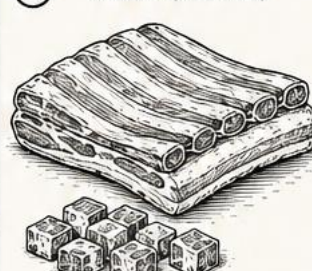
For roasting, braising or stewing

③ LOIN



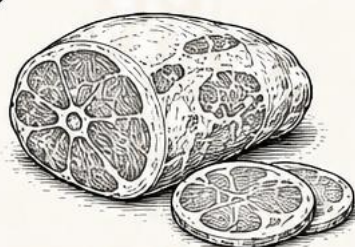
For roasting, chops or cutlets

④ BELLY (BACON)



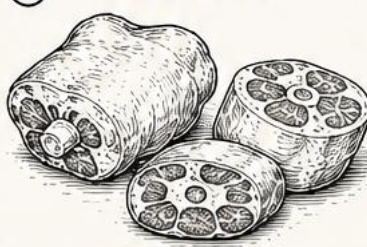
For bacon, braising or salt pork

⑤ LEG (HAM)



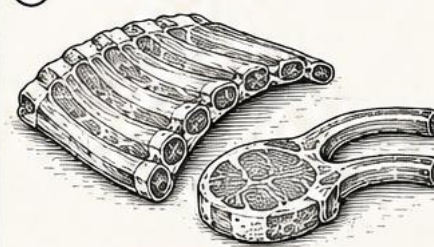
For roasting, baking ham or ham steaks

⑥ HAND (HOCK)



For stewing, braising or stock

⑦ SPARE RIB



For roasting, braising or rib chops

COOKING METHODS

- Roasting – Loin, Leg, Shoulder, Spare Rib
- Braising – Shoulder, Spare Rib, Belly
- Stewing – Shoulder, Hand, Spare Rib, Head
- Boiling – Head, Hand (for stock or brawn)
- Grilling – Loin Chops, Spare Ribs, Ham Steaks

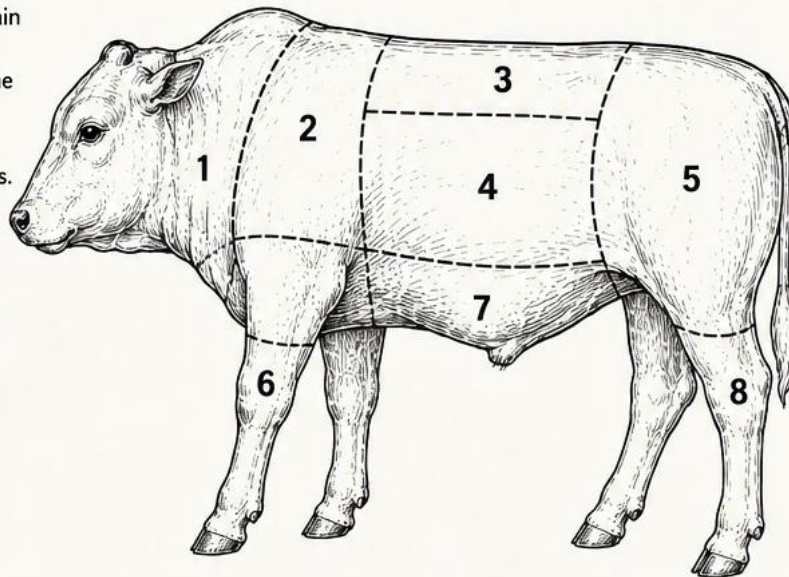
YIELD GUIDE (APPROX.)

- Bone in Pork – 20 – 25 % bone
- Boneless Meat Yield – 70 – 75 %

(Weights will vary with breed and condition)

VEAL – WHOLESALE CUTS AND RETAIL PORTIONS

Veal is divided by straight cuts to obtain the wholesale cuts shown. These are the standard butcher's cuts used in the Army Catering Corps.



BUTCHER'S NOTES

1. Remove all surplus fat and sinew as required.
2. Keep meat well chilled but never frozen.
3. Cut across the grain for maximum tenderness.
4. Use bones for white stock.

WHOLESALE CUTS

- 1 Neck
- 2 Shoulder
- 3 Loin
- 4 Breast
- 5 Leg
- 6 Foreshank
- 7 Breast Flap
- 8 Hindshank

KEY TO DIAGRAM

- 1 Neck
- 2 Shoulder
- 3 Loin
- 4 Breast
- 5 Leg
- 6 Foreshank
- 7 Breast Flap
- 8 Hindshank

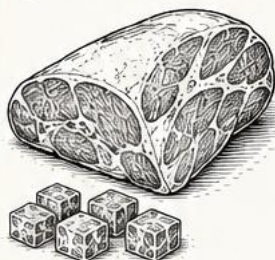
RETAIL PORTIONS

① NECK



For stewing or making stock

② SHOULDER



For braising or stewing

③ LOIN



For roasting, cutlets or escalopes

④ BREAST



For braising or stewing

⑤ LEG



For roasting, baking or escalope

⑥ FORESHANK



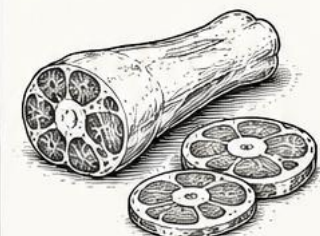
For stewing or osso buco

⑦ BREAST FLAP



For stewing or minced veal

⑧ HINDSHANK



For stewing or osso buco

COOKING METHODS

- | | |
|----------|---|
| Roasting | – Loin, Leg |
| Braising | – Shoulder, Breast, Breast Flap |
| Stewing | – Neck, Foreshank, Hindshank, Breast Flap |
| Boiling | – Neck, Shank (for stock) |
| Grilling | – Loin Cutlets, Escalopes |

YIELD GUIDE (APPROX.)

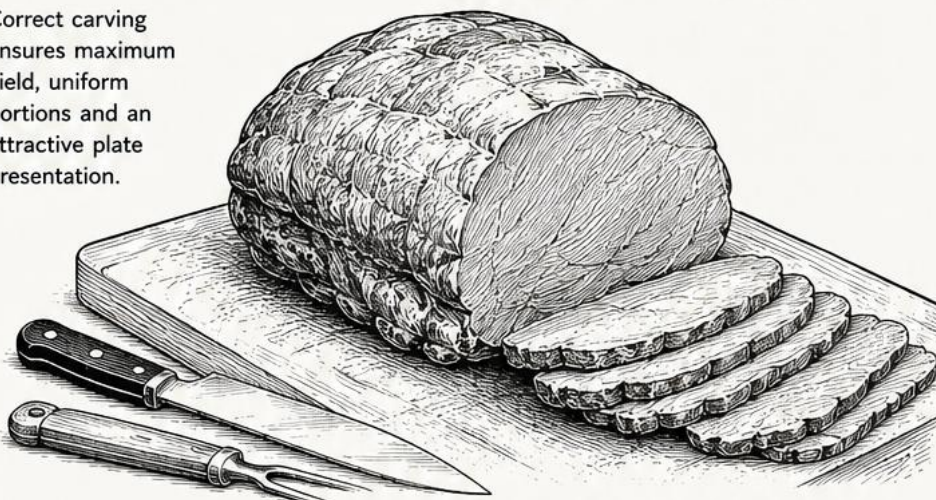
- | | |
|---------------------|------------------|
| Bone in Veal | – 25 – 30 % bone |
| Boneless Meat Yield | – 70 – 75 % |

(Weights will vary with breed and condition)

CARVING BEEF

JOINTS AND PORTIONS

Correct carving ensures maximum yield, uniform portions and an attractive plate presentation.

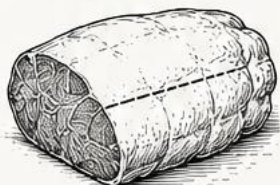


CARVING NOTES

1. Always carve across the grain for tenderness.
2. Keep knife sharp and use smooth even strokes.
3. Carve only what is required.
4. Keep joints hot before carving.
5. Arrange slices neatly and keep moist.

PRIMAL CUTS – SUITABLE FOR ROASTING

1 TOPSIDE



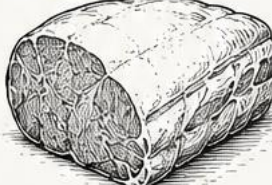
Lean and tender.
Carve in thin slices.

2 SIRLOIN



Tender.
Carve in medium slices.

3 RUMP



Flavoursome and tender.
Carve in medium slices.

4 RIB



Tender and juicy.
Carve in thick or thin slices as required.

CARVING INSTRUCTIONS

1 REST THE JOINT



Rest for 10–15 minutes before carving.

2 IDENTIFY THE GRAIN



Locate the direction of the grain.

3 POSITION FOR CARVING



Hold fork firmly. Start at the end of the joint.

4 SLICE ACROSS THE GRAIN



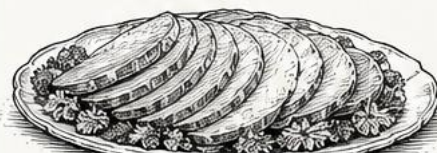
Use long, even strokes.
Slice across the grain.

5 UNIFORM THICKNESS



Maintain even thickness for uniform portions.

6 ARRANGE NEATLY



Overlap slices slightly and keep moist.

GUIDE TO SLICE THICKNESS

Roast Beef (General Service)	10–12 mm
Roast Beef (Carvery)	6–8 mm
Cold Beef for Sandwiches	2–4 mm
Beef for Stews / Casseroles	20–25 mm cubes

NOTE: Carve only what is required and keep the rest of the joint hot until needed.

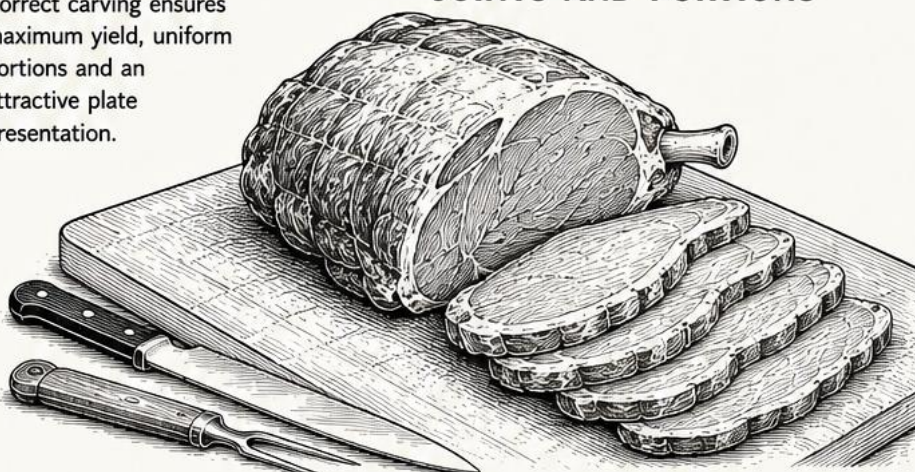
Cut	Bone in (%)	Boneless (%)	Edible Portions from 1 kg Boneless Joint (Approx.)		
			10 mm slices	6 mm slices	2–4 mm slices
Topside	0	70–75	14–16 portions	22–24 portions	45–55 portions
Sirloin	0	72–76	15–17 portions	24–26 portions	50–60 portions
Rump	0	70–74	14–16 portions	22–24 portions	45–55 portions
Rib (rolled)	15–20	68–72	13–15 portions	20–22 portions	40–50 portions

Recreated by Paul Baldry – Master Chef ACC

CARVING LAMB

JOINTS AND PORTIONS

Correct carving ensures maximum yield, uniform portions and an attractive plate presentation.



CARVING NOTES

1. Keep joints hot before carving.
2. Carve with a long, sharp knife using smooth even strokes.
3. Slice across the grain for maximum tenderness.
4. Carve only what is needed.
5. Arrange slices neatly and keep moist.

PRIMAL CUTS – SUITABLE FOR ROASTING

1 LEG



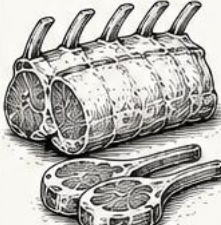
Best for roasting whole.
Tender and flavoursome.

2 LOIN



Tender and lean.
Carve in medium slices.

3 RACK



Tender and juicy.
Carve as cutlets.

4 SHOULDER



Flavoursome.
Carve in medium slices.

