



More to Meat than Meets the Eye

Learning about processed and variety meats and how processed meats are made.



Background

By now the names of retail meat cuts have started to become familiar. You can identify and select roasts, steaks, loins, and ribs of beef, pork, and lamb, but what about the other meats that we find at the supermarket such as hams, hotdogs, bologna, sausage, and kielbasa. What are they made of? Why are they different from the retail cuts of meat? These products are processed meats made from combinations of beef, pork, and seasonings processed to provide a wider selection of meats for our enjoyment.



Activity #1 Instructions (30 minutes)

To discover how simple it is to process meat, you can make pork sausage and beef jerky for your family to enjoy.

1. Collect the ingredients found on the recipes below.
2. Remember to wash your hands thoroughly before and after handling raw meat.
3. Follow the directions of the recipes below.

Time

45 minutes total

Materials

- Pencil
- Recipe Page
- Ingredients
- Dehydrator or oven.

Space Required

Room with table and cooking space for youth. 2-4 cooking spaces would be ideal, possibly arrange to work in a Home Economics classroom for optimal teaching ease.



Before the Meeting

Set up the learning room and cook stations to fit your desired needs. If possible have spices set out for each cooking station, also, make sure that each cooking station has the needed ground pork and recipe lists.

Pork Sausage Recipe #1

10 pounds ground pork	2-3 oz table salt
½ oz of black pepper	¼ oz ground sage

1. Mix all the ingredients thoroughly.
2. Form into patties, cover and refrigerate for 12-24 hours.
3. Cook the patties over medium-high heat on a griddle or in a skillet until browned and cooked through.
4. Use within two days or wrap in air-tight paper and freeze.

Beef Jerky Recipe #2

2 lbs. lean beef

Marinade:

1 Cup soy sauce 1 tablespoon Worcestershire Sauce
1 teaspoon liquid smoke 1 teaspoon garlic salt
1 teaspoon black pepper or lemon pepper

1. Slice two pounds of lean beef (suggested cuts: flank, round, sirloin or rump cuts) into long 3/16" to 1/4" thick slices. Partially freeze the meat to allow for easier cutting.
2. Remove all the fat possible.
3. Mix together the marinade ingredients in a large saucepan. Bring to a boil.
4. Precook a few meat strips in the marinade making sure that they are covered by the marinade. Re-heat to a full boil for five minutes.
5. Remove the meat strips from the marinade using tongs.
6. Repeat steps 4 and 5 until all of the meat strips have been boiled in marinade.
7. Put these precooked strips in a single layer on the dryer racks of the dehydrator or oven. Dry the strips according to the times designated by the dehydrator or at a low heat (140 F) in the oven until done. Begin checking samples after 3 hours.
8. Test for doneness by bending a meat strip after drying. It should crack but not break, nor have any moist or undone spots.
9. Store your jerky in a plastic freezer bag. For long term storage, put the jerky in a refrigerator or freezer.



Reflect and Apply Questions

1. What was the most difficult part of making sausage and beef jerky?
2. What was the easiest part of making sausage and beef jerky?
3. Why is it difficult for some people to try something new to eat?



References

Making Jerky Safely, <http://www.uwyo.edu/CES/PUBS/jerky.htm>
Drying Jerky, <http://www.uga.edu/nchfp/how/dry/jerky.html>
The Art and Practice of Sausage Making, <http://www.ext.nodak.edu/extpubs/yf/foods/he176w.htm>
Virginia 4-H Ham Curing Project, VCE Publication 388-744



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Reflect and Apply Questions

1. **What was the most difficult part of making sausage and beef jerky?**
needs an answer
2. **What was the easiest part of making sausage and beef jerky?**
needs an answer
3. **Why is it difficult for some people to try something new to eat?**
needs an answer



REFLECT AND APPLY
ANSWER SHEET