

# Maryland 4-H Animal Science Program Guidebook

UNIVERSITY OF  
**MARYLAND**  
EXTENSION

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## 4-H Meats Identification Cookery Methods

There are two primary cookery methods for preparing meat:

**Dry Cookery Methods:** Use direct or indirect heat without adding moisture during cookery. These cookery methods use high heat and short cookery times. Used for tender cuts with little connective tissue.

Includes: Roasting, Broiling, Grilling, Pan-Broiling, Pan-Frying or Stir-Frying.

**Moist Cookery Methods:** Use indirect heat and the addition of a liquid or retained moisture during cookery. These cookery methods typically use lower heat and long cookery times. Used for less tender cuts with more connective tissue.

Includes: Braising and Cooking in Liquid.

Here are the cookery methods for Meat Retail Cuts as accepted by the National 4-H Meat Identification program:

### **Beef**

Dry Cookery:

- a. All Cuts from the Rib and Loin
- b. Select cuts from the Round, including Top Round Steak and Roast and Round Tip Steak
- c. Ground Beef

Dry-Moist Cookery:

- a. Select cuts from the Chuck, including 7-Bone Steak, Blade Steak, Chuck Eye Roast and Top Blade Steak
- b. Plate Skirt Steak
- c. Flank Steak
- d. Select cuts from the Round, including Bottom Round Roast, Bottom Round Rump Roast, Eye of Round Steak and Roast, Round Tip Roast
- e. Beef Cubed Steak

Moist Cookery:

- a. All Cuts from the Brisket and Shank
- b. Select cuts from the Chuck, including Arm Roasts and Steaks, 7-Bone Pot Roast, Blade Roast and Mock Tender Steak and Roast.
- c. Plate Short Ribs

- d. Select cuts from the Round, including Round Steaks, Bottom Round Steak, and Heel of Round Roast
- e. Beef for Stew

### **Pork**

#### Dry Cookery:

- a. All cuts from Loin, except Blade Roasts and Chops and Country Style Ribs and Back Ribs
- b. Slab and Sliced Bacon
- c. Smoked Hams
- d. Ground Pork and Sausages

#### Dry-Moist Cookery:

- a. All cuts from the Shoulder , except Hocks
- b. Blade Roasts & Chops, Country Style Ribs, Back Ribs & Spare Ribs
- c. Fresh Side, Fresh Hams
- d. Pork Cubed Steak

#### Moist Cookery:

- a. Jowl
- b. Smoked and Fresh Pork Hocks,

### **Lamb**

#### Dry Cookery:

- a. All cuts from Rib, Loin and Leg

#### Dry-Moist Cookery: (6 cuts)

- a. All cuts from the Shoulder, except Neck Slices
- b. All Cuts from the Breast

#### Moist Cookery: (2 cuts)

- a. Neck Slices
- b. Lamb Shanks

### **Variety Meats**

#### Dry Cookery: (0 cuts)

- a. None

#### Dry-Moist Cookery:

- a. All Variety Meats, except Beef Oxtail and Beef Tripe

#### Moist Cookery: (2 cuts)

- a. Beef Oxtail
- b. Beef Tripe