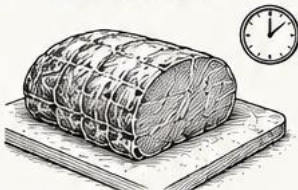
5 NECK



Best for slow roasting
or stewing.

CARVING INSTRUCTIONS

1 REST THE JOINT



Rest for 10–15 minutes
before carving.

2 IDENTIFY THE GRAIN



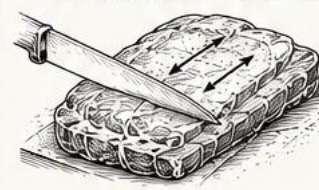
Locate the direction
of the grain.

3 POSITION FOR CARVING



Hold fork firmly. Start at
the end of the joint.

4 SLICE ACROSS THE GRAIN



Use long, even strokes.
Slice across the grain.

5 UNIFORM THICKNESS



Maintain even thickness
for uniform portions.

6 ARRANGE NEATLY



Overlap slices slightly
and keep moist.

GUIDE TO SLICE THICKNESS

Roast Lamb (General Service)	10 – 12 mm
Roast Lamb (Carvery)	6 – 8 mm
Cold Lamb for Sandwiches	2 – 4 mm
Lamb for Stews / Casseroles	20 – 25 mm cubes

NOTE: Carve only what is required
and keep the rest of the joint hot
until needed.

Cut	Bone in (%)	Boneless (%)	EDIBLE PORTIONS FROM 1 kg BONE-IN JOINT (APPROX.)			For Stews 20–25 mm cubes
			10 mm slices	6 mm slices	2 – 4 mm slices	
Leg	15 – 20	70 – 75	13 – 15 portions	20 – 22 portions	40 – 50 portions	16 – 18 portions
Loin	20 – 25	70 – 75	14 – 16 portions	22 – 24 portions	45 – 55 portions	16 – 18 portions
Rack	25 – 30	65 – 70	8 – 10 cutlets	12 – 14 cutlets	—	12 – 14 portions
Shoulder	20 – 25	65 – 70	14 – 16 portions	22 – 24 portions	45 – 55 portions	18 – 20 portions
Neck	25 – 30	60 – 65	—	—	—	18 – 20 portions

KNIFE SKILLS

BASIC KNIFE TECHNIQUES FOR BUTCHERY

Good knife skills are essential for safe, efficient and economical butchery. Keep knives sharp and use the correct knife for each task.



GENERAL RULES

1. Keep knives sharp at all times.
2. Use the correct knife for the job.
3. Cut away from yourself and keep fingers clear of the blade.
4. Clean knives after use and store safely.
5. Never leave knives in soak.

TYPES OF KNIVES AND THEIR USES

1 BUTCHER'S KNIFE  General cutting of meat and larger joints.	2 BONING KNIFE  Boning, trimming and removing sinew and fat.	3 CARVING KNIFE  Carving cooked joints and making neat slices.	4 FILLETING KNIFE  For fish filleting and removing skin.	5 SHARPENING STEEL  Honing and maintaining a keen cutting edge.
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BASIC CUTTING TECHNIQUES

1 CHOPPING  Use an up and down motion with firm control.	2 SLICING  Use long, smooth strokes for even slices.	3 TRIMMING  Remove excess fat, sinew and connective tissue.	4 BONING  Cut close to the bone and follow the shape.
5 DICING  Cut into even strips, then across into cubes.	6 MINCING  Cut into small pieces, then chop finely.	7 SKINNING  Insert knife between skin and flesh and draw forward.	8 BUTTERFLYING  Cut horizontally, stopping just short of the far edge.

KNIFE HOLDING

FULL GRIP



For heavier work and more control.

PINCH GRIP



For delicate work and greater accuracy.

KNIFE CARE

- Hone regularly with a sharpening steel.
- Sharpen when the knife no longer cuts cleanly.
- Wash in hot soapy water and dry immediately.
- Store in a knife roll, rack or block.
- Report damaged handles or loose blades.



BASIC BONING SKILLS

TECHNIQUES FOR MEAT PREPARATION

Good boning skills ensure maximum yield, minimum waste and better presentation. Work carefully, keep your knife sharp and follow the natural shape of the bone.



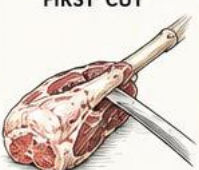
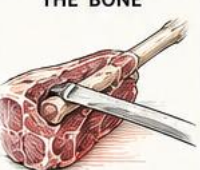
GENERAL RULES

1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Cut away from yourself and keep fingers clear of the blade.
5. Follow the shape of the bone and natural seams.
6. Remove all small bones, gristle and sinew.
7. Keep meat chilled but never frozen hard.
8. Clean and store knives safely after use.

ESSENTIAL BONING KNIVES

BUTCHER'S KNIFE	BONING KNIFE	FILLETING KNIFE	SABRE KNIFE	STEEL
				
General cutting and jointing.	For removing meat from bones and trimming.	For fish and delicate work.	For large joints and tougher cuts.	Keeps knives sharp and true.

BASIC BONING TECHNIQUES – STEP BY STEP

1 SETTING UP	2 MAKING THE FIRST CUT	3 WORK ALONG THE BONE	4 FREE THE BONE	5 REMOVE THE BONE	6 TRIM AND CHECK
					
Place the joint securely on the board. Identify the main bones and seams.	Start at the end of the bone or joint. Insert the knife and cut down to the bone.	Keep the blade close against the bone. Use smooth, controlled strokes.	Loosen the meat from the bone. Use the tip of the knife for tight areas.	When the meat is free, lift and remove the bone carefully.	Remove any gristle, sinew or small bones. Trim for even thickness and shape.

COMMON JOINTS – BONING GUIDE

LEG OF LAMB	SHOULDER OF LAMB	RACK OF LAMB	LEG OF BEEF	SIRLOIN OF BEEF	CHICKEN
					
- Remove shank bone first. - Follow the natural seam along the bone. - Remove aitch bone last.	- Remove blade bone. - Work along the natural seams. - Trim off gristle and excess fat.	- French trim by removing all meat and fat from the rib bones. - Use a small boning knife.	- Remove the shank bone. - Follow the round bone. - Peel back the meat and remove.	- Run the knife along the backbone. - Remove fillet if required. - Trim to shape.	- Remove wings and drumsticks. - Cut down each side of the backbone. - Remove the breast meat in one piece.

TYPES OF BONES

			
Flat Bone (e.g. shoulder blade)	Long Bone (e.g. femur)	Round Bone (e.g. shin)	Rib Bone

YIELD GUIDE (APPROX.)

Joint	Bone In (%)	Boned Out (%)
Leg of Lamb	65 – 70	80 – 85
Shoulder of Lamb	60 – 65	75 – 80
Leg of Beef	60 – 65	75 – 80
Sirloin of Beef	70 – 75	85 – 90
Chicken (whole)	55 – 60	70 – 75

Yields will vary with breed, age and condition.

GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Keep meat covered when not in use.
- Use trimmings for stocks, soups and stews.
- Practice regularly to improve skill and speed.



BONING A LEG OF LAMB

STEP BY STEP GUIDE

Boning a leg of lamb correctly ensures maximum yield, less waste and an attractive, even cooking joint.



GENERAL RULES

1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone to maximise yield.
6. Remove all sinew, gristle and excess fat.
7. Keep meat chilled.
8. Clean and store knives safely after use.

1 LOCATE THE FEMUR



- Identify the femur (thigh bone).
- Run the knife down the length of the bone, cutting through the meat.

2 FREE THE AITCH BONE



- Locate the aitch bone.
- Cut around the bone to release the meat.
- Remove the aitch bone.

3 REMOVE THE SHANK BONE



- Expose the shank bone.
- Cut around the bone and sever the gristle.
- Twist and pull the shank bone out.

4 PRODUCE A ROLLED ROASTING JOINT



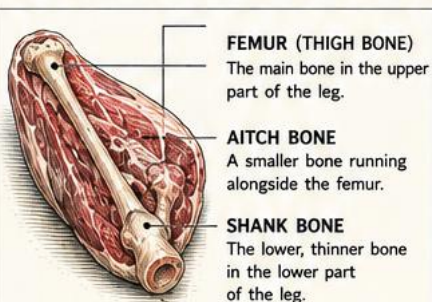
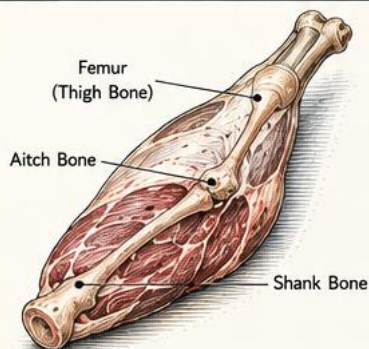
- Remove any remaining sinew or gristle.
- Shape the meat into an even roll.
- Tie at 4-5 cm (2") intervals for even cooking.

5 TRIM FOR EVEN COOKING



- Trim off excess fat.
- Ensure the joint is even in thickness.
- Your boned leg of lamb is ready for roasting.

LEG OF LAMB – BONE IDENTIFICATION



BONED AND TIED LEG OF LAMB

KNIFE POSITION GUIDE

WORK CLOSE TO THE BONE



Keep the blade close to the bone to avoid wasting valuable meat.

CORRECT ANGLE



Use a shallow angle to follow the natural shape of the bone.

YIELD GUIDE (APPROX.)

Description	Average Weight from 1 kg
Boned Leg of Lamb	750 – 800 g
Bones (Femur, Aitch & Shank)	150 – 200 g
Trim / Waste	50 – 100 g

Yields will vary with breed, age and condition.



GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Remove all sinew, gristle and discoloured fat.
- Tie the joint evenly for uniform cooking.
- Store boned meat covered and chilled.
- Use trimmings for stews, mince or stocks.



BONING A SHOULDER OF LAMB

STEP BY STEP GUIDE

Correctly boning a shoulder of lamb ensures maximum yield, reduces waste and provides tender meat for roasting, dicing or stewing.



GENERAL RULES

1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone for maximum yield.
6. Remove all sinew, gristle and excess fat.
7. Keep meat chilled.
8. Clean and store knives safely after use.

1 REMOVE THE BLADE BONE



- Locate the blade bone running through the shoulder.
- Insert the knife along the bone and cut down to it.
- Work along the bone and remove it cleanly.

2 FOLLOW THE SHOULDER SEAMS



- Identify the natural seams between muscle groups.
- Run the knife along the seams to separate the meat.
- Keep the blade close to the bone for best yield.

3 REMOVE EXCESS CONNECTIVE TISSUE



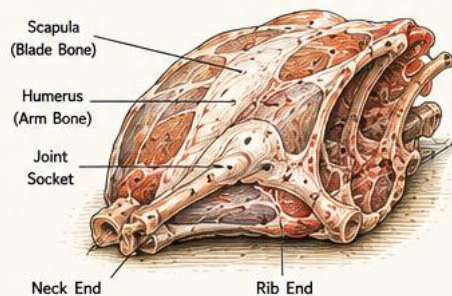
- Trim away all sinew, gristle and thick connective tissue.
- Remove any discoloured fat.
- Leave only lean, well-shaped meat.

4 PREPARE FOR ROASTING OR DICING



- Leave whole for roasting or roll and tie if required.
- Alternatively, cut into suitable sizes for stews, curries or casseroles.

SHOULDER OF LAMB – BONE IDENTIFICATION



SCAPULA (BLADE BONE)
Flat bone running through the shoulder. Gives shape but little meat.

HUMERUS (ARM BONE)
Main bone of the upper leg. Remove by working around the joint.

JOINT SOCKET
Where the humerus meets the scapula.

BONED SHOULDER OF LAMB



TRIMMED AND READY FOR USE

YIELD GUIDE (APPROX.)

Description	Average Weight from 1 kg
Boned Shoulder of Lamb	700 – 750 g
Trim / Waste	250 – 300 g
Bone (Blade & Arm)	250 – 300 g
Sinew & Fat	50 – 100 g

Yields will vary with breed, age and condition.



USE OF BONED SHOULDER

- Roast whole for a tender, flavoursome joint.
- Cut into joints or steaks for braising.
- Dice for curries, stews and casseroles.
- Mince for shepherd's pie or meat dishes.



GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Work methodically and safely.
- Keep meat covered and chilled.
- Store bones for stock and soup making.
- Practice regularly to improve skill and speed.



