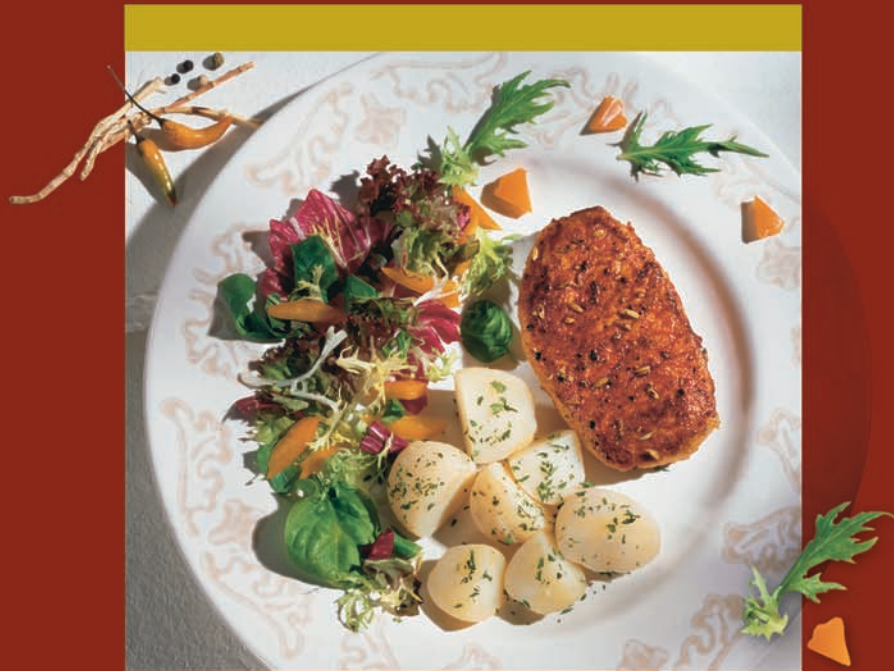


# Glossary



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**AS Weight:** As served; the weight of an item as sold, after processing and cooking.

**Bard:** To place or tie slices of pork back-fat over low-fat meats as a natural basting medium.

**Braise:** To cook covered in a small quantity of liquid, usually after preliminary browning.

**Brine:** A salt solution, sometimes flavoured, into which meat is placed to increase moisture and flavour throughout the meat mass.

**Broil:** To cook with radiant heat, usually from above.

**Butt (blade):** The shoulder portion that lies adjacent to the loin.

**Butterflied:** To cut through partially and open out to increase surface area.

**Canadian Bacon:** A fully cooked, cured and smoked boneless pork loin.

**Capicola:** A pork roast derived from the boneless shoulder butt (blade); the continuation of the loin muscle, with the blade bone and two superior muscles removed.

**Casing:** Cleaned hog, and other species, intestines, or artificial collagen tubing, used for making sausages.

**Collagen:** A thin white indigestible membrane that hold muscle fibres together in bundles; dissolves when cooked.

**Country Style Ribs:** The same cut as the Rib-end Roast, Bone-in, except that a longitudinal cut is made through the rib portion to within about ½ inch of the distal surface, and butterflied open.

**Pork Crackling:** Results from scoring the skin, rubbing with salt and cooking at a high temperature for the initial 20 minutes.

**Cross Contamination:** The transfer of pathogens to food from an exterior source; equipment, other food, infected wounds, for example.

**Delicated:** Describes an item that has been tenderized, by passing through a “cube steak” machine or pounding with a meat mallet, in order to break up connective tissue.

**Dry Heat Cooking Methods:** To cook an item without the use of moisture.

**Elastin:** A type of connective tissue that does not dissolve when cooked.

**Food Danger Zone:** The optimal temperature range for bacterial growth; 40°F - 140°F (4°C - 40°C).

**Freezer burn:** Surface drying that appears as grayish brown leathery spots on the surface. It is caused by air reaching the surface of the food in the freezer due to poorly sealed wrapping. Heavily freezer-burned products may have to be discarded because they might be too dry or tasteless.

**French:** To scrape clean the rib bone of a chop or rack of meat.

**Ham:** 1. The hind leg of a pig. 2. The hind leg of a pig, or part thereof, cured by salting and drying, and sometimes smoking. Other parts of the pig may be used to make ham.

**Kassler:** Cured and smoked, fully cooked, bone-in, pork loin.

**Lard:** To insert (with a larding needle) strips of fat into meats with minimal marbling. Also rendered pork fat.

**Marbling:** Fat within muscle tissue.

**Moist-Heat Cooking Methods:** Cooking using a liquid or steam as the heat-conducting medium.

**Moisture enhanced:** Meat which has been injected with a salt solution (brine) and trace amounts of sodium phosphate to increase moisture and tenderness when cooked.

**Needling:** Puncturing muscle with a jacquard machine (“needler”) which is a device of very thin, surgically sharp blades. These blades are very closely set and will tenderize any cut by breaking up the connective tissue.

**Papillote, en:** A moist-heat cooking method similar to steaming, in which items are enclosed in parchment paper and cooked in the oven.

**Pan-Fry:** To cook in an open skillet with a small amount of fat.

**Pathogen:** An agent (bacteria or virus) that causes disease.

**Peameal bacon:** Cured, or “pickled”, boneless pork loin, rolled in yellow cornmeal. Peameal bacon requires cooking before use. Official nomenclature: “Sweet pickled boneless backs rolled in cornmeal”.

**Peritoneum:** A thin, translucent, skin or membrane on the concave (non-meaty side) of back and side ribs.

**Picnic:** The half of the shoulder that lies nearest the foot.

**Primal and sub-primal:** Major (primal) carcass components – leg, loin, shoulder, and belly. Cuts derived from primals are termed sub-primals.

**Ribs:** See “Rib” section of manual for description of rib types.

**Satay:** A dish of Southeast Asian origin consisting of strips of grilled, marinated meat.

**Scallopini:** A thin, lean slice of meat.

**Schnitzel:** A thin slice, often further flattened, of meat that is breaded and pan or deep-fried.

**Silverskin:** Thin, tough, white, connective tissue membrane on meat surface. Shrinks when cooked.

**St. Louis Ribs:** Sometimes referred to as “Four by Fours”, St. Louis ribs are side ribs with the breast bone and flank meat removed, and are trimmed into a neat rectangular shape.

**Spare Ribs:** US nomenclature for side ribs.

**Trichinosis:** A disease caused by ingestion of *Trichinella* larvae. Not found in domestic hog herds.

**Sweet and Sour Ribs:** Approximately 2-inches is cut lengthwise from the side rib rack nearest to the back rib portion.

**Velveting:** When preparing stir-fried dishes, Chinese chefs frequently begin by coating the pork in a mixture of cornstarch and egg white, and then cooking it briefly in warm oil or hot water until the colour changes to white. The name comes from the fact that this process gives a velvety texture.