17. Mastering Ingredients: Meat

"To be honest—hand on heart—I'm far more comfortable with the cheaper cuts because that's how I started."

TAKE IT FURTHER

- Familiarize yourself with different cuts of beef and their optimal uses/cooking methods by studying these charts. Do the same for cuts of lamb and pork with this visual guide.
- Learn about the history of meat in the United States. Listen to or read "The Making of Meat-Eating America" on NPR's "The Salt." Hear Maureen Ogle, historian and author of *In Meat We Trust: An Unexpected History of Carnivore America*, talk about the history of the meatpacking industry in America.

ASSIGNMENT

Gordon ate inexpensive cuts of beef throughout his childhood and started off with them at his restaurant. Buy a top-quality cut of beef (filet mignon, tenderloin) and a cheaper cut (brisket, skirt, flank). Prepare each as an individual dish and compare the results. How does the flavor differ in the finer quality cut? Which do you prefer? Share your thoughts and photos with your classmates.

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