Recreated by Paul Baldry – Master Chef ACC

BONING A LEG OF BEEF

STEP BY STEP GUIDE

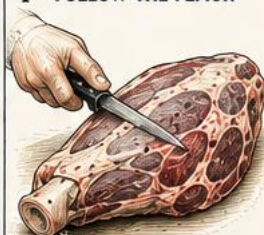
Correctly boning a leg of beef provides the best yield of tender meat. Follow the natural seams and work close to the bone to reduce waste.



GENERAL RULES

1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone for maximum yield.
6. Remove all sinew, gristle and excess fat.
7. Keep meat chilled.
8. Clean and store knives safely after use.

1 FOLLOW THE FEMUR



- Locate the femur (thigh bone).
- Run the knife along the bone from the top (rump end).
- Keep the blade in contact with the bone.

2 REMOVE THE ROUND BONE



- Work around the round bone at the knuckle end.
- Cut through the natural seam to release the muscle.
- Remove the round bone cleanly.

3 SEPARATE THE TOPSIDE



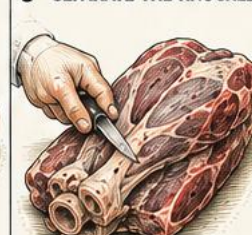
- Identify the natural seam between the topside and silverside.
- Run the knife along the seam to separate the topside.

4 SEPARATE THE SILVERSIDE



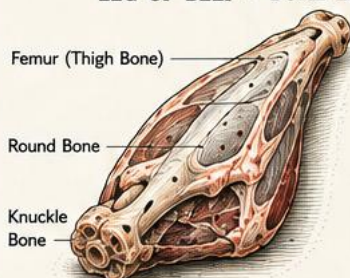
- Run the knife along the outer side of the bone.
- Lift the silverside away from the bone and remove.

5 SEPARATE THE KNUCKLE



- Remove the knuckle meat by following the natural seams.
- Trim off any excess fat, sinew and gristle.

LEG OF BEEF – BONE IDENTIFICATION



FEMUR (THIGH BONE)

Main bone of the leg. Removed first by following the natural seam.

ROUND BONE

The smaller bone at the knuckle end. Removed after freeing the femur.

KNUCKLE BONE

Joint bone at the lower end of the leg. Remove last by cutting around the joint.

RESULT – BONED LEG OF BEEF

TOPSIDE



SILVERSIDE



KNUCKLE



TRIMMED AND READY FOR USE

KNIFE POSITION – WORK CLOSE TO THE BONE

CORRECT

Blade in contact with the bone yields maximum meat with minimum waste.

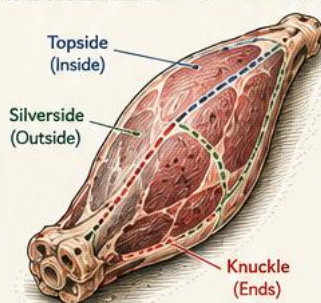


INCORRECT

Blade away from the bone leaves meat behind and increases waste.



NATURAL SEAMS – WHERE TO CUT



Follow the natural seams between muscle groups for clean separation.

YIELD GUIDE (APPROX.)

Joint / Cut	Average Weight from 1 kg	Yield %
Topside	400 – 450 g	40 – 45%
Silverside	350 – 400 g	35 – 40%
Knuckle	150 – 200 g	15 – 20%
Trim / Waste	50 – 100 g	5 – 10%

Yields will vary with breed, age and condition.



USES

- Topside – roasting, braising, corned beef, steaks.
- Silverside – roasting, boiled beef, corned beef.
- Knuckle – stews, casseroles, minced meat.

GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Remove all sinew and gristle.
- Tie joints if roasting.
- Store boned meat covered and chilled.
- Practice regularly to improve skill.



REMEMBER

A good butcher leaves no waste, only clean, well-trimmed meat ready for the cook.

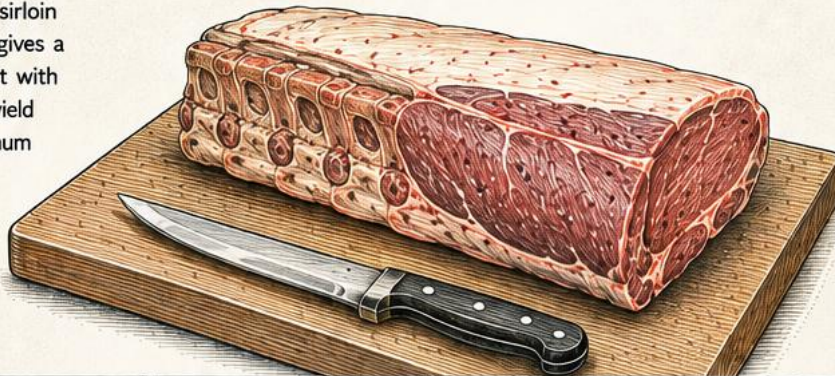


Recreated by Paul Baldry – Master Chef ACC

BONING A SIRLOIN OF BEEF

STEP BY STEP GUIDE

Boning a sirloin correctly gives a prime joint with excellent yield and minimum waste.



GENERAL RULES

1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone for maximum yield.
6. Remove all sinew, gristle and excess fat.
7. Keep meat chilled.
8. Clean and store knives safely after use.

1 REMOVE THE BACKBONE



- Place the sirloin with the backbone uppermost.
- Run the knife along one side of the backbone, cutting down to it.
- Work along the length and remove the backbone.

2 REMOVE THE CHINE BONES



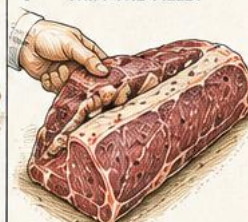
- Identify the chine (rib) bones.
- Run the knife along the natural seam between the ribs and the meat.
- Lift and remove the chine bones.

3 REMOVE THE FEATHER BONES



- Turn the meat over.
- Locate the small feather bones along the rib eye.
- Slide the knife under and remove each feather bone.

4 TRIM THE FILLET



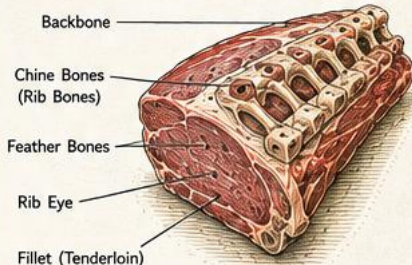
- Locate the fillet on the inner side.
- Run the knife under the fillet following the natural seam.
- Remove the fillet whole.

5 PREPARE BONELESS SIRLOIN



- Trim away all sinew, gristle and excess fat.
- Shape the joint for even cooking.
- Ready for roasting, braising or portioning.

SIRLOIN OF BEEF – BONE IDENTIFICATION



BACKBONE

The main bone running the length of the spine.

CHINE BONES (RIB BONES)
Curved bones attached to the backbone, protecting the rib cage.

FEATHER BONES
Small bones within the rib eye muscle.

FILLET (TENDERLOIN)
The most tender muscle, lying beneath the loin.

RESULT – BONED SIRLOIN



Boned Sirloin Joint

Fillet (Tenderloin)

Trimmed and Ready for Use

KNIFE POSITION – WORK CLOSE TO THE BONE

CORRECT

Blade close to the bone follows the natural shape and gives maximum yield.

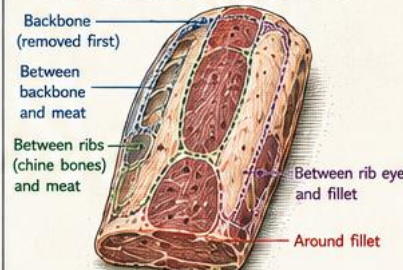


INCORRECT

Blade away from the bone leaves meat behind and creates waste.



NATURAL SEAMS – WHERE TO CUT



Always follow the natural seams between muscle groups.

YIELD GUIDE (APPROX.)

Cut / Portion	Average Weight from 1 kg	Yield %
Boned Sirloin Joint	750 – 800 g	75 – 80%
Fillet (Tenderloin)	150 – 200 g	15 – 20%
Trim / Waste	50 – 100 g	5 – 10%

Yields will vary with breed, age and condition.



USES

- Sirloin Joint – roasting, braising, pot roasting, corned beef.
- Fillet – steaks, tournedos, stir-fry, kebabs.



GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Remove all sinew, gristle and discoloured fat.
- Tie the joint for uniform cooking.
- Store boned meat covered and chilled.
- Practice regularly to improve skill and speed.



REMEMBER

A skilled butcher leaves no waste, only clean, well-trimmed meat ready for the cook.



BONING A PORK LEG

STEP BY STEP GUIDE

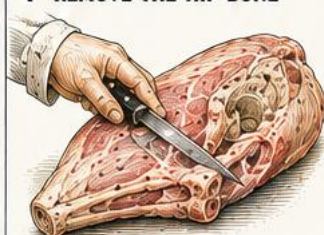
Boning a pork leg correctly provides maximum yield and ensures the joint is suitable for roasting, rolling or curing.



GENERAL RULES

1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone for maximum yield.
6. Remove all sinew, gristle and excess fat.
7. Keep meat chilled.
8. Clean and store knives safely after use.

1 REMOVE THE HIP BONE



- Locate the hip (pelvic) bone.
- Run the knife along the bone to free the meat.
- Work around the bone and remove it cleanly.

2 REMOVE THE SHANK BONE



- Locate the shank bone at the narrow end.
- Cut around the bone to release the meat.
- Pull the shank bone out and trim the end.

3 OPEN OUT THE LEG



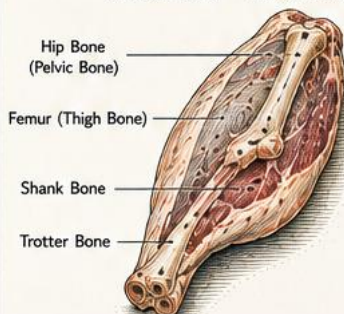
- Lay the leg flat on the board.
- Cut along the natural seam to open the leg.
- Open out the meat to lie as flat as possible.

4 PREPARE FOR CURING OR ROLLING



- Trim away excess fat and rind.
- Remove all sinew and gristle.
- Ready for curing (ham) or rolling for roasting.

PORK LEG – BONE IDENTIFICATION



HIP BONE (PELVIC BONES)
Removed first. Gives the largest portion of meat.

FEMUR (THIGH BONE)
Runs through the thick part of the leg. Removed with hip bone.

SHANK BONE
Long lower bone in the narrow part of the leg. Removed separately.

TROTTER BONE
Small bone in the foot. Removed if required.

RESULT – BONED PORK LEG



Boned and trimmed leg of pork – ready for curing or rolling

KNIFE POSITION – WORK CLOSE TO THE BONE

CORRECT

Blade close to the bone follows the natural shape and gives maximum yield.

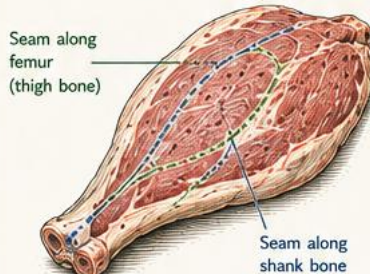


INCORRECT

Blade away from the bone leaves meat behind and increases waste.



NATURAL SEAMS – WHERE TO CUT



Follow the natural seams for easy removal and minimal waste.

YIELD GUIDE (APPROX.)

Portion / Cut	Average Weight from 1 kg	Yield %
Boned Leg (meat only)	700 – 750 g	70 – 75%
Trim / Waste	200 – 250 g	20 – 25%
Bone (hip, shank, etc.)	50 – 100 g	5 – 10%

Yields will vary with breed, age and condition.



USES

- Roast pork.
- Rolled and stuffed pork leg.
- Curing for ham.
- Dicing for stews and casseroles.



GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Remove all sinew, gristle and excess fat.
- Tie rolled joints evenly.
- Store boned meat covered and chilled.
- Practice regularly to improve skill and speed.



REMEMBER

A well-boned leg of pork means less waste, better yield and a superior joint for the cook.



BONING A PORK SHOULDER

STEP BY STEP GUIDE

Boning a pork shoulder correctly ensures maximum yield and provides meat suitable for roasting, braising, dicing or mincing.



GENERAL RULES

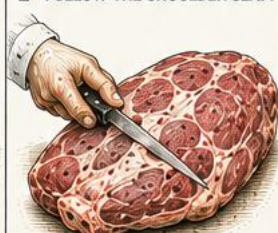
1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone for maximum yield.
6. Remove all sinew, gristle and excess fat.
7. Keep meat chilled.
8. Clean and store knives safely after use.

1 REMOVE THE BLADE BONE



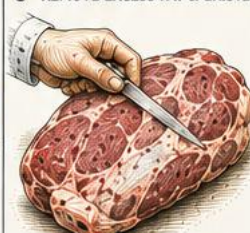
- Locate the blade bone running through the shoulder.
- Run the knife along the bone and cut down to it.
- Work along the bone and remove it cleanly.

2 FOLLOW THE SHOULDER SEAM



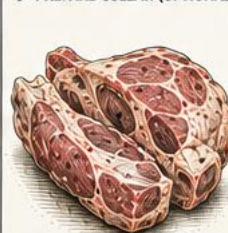
- Identify the natural seam between the shoulder muscles.
- Run the knife along the seam to separate the meat.
- Keep the knife close to the bone for best yield.

3 REMOVE EXCESS FAT & GRISTLE



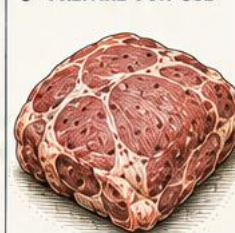
- Trim away all sinew, gristle and excess fat.
- Remove any discoloured or bruised meat.
- Leave only lean, well-shaped meat.

4 PREPARE COLLAR (OPTIONAL)



- Remove the collar (neck) portion if required.
- Trim and prepare for stews, mince or sausage meat.
- Set aside for separate use.

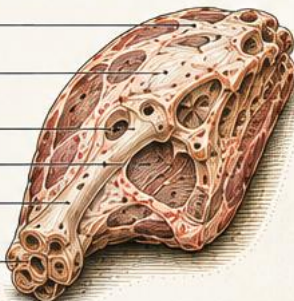
5 PREPARE FOR USE



- Boned shoulder ready for roasting, braising or dicing.
- Can be left whole or cut into portions as required.
- Tie with string if roasting as a joint.

PORK SHOULDER – BONE IDENTIFICATION

Blade Bone
(Scapula)
Arm Bone
(Humerus)
Spine Bone
Rib Section
Joint Socket
Collar (Neck)
Portion



BLADE BONE (SCAPULA)
Flat bone running through the shoulder. Remove first.

ARM BONE (HUMERUS)
Main bone of the upper leg. Remove by working around the joint.

SPINE BONE
Runs along the top of the shoulder.

COLLAR (NECK) PORTION
High in fat and connective tissue. Remove if not required.

BONED PORK SHOULDER – READY FOR USE



Boned, trimmed and ready for roasting, braising, dicing or mincing.

KNIFE POSITION – WORK CLOSE TO THE BONE

CORRECT

Blade close to the bone follows the natural shape and gives maximum yield with minimum waste.



INCORRECT

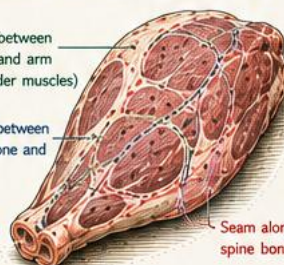
Blade away from the bone leaves meat behind and increases waste.



NATURAL SEAMS – WHERE TO CUT

Seam between blade and arm (shoulder muscles)

Seam between arm bone and meat



Seam along spine bone

Always follow the natural seams between muscle groups for best yield.

YIELD GUIDE (APPROX.)

Portion / Cut	Average Weight from 1 kg	Yield %
Boned Shoulder (meat only)	700 – 750 g	70 – 75%
Collar (neck portion)	150 – 200 g	15 – 20%
Trim / Waste	50 – 100 g	5 – 10%

Yields will vary with breed, age and condition.



USES

- Roasting whole or rolled.
- Braising.
- Dicing for stews and casseroles.
- Mincing for sausages, rissoles or meatloaf.



GOOD PRACTICE

- Plan your cuts before you start.
- Keep your work area clean.
- Remove all sinew, gristle and excess fat.
- Tie joints evenly for uniform cooking.
- Store boned meat covered and chilled.
- Practice regularly to improve skill and speed.



REMEMBER

A well-boned shoulder means better yield, less waste and a superior eating quality.



Recreated by Paul Baldry – Master Chef ACC

POULTRY BONING

STEP BY STEP GUIDE

Boning poultry correctly provides better yield, easier carving, and is essential for stuffing, rolling or portioning.



GENERAL RULES

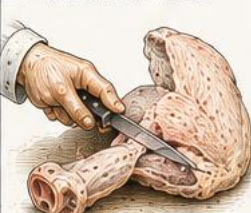
1. Use the correct knife for the job.
2. Work on a stable board.
3. Keep the knife sharp at all times.
4. Follow the natural seams and shape of the bone.
5. Work close to the bone for maximum yield.
6. Remove all sinew, gristle and excess fat.
7. Keep poultry chilled.
8. Clean and store knives safely after use.

1 REMOVE THE WISHBONE



- Turn the chicken breast side up.
- Locate the wishbone (furcula).
- Run the knife along each side and lift out the bone.
- This allows for easier carving and stuffing.

2 REMOVE THE WINGS



- Bend the wing back.
- Run the knife through the joint.
- Remove the wing and wing tip.
- Set aside for stock if required.

3 REMOVE THE LEGS



- Turn the bird breast side down.
- Bend the leg outward.
- Cut through the skin and joint to free the leg.
- Remove both legs.

4 REMOVE THE BREAST MEAT



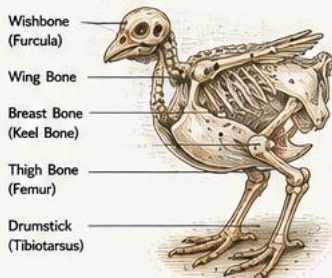
- Place the bird breast side up.
- Cut down each side of the breast bone.
- Lift the breast meat away from the carcass.
- Remove both breasts.

5 PREPARE FOR USE



- Trim away sinew and excess fat.
- Breast meat can be left whole or butterflied.
- Legs can be separated into drumsticks and thighs.
- Carcass and trimmings for stock.

CHICKEN – BONE IDENTIFICATION



WISHBONE

Small bone at the top of the breast. Removed first.

WING BONE

Single bone in the wing.

BREAST BONE (KEEL)

Runs down the centre of the breast.

THIGH BONE (FEMUR)

Upper leg bone.

DRUMSTICK BONE (TIBIOTARSUS)

Lower leg bone.

DUCK – BONING HIGHLIGHTS



Follow the same method as chicken.

- Remove wishbone.
- Remove wings.
- Remove legs.
- Lift off breast meat.

Duck has more fat – trim well before cooking.

TURKEY BREAST – BONING



- Place breast side up.
- Cut down each side of the breast bone.
- Lift the breast meat away in one piece.
- Trim and shape.
- Can be rolled and tied for roasting.

CHICKEN PORTIONING OPTIONS

WHOLE BONELESS CHICKEN



4 PORTIONS – BREAST & LEG



KNIFE POSITION – WORK CLOSE TO THE BONE

CORRECT

Blade close to the bone follows the natural shape and gives maximum yield with little waste.



INCORRECT

Blade away from the bone leaves meat behind and increases waste.



USE OF BONED POULTRY

- Stuffed and rolled chicken or turkey.
- Escalopes and cutlets.
- Casseroles, pies and curries.
- Stir-fries and sautés.
- Diced for salads and cold dishes.



YIELD GUIDE (APPROX.)

Item	Average Weight from 1 kg	Yield %
Boneless Chicken (meat only)	650 – 700 g	65 – 70%
Breast Meat	300 – 350 g	30 – 35%
Leg Meat (2 legs)	200 – 250 g	20 – 25%
Wings (2)	60 – 80 g	6 – 8%
Trim / Waste	50 – 100 g	5 – 10%

Yields will vary with breed, age and condition.



USES OF CARCASS & TRIMMINGS

- Make a rich poultry stock.
- Use for soup, sauces or gravies.
- Never waste – full of flavour.



GOOD PRACTICE

- Always chill poultry before boning.
- Plan your cuts before you start.
- Keep your work area clean.
- Remove all sinew, fat and blood spots.
- Store boned meat covered and chilled.
- Practice regularly to improve skill and speed.



REMEMBER

A well-boned bird gives more meat, less waste, and better presentation – essential for the professional chef.



Recreated by Paul Baldry – Master Chef ACC

FISH BONING AND FILLETING

STEP BY STEP GUIDE

Correctly boning and filleting fish ensures maximum yield, better presentation and easier cooking. Always use a sharp flexible knife and keep fish chilled.



GENERAL RULES

1. Use a sharp, flexible boning knife.
2. Keep fish well chilled.
3. Work on a clean, stable board.
4. Follow the natural lines of the fish.
5. Remove pin bones with tweezers.
6. Keep fillets intact and even.
7. Remove all bloodline and sinew.
8. Store knives safely after use.

1 ROUND FISH – FILLETING

1 PREPARE THE FISH



- Place the fish on the board.
- Hold firmly behind the head.
- Make a cut behind the gill plate down to the backbone.

2 FIRST FILLET



- Run the knife along the backbone towards the tail.
- Keep the blade flat against the bones.
- Cut down to the tail.

3 TURN AND REPEAT



- Turn the fish over.
- Repeat the cut along the backbone on the other side.
- Remove the second fillet.

4 REMOVE PIN BONES



- Run fingers along the fillet to feel for pin bones.
- Remove each pin bone with tweezers.

5 TRIM AND FINISH



- Trim away any dark bloodline and ragged edges.
- Wash quickly in cold water.
- Ready for cooking.

2 FLAT FISH – FILLETING (e.g. Plaice, Sole, Dab)

1 PREPARE THE FISH



- Place the fish dark side up.
- Cut along the top of the head and around to the tail.

2 FIRST FILLET



- Run the knife along the backbone to release the fillet.
- Keep the blade flat to the bone.
- Lift away the fillet.

3 REMOVE SECOND FILLET



- Turn the fish over to the white side.
- Repeat the process to remove the second fillet.

4 REMOVE SKIN (IF REQUIRED)



- Place the fillet skin side down.
- Slide the knife between skin and flesh.
- Hold the tail end and pull the skin away.

5 TRIM AND FINISH



- Remove any dark bloodline.
- Trim edges neatly.
- Ready for cooking.

3 COMMON FISH – IDENTIFICATION



Cod



Haddock



Hake



Plaice



Sole



Whiting



Mackerel

4 REMOVING PIN BONES



- Feel along the centre line of the fillet.
- Pin bones run in a row from front to tail.
- Grip with tweezers and pull in the direction of the bone.

5 SKINNING A FISH



- Make a cut near the tail.
- Hold the skin firmly.
- Slide the knife between skin and flesh.
- Pull the skin away steadily.

6 YIELD GUIDE (APPROX.)

Fish	Fillet Yield (from 1 kg whole)	% Yield
Cod	450 – 500 g	45 – 50%
Haddock	430 – 480 g	43 – 48%
Hake	420 – 470 g	42 – 47%
Plaice	400 – 450 g	40 – 45%
Sole	380 – 430 g	38 – 43%
Mackerel	350 – 400 g	35 – 40%

Yields will vary with breed, size and condition.

7 PORTIONING OPTIONS

FILLETS

- Cut into portions for grilling, baking or frying.



GOUJONS

- Cut into strips for frying or breading.



8 USES

- Whole fish – baking, poaching, steaming.
- Fillets – grilling, frying, sautéing, baking.
- Minced fish – fish cakes, rissoles, soups and pies.



9 GOOD PRACTICE

- Plan your work before you start.
- Keep work area clean and chilled.
- Do not wash fish in advance for long periods.
- Remove all bones and bloodline.
- Store fillets covered and chilled.
- Practice regularly to improve skill.



10 REMEMBER

A well-boned fish gives better presentation, higher yield and superior eating quality.



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TRIMMING AND FINISHING

STEP BY STEP GUIDE

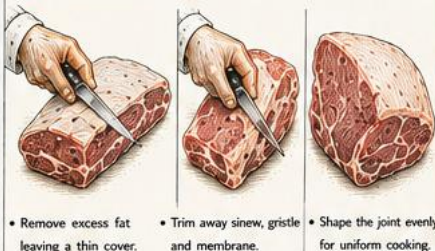
Correct trimming and finishing of meat, fish and poultry ensures better appearance, minimum waste and consistent cooking results.



GENERAL RULES

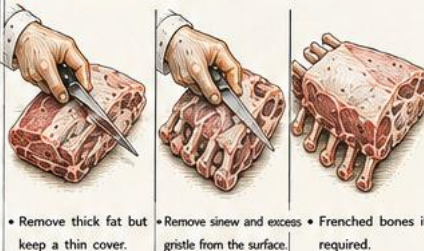
1. Use the correct knife for the job.
2. Keep knives sharp at all times.
3. Work on a clean, stable board.
4. Trim only what is necessary.
5. Follow the natural seams and shape of the meat.
6. Remove all sinew, gristle and excess fat.
7. Keep meat, fish and poultry chilled.
8. Present neatly and uniformly.

1 TRIMMING BEEF



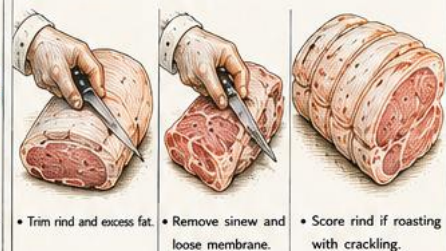
- Remove excess fat leaving a thin cover.
- Trim away sinew, gristle and membrane.
- Shape the joint evenly for uniform cooking.

2 TRIMMING LAMB



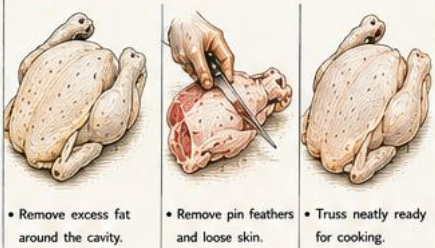
- Remove thick fat but keep a thin cover.
- Remove sinew and excess gristle from the surface.
- Frenched bones if required.

3 TRIMMING PORK



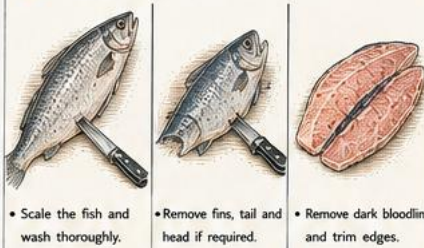
- Trim rind and excess fat.
- Remove sinew and loose membrane.
- Score rind if roasting with crackling.

4 TRIMMING POULTRY



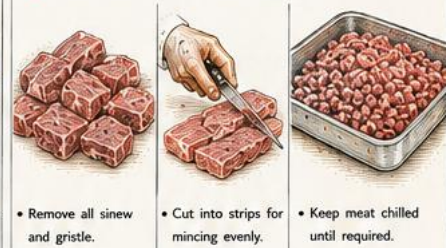
- Remove excess fat around the cavity.
- Remove pin feathers and loose skin.
- Truss neatly ready for cooking.

5 TRIMMING FISH



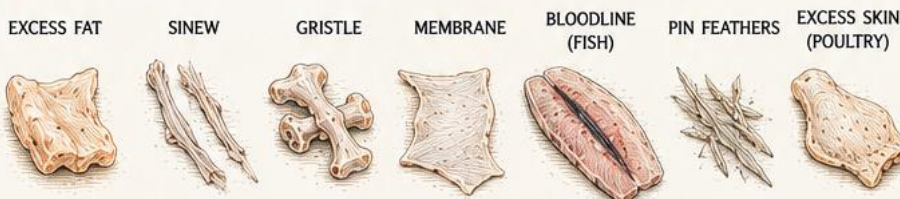
- Scale the fish and wash thoroughly.
- Remove fins, tail and head if required.
- Remove dark bloodline and trim edges.

6 MINCED MEAT PREPARATION



- Remove all sinew and gristle.
- Cut into strips for mincing evenly.
- Keep meat chilled until required.

7 COMMON TRIMMINGS TO REMOVE



8 FINISHING TOUCHES

- Ensure joints are evenly shaped.
- Truss or tie neatly.
- Score rind or fat if required.
- Wipe clean and present neatly.



9 KNIFE POSITION - WORK CLOSE TO THE BONE

CORRECT

Blade close to the bone follows the natural shape and gives maximum yield with little waste.



INCORRECT

Blade away from the bone leaves meat behind and increases waste.



10 YIELD GUIDE (APPROX.)

Item	Edible Yield (%)	Notes
Beef (roasting joint)	70 - 75%	After trimming
Lamb (roasting joint)	65 - 70%	After trimming
Pork (roasting joint)	70 - 75%	After trimming
Chicken (whole)	65 - 70%	After trimming
Fish (whole)	45 - 55%	After filleting

Yields vary with breed, size and condition.



11 USES FOR TRIMMINGS

- Make rich stocks and gravies.
- Use in pies, pasties and cottage pie.
- Suet for puddings and dumplings.
- Mince with lean meat for economy.



12 GOOD PRACTICE

- Plan your work before you start.
- Keep work area clean and tidy.
- Keep meat, fish and poultry chilled.
- Trim waste carefully and neatly.
- Store trimmed products covered and chilled.
- Practice regularly to improve skill.



13 REMEMBER

Good trimming means better appearance, better yield, less waste and a professional finish.



IDENTIFYING BONES OF MEAT

A GUIDE FOR BUTCHERY AND COOKERY

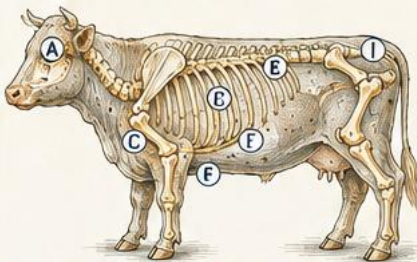
Correct identification of bones helps in ordering, portioning, cooking and yield control. Know your bones – it's the foundation of good cookery.



GENERAL RULES

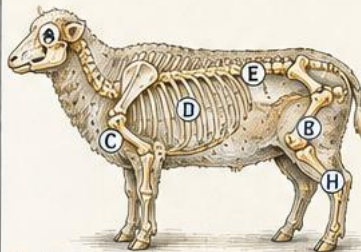
1. Handle bones carefully to avoid splintering.
2. Remove small bones where necessary.
3. Trim away excess fat and sinew.
4. Use bones for stock making whenever possible.
5. Clean bones thoroughly before cooking.
6. Store bones covered and chilled.

1 BEEF – MAIN BONES



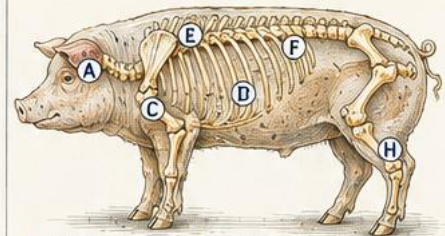
- | | |
|-------------------|----------------|
| A Skull | F Short Ribs |
| B Neck Bones | G Brisket Bone |
| C Chuck/Rib Bones | H Shin Bone |
| D Blade Bone | I Rump Bone |
| E Back Bones | |

2 LAMB – MAIN BONES



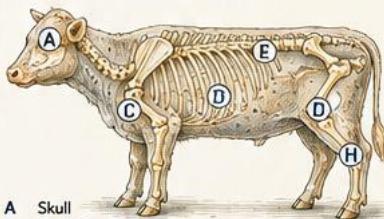
- | | |
|------------------|---------------|
| A Skull | E Loin Bones |
| B Neck Bones | F Breast Bone |
| C Shoulder Blade | G Leg Bone |
| D Rib Bones | H Shank Bone |

3 PORK – MAIN BONES



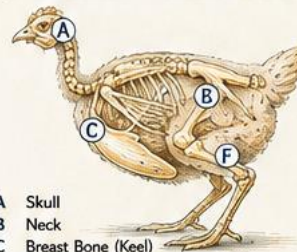
- | | |
|--------------|----------------|
| A Skull | E Loin Bones |
| B Neck Bones | F Leg Bone |
| C Blade Bone | G Hock Bone |
| D Rib Bones | H Trotter Bone |

4 VEAL – MAIN BONES



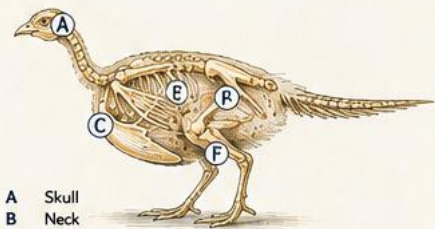
- | | |
|------------------|---------------|
| A Skull | E Loin Bones |
| B Neck Bones | F Breast Bone |
| C Shoulder Blade | G Leg Bone |
| D Rib Bones | H Shank Bone |

5 POULTRY – MAIN BONES



- | |
|----------------------|
| A Skull |
| B Neck |
| C Breast Bone (Keel) |
| D Wing Bone |
| E Thigh Bone |
| F Leg Bone |

6 COMMON GAME BIRDS



- | |
|----------------------|
| A Skull |
| B Neck |
| C Breast Bone (Keel) |
| D Wing Bone |
| E Thigh Bone |
| F Leg Bone |

7 COMMON CUTS SHOWING BONES (EXAMPLES)

BEEF



Rib Joint (Rib Bones) Chuck Joint (Blade Bone) Shin (Shin Bone)

LAMB



Loin Chop (Loin Bone) Shoulder Joint (Shoulder Blade) Shank (Shank Bone)

PORK



Loin Chop (Loin Bone) Leg Joint (Leg Bone) Hock (Hock Bone)

VEAL



Loin Cutlet (Loin Bone) Forequarter (Blade Bone) Shank (Shank Bone)

8 BONES FOR STOCK

Use bones for making nutritious stocks – beef, lamb, veal, chicken or fish.



9 POINTS TO REMEMBER

- Know the position of bones before portioning.
- Remove unwanted bones cleanly.
- Use sharp knives and saws where appropriate.
- Bones add flavour and body to soups, stews and sauces.
- Waste not – use all suitable bones.

10 TOOLS FOR REMOVING BONES



Curved Boning Knife

Meat Saw

Poultry Shears

NATURAL MUSCLE SEAMS

A GUIDE TO CORRECT JOINTING

Understanding the natural seams of meat ensures correct jointing, maximum yield, better appearance and tenderness. Follow the seams – never across them.



GENERAL RULES

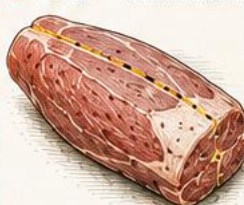
1. Cut along natural muscle seams.
2. Look for changes in grain direction and texture.
3. Trim away excess fat and sinew only.
4. Keep muscles in their natural shape.
5. Correct jointing improves tenderness and cooking.
6. Handle meat gently and keep chilled.

1 BEEF – TOPSIDE



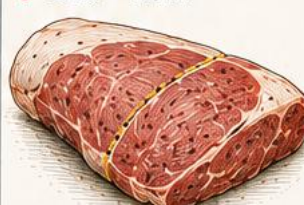
Natural seam runs between the Topside and the Silverside.
Cut along the seam to separate.

2 BEEF – SILVERSIDE



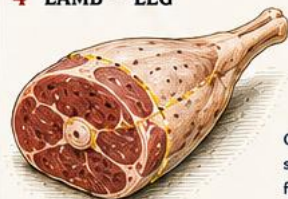
Seam between Silverside and Knuckle.
Cut along the seam to remove Knuckle.

3 BEEF – RUMP



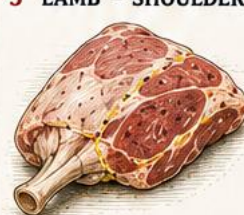
Seam between Rump and Topside.
Cut along the seam for neat joints or steaks.

4 LAMB – LEG



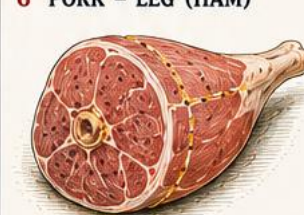
Seams run between Leg and Shank.
Cut along the seam to separate for roasting or steaks.

5 LAMB – SHOULDER



Seam between Shoulder Blade and the rest of the shoulder.
Cut along the seam for roasting or stewing pieces.

6 PORK – LEG (HAM)



Seam between Leg and Knuckle.
Cut along the seam to remove Knuckle for cooking.

7 PORK – LOIN



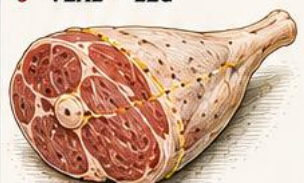
Seam between Loin and Fillet.
Cut along the seam to remove Fillet or for joints.

8 PORK – SHOULDER



Seams run through the Boston Blade and Picnic Shoulder.
Cut along the seams for best yield and tenderness.

9 VEAL – LEG

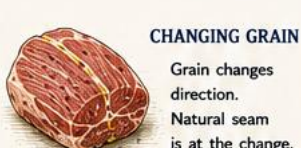


Seams between Leg muscles and Shank.
Cut along natural seams for roasting or steaks.

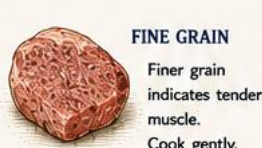
10 READING THE SEAMS



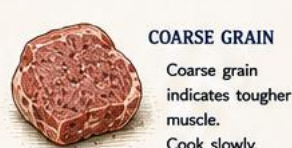
STRAIGHT GRAIN
Grain runs in one direction.
Cut across for shorter fibres.



CHANGING GRAIN
Grain changes direction.
Natural seam is at the change.



FINE GRAIN
Finer grain indicates tender muscle.
Cook gently.



COARSE GRAIN
Coarse grain indicates tougher muscle.
Cook slowly.

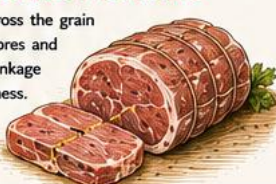
11 CORRECT JOINTING

Follow the natural seams for best results.



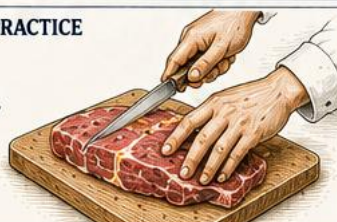
12 INCORRECT JOINTING

Cutting across the grain shortens fibres and causes shrinkage and toughness.



13 SEAMS IN PRACTICE

- Look, feel and observe the meat.
- Run your knife lightly along the surface.
- Find the seam and follow it.



14 BENEFITS OF FOLLOWING SEAMS

- Better appearance on the plate
- More tender and easier to carve
- Less cooking shrinkage
- Maximum yield from each joint
- Consistent portions and cooking



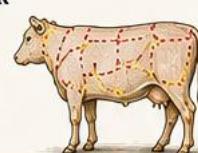
15 GOOD PRACTICE

- Keep knives sharp
- Work on a clean board
- Trim neatly
- Keep meat chilled
- Respect the seams



16 REMEMBER

Nature has already done the butchery. Our job is to follow her lines.



COMMERCIAL MEAT TRIMMING STANDARDS

UNIFORM TRIMMING – MAXIMUM YIELD – QUALITY COOKING

Commercial trimming standards ensure uniformity, reduce waste and give the best yield and appearance.

Trim neatly to the required specification.



GENERAL RULES

1. Trim away all excess fat, sinew, gristle and blood clots.
2. Leave only the required cover of fat as specified.
3. Follow natural seams and muscle lines.
4. Work on a clean board with sharp knives.
5. Keep meat chilled at all times.
6. Present meat neatly and uniformly.

1 BEEF

BEFORE TRIMMING



AFTER TRIMMING



SPECIFICATION

- Remove all surface fat to 6 mm ($\frac{1}{4}$ in) cover.
- Remove sinew, gristle and loose flaps.
- Leave meat clean, smooth and even.
- Bone joints neatly with minimum waste.

2 LAMB

BEFORE TRIMMING



AFTER TRIMMING



SPECIFICATION

- Leave fat cover 3–6 mm ($\frac{1}{8}$ – $\frac{1}{4}$ in).
- Remove all sinew and discoloured meat.
- French bones neatly on cutlets.
- Leave ends clean and square.

3 PORK

BEFORE TRIMMING



AFTER TRIMMING



SPECIFICATION

- Leave rind on where required.
- Remove excess fat to 10 mm ($\frac{3}{8}$ in).
- Remove loose skin and membrane.
- Leave meat compact and even.

4 VEAL

BEFORE TRIMMING



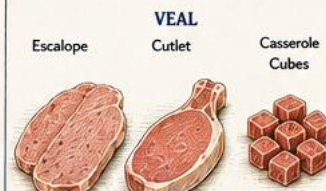
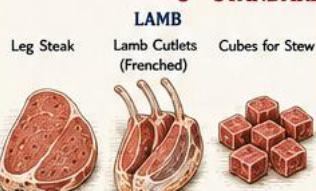
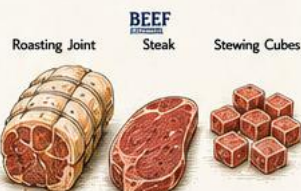
AFTER TRIMMING



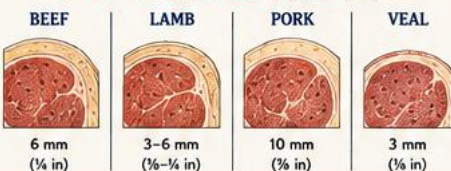
SPECIFICATION

- Leave fat cover 3 mm ($\frac{1}{8}$ in) or less.
- Remove all sinew and gristle.
- Leave meat pale, clean and even.
- Keep portions light and tender.

5 STANDARD PORTION CUTS



6 FAT COVER GUIDE (MAXIMUM)



7 TRIMMED WASTE

Keep waste to a minimum – use for stock or minced meat.

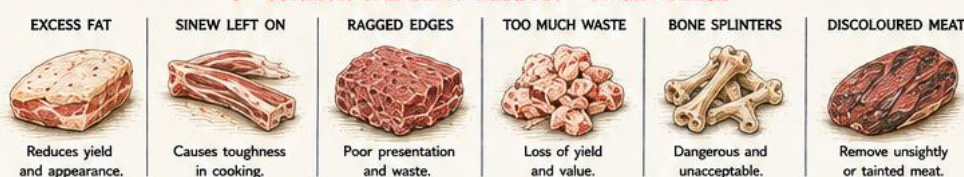


8 BONE TRIMMING STANDARDS

- Remove all splinters.
- Saw bones square and clean.
- French bones on cutlets.
- Keep bone length uniform.



9 COMMON TRIMMING DEFECTS – AVOID THESE



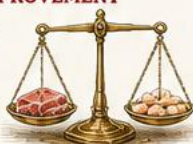
10 STORAGE

- Keep trimmed meat chilled below 5°C.
- Cover with clean film or cloth.
- Use on a first-in, first-out basis.



11 YIELD IMPROVEMENT

- Follow trimming standards.
- Work along the seams.
- Cut portions to specification.
- Use trimmings wisely.



12 GOOD PRACTICE

- Keep knives sharp.
- Keep work area clean.
- Trim only what is necessary.
- Present meat neatly.
- Respect the product.



13 REMEMBER

Uniform trimming saves waste, improves cooking results and maintains the highest standards of the Army Catering Corps.



PREPARING STEAKS AND ESCALOPES

QUALITY CUTS – CORRECT PREPARATION – BEST RESULTS

Correctly prepared steaks and escalopes ensure tenderness, better appearance and maximum yield. Cut to the grain, trim neatly and pound where necessary.



GENERAL RULES

1. Use sharp knives and a clean board.
2. Cut steaks across the grain for tenderness.
3. Trim away all sinew, gristle and excess fat.
4. Keep meat chilled before preparation.
5. Do not soak meat in water.
6. Cook steaks quickly over high heat.
7. Escalopes should be even in thickness and size.

1 CHOOSING THE RIGHT CUTS

BEEF



Sirloin, Rump, Fillet (Tenderloin)

LAMB



Leg, Loin

PORK



Loin

VEAL



Leg, Loin

Choose well-marbled meat of even colour and texture. Avoid dark, dry or discoloured cuts.

2 PREPARING STEAKS – STEP BY STEP

1 Remove excess fat



Trim all visible fat, sinew and gristle.

2 Cut into steaks



Cut across the grain in even thickness.

3 Trim edges



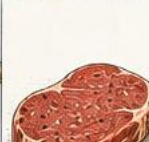
Neaten the edges for better appearance and even cooking.

4 Even the thickness



Pound lightly if necessary to ensure even cooking.

5 Ready for cooking



Steaks should be uniform in size and thickness.

3 PREPARING ESCALOPES – STEP BY STEP

1 Select the cut



Use tender cuts such as leg, loin or fillet.

2 Slice thinly



Slice across the grain into thin pieces.

3 Trim neatly



Trim away fat, sinew and ragged edges.

4 Pound evenly



Pound gently from the centre outwards to an even thickness.

5 Shape the edges



Round off or square edges as required.

6 Ready to cook



Escalopes should be even, neat and of uniform thickness.

4 STEAKS – RECOMMENDED THICKNESS (GUIDE)

RARE

20 mm (¾ in)



MEDIUM

25 mm (1 in)



WELL DONE

30 mm (1¼ in)



CLUB STEAK

40 mm (1½ in)



Thickness may vary with cut, cooking method and requirement.

5 COOKING GUIDE (QUICK REFERENCE)

THICKNESS	RARE (Red Centre)	MEDIUM (Pink Centre)	WELL DONE (No Pink)
20 mm (¾ in)	2 – 3 mins per side	3 – 4 mins per side	4 – 5 mins per side
25 mm (1 in)	3 – 4 mins per side	4 – 5 mins per side	5 – 6 mins per side
30 mm (1¼ in)	4 – 5 mins per side	5 – 6 mins per side	6 – 7 mins per side

Cooking times are a guide only. Allow meat to rest for 3–5 minutes before serving to retain juices.

6 ESCALOPES – IDEAL THICKNESS



Even thickness ensures tenderness and quick, even cooking.

7 PORTION GUIDE (APPROX.)

STEAKS

Beef	170 – 200 g
Lamb	150 – 180 g
Pork	150 – 180 g
Veal	150 – 180 g

ESCALOPES

Beef	100 – 120 g
Lamb	100 – 120 g
Pork	100 – 120 g
Veal	100 – 120 g

Portion sizes may vary with ration scale and appetite.

8 KEEPING QUALITY

- Keep meat chilled at all times.
- Do not handle more than necessary.
- Use clean equipment and boards.
- Cook soon after preparation.
- Do not refreeze thawed meat.



9 GOOD PRACTICE – POINTS TO REMEMBER



Use sharp knives



Cut across the grain



Trim away waste



Pound evenly



Keep portions uniform



Keep chilled

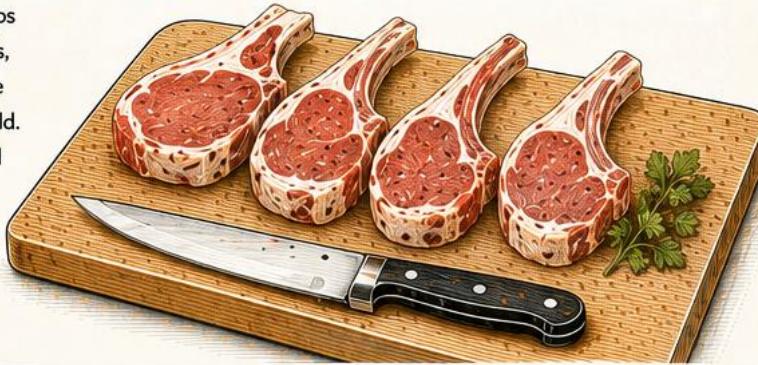


Cook and serve at once

CUTTING CHOPS CORRECTLY

CORRECT CUTS – BETTER APPEARANCE – MAXIMUM YIELD – EVEN COOKING

Correctly cut chops ensure tenderness, better appearance and maximum yield. Follow the natural seams and cut neatly and evenly.



GENERAL RULES

1. Use sharp knives and a clean board.
2. Cut chops to the required size and thickness.
3. Follow the natural seams and bone lines.
4. Do not hack through bones.
5. Remove excess fat and sinew neatly.
6. Keep portions uniform for even cooking.
7. Keep meat chilled.

1 BEEF CHOPS – CUTTING THE RIB JOINT

WHOLE RIB	POSITION	CUT	RIB CHOPS	FINISHED
Trim and square the joint.	Cut between the ribs.	Use a smooth sawing action.	Chops should be even in thickness.	Remove excess fat and trim neatly.

2 LAMB CHOPS – CUTTING THE LOIN

WHOLE LOIN	CUT	LOIN CHOPS
Trim and square the loin.	Cut between the bones.	Chops should be even and well trimmed.

3 PORK CHOPS – CUTTING THE LOIN

WHOLE LOIN	CUT	CHOPS	FINISHED
Trim and square the loin.	Cut across the loin to the required thickness.	Chops should be even in thickness.	Trim off excess fat and ragged edges.

4 LAMB CHOPS – CUTTING THE RACK

FRENCHED RACK	CUT	RACK CHOPS
Trim and French the bones.	Cut between the bones.	Chops should be even and well trimmed.

5 VEAL CHOPS – CUTTING THE LOIN

WHOLE LOIN	CUT	CHOPS	FINISHED
Trim and square the loin.	Cut across the loin to required thickness.	Chops should be even and tender.	Remove excess fat and tidy edges.

6 PORK CHOPS – CUTTING THE RIB END

RIB END	CUT	CHOPS
Trim and square the joint.	Cut between the ribs.	Trim neatly for best appearance.

7 CHOP THICKNESS GUIDE

BEEF	LAMB	PORK	VEAL
20 – 25 mm (¾ – 1 in)	20 – 25 mm (¾ – 1 in)	15 – 20 mm (½ – ¾ in)	15 – 20 mm (½ – ¾ in)

Even thickness ensures even cooking and better tenderness.

8 POINTS TO REMEMBER

- Cut chops to the required size and thickness.
- Follow the natural seams and bone lines.
- Use a smooth sawing action – do not hack.
- Keep portions uniform for even cooking.
- Trim neatly for the best appearance.
- Keep meat chilled until ready to cook.



9 CORRECTLY CUT CHOPS – BETTER RESULTS

Better appearance on the plate.	Even cooking throughout.	Tender and more appetising.	Uniform portions – easier to plan and cost.	Even cooking – less waste.	Top quality cooking – higher satisfaction.

Created by Paul Baldry – Master Chef ACC

PREPARING DICED MEAT

UNIFORM SIZE – BETTER COOKING – MAXIMUM YIELD – QUALITY RESULTS

Properly prepared diced meat cooks evenly, looks attractive and gives the best yield and eating quality. Cut neatly, keep portions uniform and the meat chilled.



GENERAL RULES

1. Use sharp knives and a clean board.
2. Cut cold meat – never warm.
3. Remove all sinew, gristle and fat before dicing.
4. Cut across the grain for tenderness.
5. Keep dice uniform in size.
6. Do not handle more than necessary.
7. Keep meat chilled at all times.
8. Use trimmed waste for stock or minced meat.

1 PREPARING THE JOINT

1 SELECT THE JOINT



Choose a lean joint suitable for dicing such as topside, leg of lamb, shoulder, or chuck.

2 TRIM THE MEAT



Remove all excess fat, sinew, gristle, skin and blemishes. Save trim for stock or mince.

3 CUT INTO BLOCKS



Cut the joint into manageable blocks suitable for further cutting.

4 SLICE



Slice the block across the grain into even slices of the required thickness.

5 CUT STRIPS



Cut the slices into strips, keeping the width as even as possible.

6 CUT DICE



Cut the strips across the grain into dice of the required size. Keep uniform.

2 DICE SIZE GUIDE (APPROXIMATE)

FINE DICE
6 mm (¼ in)



Use for:
Soups, stews,
sauces, pies.

SMALL DICE
12 mm (½ in)



Use for:
Stews, curries,
casseroles.

MEDIUM DICE
20 mm (¾ in)



Use for:
Braises, hot pots,
meat pies.

LARGE DICE
25 mm (1 in)



Use for:
Stews, kebabs,
roasts.

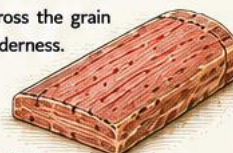
EXTRA LARGE DICE
38 mm (1½ in)



Use for:
Skewers, kebabs,
large stews.

3 GRAIN GUIDE

Cut across the grain for tenderness.



WRONG



RIGHT



4 COMMON CUTS SUITABLE FOR DICING

BEEF TOPSIDE



Lean and tender.
Ideal for stews,
curries and casseroles.

BEEF CHUCK



Flavourful with
some fat. Ideal for
braises and stews.

LAMB LEG



Lean and tender.
Ideal for stews
and curries.

LAMB SHOULDER



Flavourful and moist.
Ideal for stews
and hot pots.

PORK LEG



Lean and tender.
Ideal for casseroles
and stews.

VEAL LEG



Tender and delicate.
Ideal for casseroles
and blanquette.

5 HANDLING AND HYGIENE

- Wash hands and equipment before starting.
- Keep meat below 5°C (41°F).
- Keep diced meat covered and chilled.
- Use separate boards for raw meat.
- Keep work area clean and tidy.



6 YIELD GUIDE (APPROXIMATE)

CUT	TRIMMING LOSS	YIELD AFTER TRIMMING (APPROX)
Beef (Topside)	10 – 15%	85 – 90%
Beef (Chuck)	20 – 25%	75 – 80%
Lamb (Leg)	10 – 15%	85 – 90%
Lamb (Shoulder)	20 – 25%	75 – 80%
Pork (Leg)	10 – 15%	85 – 90%
Veal (Leg)	10 – 15%	85 – 90%

7 USES FOR DICED MEAT

- Stews and casseroles
- Curries and hot pots
- Meat pies and pasties
- Kebabs and skewers
- Soups and thickened sauces
- Hashes and braised dishes



8 GOOD PRACTICE – REMEMBER

- Plan the size of dice before starting.
- Keep knife sharp for clean cuts.
- Uniform pieces cook evenly.
- Do not over-handle the meat.
- Quality preparation improves appearance and yield.



PRODUCING MINCE

GOOD MINCE – BETTER COOKING – MAXIMUM YIELD – QUALITY RESULTS

Correctly produced mince is uniform, tender and packed with flavour. Follow the correct method to get the best yield and consistent quality.



GENERAL RULES

1. Use sharp knives and equipment.
2. Use meat that is fresh and chilled.
3. Remove all sinew, gristle and bone.
4. Cut meat into suitable pieces before mincing.
5. Keep meat and equipment chilled.
6. Do not overwork the meat.
7. Clean equipment thoroughly after use.
8. Mince uniform size for even cooking.

1 PREPARING THE MEAT

1 SELECT MEAT



Choose lean cuts suitable for mincing.

2 TRIM



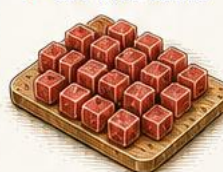
Remove all sinew, gristle, skin and excess fat.

3 CUT INTO STRIPS



Cut the meat into strips about 25 mm (1 in) wide.

4 CUT INTO CUBES



Cut the strips into cubes about 25–50 mm (1–2 in) square.

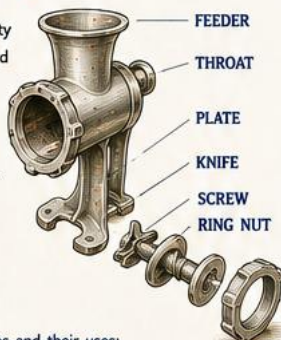
5 KEEP CHILLED



Keep meat covered and chilled until required.

2 MINCING EQUIPMENT

Use a good quality meat mincer fitted with sharp plates and knives. Keep all parts clean and chilled.



Common plate sizes and their uses:

PLATE SIZE	USES
6 mm (1/4 in)	Pâtés, fine pies, sausages (smooth texture)
8 mm (5/16 in)	General cookery, meat pies, rissoles
10 mm (3/8 in)	Burgers, meatballs, hearty dishes
12 mm (1/2 in)	Rough mince, cattle feed, economy dishes

3 THE MINCING PROCESS

1 Assemble correctly

Fit plate and knife correctly. Tighten ring nut – do not overtighten.



2 Feed the meat

Feed meat cubes into the mincer slowly using the stomper.



3 Catch the mince

Place a tray under the outlet. Do not allow mince to pile up.



4 Re-chill

When a large quantity is required, re-chill the mince on a tray before use.



4 MINCE SIZE GUIDE

Appearance and common uses

6 mm
(1/4 in)
Fine Mince



Pâtés, terrines, fish cakes, sausages.

8 mm
(5/16 in)
Medium Mince



Meat pies, casseroles, meat loaf, rissoles.

10 mm
(3/8 in)
Coarse Mince



Meatballs, burgers, stews, hearty dishes.

12 mm
(1/2 in)
Rough Mince



Economy dishes, cattle feed.

5 YIELD GUIDE (APPROXIMATE)

CUT OF MEAT	% TRIMMING LOSS	YIELD OF MINCE FROM 1 kg TRIMMED MEAT
Beef (Lean)	15 – 20%	800 – 850 g
Lamb (Lean)	15 – 20%	800 – 850 g
Pork (Lean)	15 – 20%	800 – 850 g
Veal (Lean)	15 – 20%	800 – 850 g
Mixed (Lean)	15 – 20%	800 – 850 g

Yields vary with breed, age, trimming and moisture.

6 USING MINCE

- Use within 24 hours or refrigerate below 5°C.
- For longer storage, freeze at –18°C or below.
- Do not refreeze once thawed.
- Season well and handle gently.
- Cook mince thoroughly and evenly.



7 COMMON MINCED DISHES



Cottage Pie



Meatballs



Spaghetti Bolognese (Mince Sauce)



Shepherd's Pie



Rissoles

8 GOOD PRACTICE – REMEMBER

- Keep everything clean and chilled.
- Work quickly and efficiently.
- Use the right plate for the job.
- Plan your yield and portion sizes.
- Good mince makes good meals.



YIELD CALCULATIONS FROM WHOLESALE CUTS

KNOW YOUR YIELD – CONTROL WASTE – PLAN PORTIONS – MAXIMUM VALUE

Accurate yield calculations ensure correct portion planning, cost control and the best value from every wholesale cut. Allow for trimming losses, bone, gristle and cooking loss where relevant.



GENERAL RULES

1. Use a sharp knife and clean board.
2. Remove all excess fat, sinew, gristle and bone.
3. Weigh before trimming and after trimming to calculate loss.
4. Calculate yield percentage.
5. Use yield to plan portion sizes and estimate total cooked yield.
6. Keep records for future reference.
7. Keep meat chilled.

1 EXAMPLE OF YIELD FROM WHOLESALE CUTS (RAW WEIGHT)

CUT (WHOLESALE)	ILLUSTRATION	BONE IN WEIGHT	TRIMMING LOSS %	BONE WEIGHT %	EDIBLE YIELD %	EDIBLE WEIGHT	NOTES / USES
BEEF TOPSIDE		20.0 kg	8%	0%	92%	18.4 kg	Roast, steaks, diced, mince.
BEEF SILVERSIDE		18.0 kg	10%	0%	90%	16.2 kg	Roast, corned beef, sliced, diced.
BEEF RUMP		16.0 kg	10%	0%	90%	14.4 kg	Steaks, stir fry, roast.
BEEF BRISKET		15.0 kg	15%	15%	70%	10.5 kg	Braising, stewing, minced.
LAMB LEG (BONE IN)		12.0 kg	15%	18%	67%	8.0 kg	Roast, chops, diced, mince.
LAMB SHOULDER (BONE IN)		10.0 kg	18%	22%	60%	6.0 kg	Roast, braised, stewing.
PORK LOINS (BONE IN)		8.0 kg	12%	20%	68%	5.4 kg	Chops, roast, steaks.
PORK SHOULDERS (BONE IN)		9.0 kg	18%	24%	58%	5.2 kg	Roast, stews, minced.

2 YIELD CALCULATION EXAMPLE (BEEF TOPSIDE)

Wholesale weight (bone in)	20.0 kg
Less trimming loss (8%)	1.6 kg
Weight after trimming	18.4 kg
Less bone (0%)	0.0 kg
Edible yield	18.4 kg
Yield percentage	92%

Calculation:

$$\text{Edible Yield \%} = (\text{Edible Weight} \div \text{Bone in Weight}) \times 100$$

$$= (18.4 \div 20.0) \times 100 = 92\%$$

3 TRIMMING LOSS GUIDE (AVERAGE %)

CUT TYPE	LOSS %
Lean beef (topside, silverside, rump)	8 – 12%
Beef brisket / chuck	12 – 18%
Lamb leg / loin	12 – 15%
Lamb shoulder / neck	15 – 20%
Pork loin / leg	10 – 15%
Pork shoulder / belly	15 – 20%

4 BONE & INEDIBLE % GUIDE (AVERAGE)

MEAT	BONE / INEDIBLE %
Beef (most roasts)	0 – 5%
Beef (brisket, chuck)	15 – 20%
Lamb (leg, loin)	15 – 18%
Lamb (shoulder)	20 – 25%
Pork (loin, leg)	18 – 22%
Pork (shoulder, belly)	22 – 28%

5 USING YIELD FOR PORTION PLANNING

WHOLESALE WEIGHT	EDIBLE YIELD %	EDIBLE WEIGHT	COOKING LOSS %	COOKED YIELD	PORTION CONTROL
20.0 kg	92%	18.4 kg	25%	13.8 kg (cooked)	Portion as required

Cooking loss guide (average):

- Roasting 20 – 25%
- Braising / stewing 25 – 30%
- Boiling 25 – 30%
- Minced meat (browning) 20%

Example: Beef Topside

Edible weight	18.4 kg
Less cooking loss (25%)	4.6 kg
Cooked yield	13.8 kg

If portion size = 200 g (cooked)

$$\text{Number of portions} = 13.8 \text{ kg} \div 0.2 \text{ kg} = 69 \text{ portions}$$

6 GOOD PRACTICE

- Always weigh accurately.
- Record weights and yields.
- Work cleanly to reduce waste.
- Trim only what is necessary.
- Plan menus using yield information.
- Check portion sizes against ration scale.
- Review and adjust yields over time.

7 REMEMBER

“KNOW YOUR CUTS, CALCULATE YOUR YIELD, CONTROL YOUR PORTIONS, FEED THE SOLDIER WELL.”



WASTE REDUCTION TECHNIQUES

REDUCE WASTE – SAVE MONEY – MAXIMISE YIELD – SUPPORT THE MISSION

Good catering is not only about cooking well – it is about using everything that can be used. Reduce waste at every stage: receiving, storing, trimming, cooking and serving. Every saving counts.



GENERAL RULES

1. Plan portions and menus carefully.
2. Trim smart – remove waste, keep meat.
3. Use off-cuts in suitable dishes.
4. Use bones for stock and soups.
5. Store correctly and rotate stock.
6. Cook to order where possible.
7. Recycle safe surplus food.
8. Keep accurate records of waste.

1 USE EVERY EDIBLE PART

MEAT



Trimming → mince, casseroles, stews, meat pies.

FAT



Suet for puddings, doughs and savoury pastries.

SKIN



Crackling, stocks and flavouring soups.

BONES



Stocks, soups and sauces.

OFFAL



Liver, heart, kidney – use in pates, savoury dishes.

2 BONES – THE FOUNDATION OF FLAVOUR

Use bones promptly for stocks and soups.

- Beef bones
- Lamb bones
- Veal bones
- Poultry frames
- Fish frames
- Carcasses



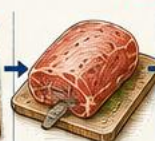
Good stock means better soups, sauces and less waste.

Cool, skim, strain and store.

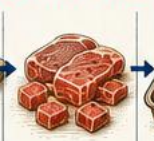
3 PLAN AND PREPARE



Plan menus and quantities accurately.



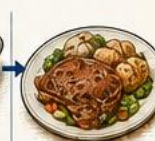
Order correct cuts and quantities.



Prepare carefully – trim smart.



Use trimmings in other dishes.



Serve the right portion – not too much.

4 STORAGE AND CONTROL



- Store correctly.
- Label and date all items.
- Rotate – first in, first out.
- Check stock regularly.

5 GOOD COOKING PRACTICE

COOK TO ORDER



Cook only what is needed.

USE LEFTOVERS SAFELY



Cool quickly, store correctly and reuse safely.

REHEAT THOROUGHLY



Reheat once only and bring to boil.

AVOID OVERCOOKING AND OVERPORTIONING



Correct portions reduce waste on the plate.

6 RECYCLE SURPLUS FOOD (SAFE & APPROPRIATE)

SURPLUS FOOD	USE
Cooked meat	Pies, pasties, stews, fried rice.
Cooked vegetables	Soups, bubble & squeak, fritters.
Bread	Breadcrumbs, stuffing, pudding.
Rice / Pasta	Fried rice, timbales, salads.
Potatoes	Cakes, soups, rosti, bubble & squeak.
Gravy / Sauces	Soups, casseroles, flavour base.

NEVER REUSE FOOD THAT IS DOUBTFUL.
SAFETY FIRST – ALWAYS.



7 WASTE CHECK POINTS

- Receiving losses – poor handling?
- Storage losses – spoilage or damage?
- Preparation losses – trimming too heavy?
- Cooking losses – overcooking or drying?
- Service losses – portions too large?
- Plate waste – food left uneaten?

CHECK – RECORD – IMPROVE

Small savings every day make a big difference.

TYPICAL PREPARATION WASTE GUIDE

ITEM	AVERAGE LOSS %
Beef (Lean)	8 – 12 %
Lamb (Lean)	10 – 15 %
Prok (Lean)	10 – 15 %
Veal (Lean)	10 – 15 %
Poultry (Whole)	15 – 20 %
Fish (Whole)	25 – 30 %

Reduce loss by careful trimming and good handling.

8 REMEMBER

- ✓ Respect the food – it costs money and supports the soldier.
- ✓ Reduce waste at every stage.
- ✓ Use every edible part.
- ✓ Good planning and discipline save resources.
- ✓ Better use of food means better feeding for all.



CARE OF BUTCHERY KNIVES AND EQUIPMENT

SHARP TOOLS – SAFE WORK – BETTER RESULTS – LONGER LIFE

Well cared for knives and equipment are essential for safe work, good hygiene and quality output. Clean, sharpen, store and use with care – always.



GENERAL RULES

1. Keep knives sharp – a dull knife is dangerous.
2. Clean immediately after use.
3. Dry thoroughly to prevent rust.
4. Store in the correct place.
5. Use the right tool for the job.
6. Inspect regularly – replace damaged items.
7. Follow safety rules at all times.

1 CLEANING – DO IT RIGHT

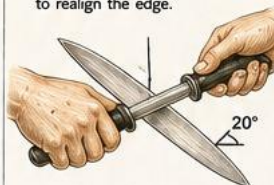
- Remove all meat, fat and gristle.
- Wash in warm water with detergent.
- Do not leave knives in water.
- Rinse in clean hot water.
- Dry immediately with a clean cloth.
- Lightly oil blades to prevent rust.



2 SHARPENING – KEEP THE EDGE

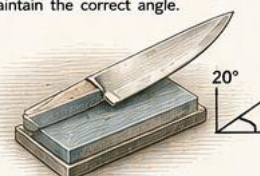
HONE REGULARLY

Use a honing steel before each use to realign the edge.



SHARPEN WHEN NEEDED

Use a whetstone or bench grinder. Maintain the correct angle.



Finish on honing steel.



3 STORAGE – PROTECT THE EDGE

KNIFE RACK / MAGNETIC STRIP

Keeps knives safe, dry and ready.



KNIFE ROLL / CASE

Protects blades during transport and storage.



NEVER

Throw knives in a draw. Edges will be damaged and it is unsafe.



4 HANDLES – CHECK AND CARE

- Check handles for cracks, chips or looseness.
- Tighten rivets if loose.
- Replace damaged handles.
- Keep handles clean and dry.
- Wooden handles – occasional light oil.



5 EQUIPMENT CARE

CLEAVERS / SAWS

Keep blades clean, dry and lightly oiled. Hang or store safely.



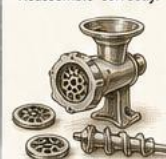
CUTTING BOARDS

Wash, rinse and dry. Stand up to dry. Occasionally oil wooden boards.



MINCERS

Disassemble after use. Wash all parts. Dry and lightly oil. Reassemble correctly.



SCALES

Keep clean and calibrated. Do not overload. Protect from knocks.



6 SAFETY – USE WITH CARE

- Always cut away from your body.
- Keep your fingers clear of the blade.
- Do not try to catch a falling knife.
- Carry knives with the edge down.
- Use a stable board – use a damp cloth underneath.
- Do not leave knives in sinks or bins.
- Report damaged equipment.
- Keep floor and work area clean and free from obstructions.

SAFE WORK HABITS



7 INSPECT REGULARLY – REPLACE IF NEEDED

CHIPPED EDGE



Unsafe and damages food.

CRACKED HANDLE



Can break – replace handle.

LOOSE RIVETS



Dangerous – tighten or replace.

RUST / PIT MARKS



Clean and oil – severe rust replace.

BENT BLADE



Difficult and unsafe to use.

8 GOOD CARE – BETTER RESULTS

SAFER WORK



Reduces accidents and injuries.

BETTER YIELD



Sharp tools give clean, accurate cuts.

QUALITY FOOD



Well prepared food looks and tastes better.

LONGER LIFE



Look after your tools – they will last.

COST EFFECTIVE



Good care reduces replacement costs.

REMEMBER

A GOOD CHEF RESPECTS HIS TOOLS – THEY RESPECT HIM IN RETURN.

SHARP KNIVES – CLEAN EQUIPMENT – SAFE HANDS – QUALITY FOOD

Epilogue

As the Army Catering Corps often proved, excellence in catering begins long before the food reaches the pan. It starts with knowledge, discipline and respect for the raw ingredients. Good butchery is the foundation upon which every successful kitchen is built.

Many of the skills contained within this booklet were once everyday practice for Army chefs. They were learned through patience, repetition and the guidance of experienced instructors who understood that every pound of meat carried value, every cut had a purpose, and every meal contributed to the morale and effectiveness of the soldiers we served.

Although modern catering has changed, these traditional principles remain as relevant today as they were fifty years ago. Understanding meat structure, following natural seams, reducing waste, maintaining sharp tools and working with care are timeless skills that separate a competent cook from a true professional.

This booklet has been created not only as a practical guide, but also as a tribute to the men and women of the Army Catering Corps. Their professionalism, adaptability and quiet dedication ensured that wherever British soldiers served—whether in barracks, on exercise or on operations—they could depend upon a well-prepared meal.

If these pages encourage even one chef to sharpen their skills, appreciate traditional craftsmanship, or better understand the standards once expected of military catering, then this work has achieved its purpose.

The knowledge of the past should never be lost. It should be preserved, shared and handed to the next generation, ensuring that the standards of the Army Catering Corps continue to inspire future chefs for years to come.

"Good butchery creates good cooking. Good cooking sustains good soldiers."

Paul Baldry
Master Chef ACC

— ARMY CATERING CORPS — ★ BUTCHERY GUIDE & SKILLS

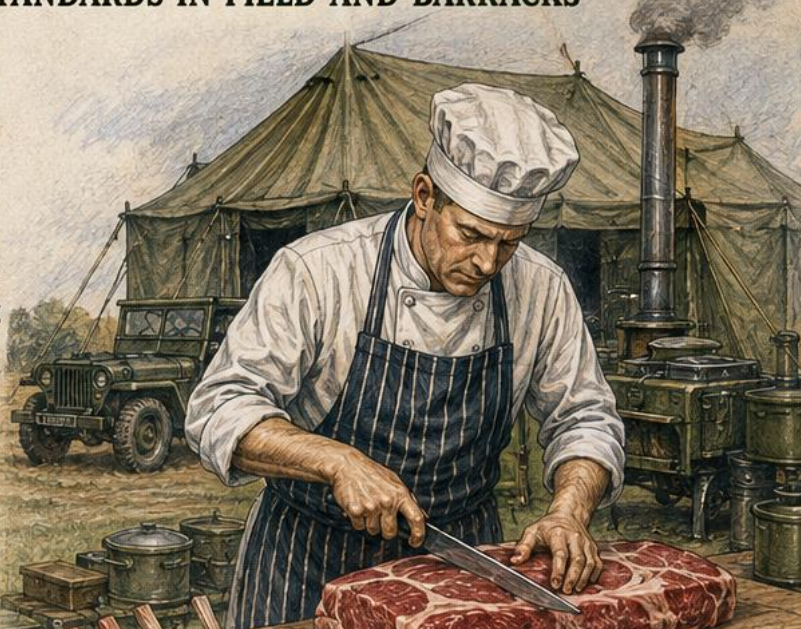
PROFESSIONAL STANDARDS IN FIELD AND BARRACKS

This guide preserves the traditional butchery skills and knowledge taught to Army Catering Corps chefs during the 1970s.

From understanding wholesale cuts to reducing waste and producing quality meals for the soldier, these techniques remain the foundation of good catering — in the field and in the kitchen.

INSIDE THIS GUIDE

- ★ Wholesale cuts and muscle structure
- ★ Boning techniques and jointing
- ★ Trimming, portioning and preparation
- ★ Diced meat and mince production
- ★ Yield calculations and portion control
- ★ Waste reduction techniques
- ★ Care of knives and equipment
- ★ Standards for quality and food safety



★
QUALITY FOOD
SAVES RESOURCES
BUILDS STRENGTH
MAINTAINS MORALE
★

★
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creates good cooking.
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KNOW YOUR CUTS ★ MASTER YOUR SKILLS ★ FEED THE TROOPS

CREATED BY
PAUL BALDRY
MASTER CHEF ACC
★



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