









Back-to-Basics

Meat, Poultry and Game

Subject	Details:
<p data-bbox="191 380 380 407">1. White Meat</p>  	<p data-bbox="630 354 1471 474">White meat or light meat refers to the lighter-colored meat of poultry as contrasted with dark meat. In a more general sense, white meat may also refer to any lighter-colored meat, as contrasted with red meats like beef and some types of game.</p> <p data-bbox="630 485 902 512">Common White Meat:</p> <ul data-bbox="678 522 1479 919" style="list-style-type: none"><li data-bbox="678 522 781 550">• Pork<li data-bbox="678 560 1479 680">• Poultry (Within poultry, there are two types of meats—white and dark. The different colors are based on the different locations and uses of the muscles. Dark meats occur in the legs, which are used to support the weight of the animals while they move.<li data-bbox="678 690 805 718">• Rabbit<li data-bbox="678 728 1471 785">• Fish (This categorization is controversial as some types of fish, such as tuna, are red when raw and turn white when cooked)<li data-bbox="678 795 1328 852">• The meat of young mammals such as milk-fed veal calves and sheep is also considered as white meat.<li data-bbox="678 863 1438 919">• In general white meat is required to be cooked to a specified minimum core temperature.
<p data-bbox="191 968 358 995">2. Red Meat</p> 	<p data-bbox="630 968 1471 1087">Red meat in traditional culinary terminology is meat which is red when raw and not white when cooked. In the nutritional sciences, red meat includes all mammal meat. Red meat includes the meat of most adult mammals and some fowl (e.g. ducks).</p> <p data-bbox="630 1098 1490 1239">In gastronomy, red meat is darker-colored meat, as contrasted with white meat. The exact definition varies by time, place, and culture, but the meat of adult mammals such as cows, sheep, and horses is invariably considered red, while chicken and rabbit is invariably considered white. Red meat does not refer to how well a piece of meat is cooked.</p> <p data-bbox="630 1249 883 1276">Common Red Meat:</p> <ul data-bbox="678 1287 889 1457" style="list-style-type: none"><li data-bbox="678 1287 781 1314">• Beef<li data-bbox="678 1325 883 1352">• Duck, Goose<li data-bbox="678 1362 867 1390">• Game meat<li data-bbox="678 1400 797 1428">• Horse<li data-bbox="678 1438 889 1465">• Lamb, Mutton

<p>3. Cattle, Sheep's & livestock's</p> 	<ul style="list-style-type: none"> • Beef • Veal is the meat of young cattle (calves) • Lamb a young sheep under 12 months of age not yet producing offspring's. • Mutton (<i>a female</i>) or <i>castrated male sheep</i> • Sheep are over one year of age. They have usually produced offspring • Goats are one of the oldest domesticated species. Goats have been used for their milk, meat, hair, and skins over much of the world. In the twentieth century they also gained in popularity as pets. • Rabbits
<p>4. Poultry Groups</p> 	<p>Poultry is a category of domesticated birds kept by humans for the purpose of collecting their eggs, or raising for their meat and/or feathers. These most typically are includes chickens, quails and turkeys and domestic geese. Poultry also includes other birds which are killed for their meat, such as pigeons or doves or birds considered to be game, like pheasants. Poultry comes from the French/Norman word, poule, itself derived from the Latin word Pullus, which means small animal. Poultry is the second most widely eaten meat in the world, accounting for about 30% of meat production worldwide, after pork at 38%.</p> <p>Most common Poultry's</p> <ul style="list-style-type: none"> • Chicken • Geese • Quail • Turkey
<p>5. Game Groups</p> 	<p>Game meat refers to the meat from any land animal that is hunted for food, and is not typically raised on farms. The type and range of animals hunted for food varies in different parts of the world.</p> <p>There are thousands of animals that can be killed and used for game meat. Some of the most common types of game meat include deer, rabbit, and duck. Because game meat comes from wild animals who hunt and search for their food, it is typically richer in flavor and leaner in fat than meat from domesticated animals like cows and chickens.</p> <p>The meat from the animal can make a large quantity of steaks, roasts, sausages, and other cuts. The carcass is usually used to make stocks and soups out of it.</p> <p>Recently, game meat has risen in popularity among consumers as well, due to its delicious flavor and low fat content. Venison, which refers to meat from deer.</p> <p style="text-align: center;">Game is also placed in to two categories</p>



1. Game

- Bear
- Boar
- Buffalo
- Camel
- Crocodile
- Deer
- Deer
- Emu
- Kangaroo
- Rabbit
- Rabbit
- Venison
- Wild Boar
- etc.

2. Game Poultry

- Doves
- Duck
- Emu
- Goose
- Guineafowl
- Ostrich
- Pheasant
- Pigeon
- Quail
- etc.

6. General Information



While not necessarily wild, Game Meat is seen as an animal that is exotic or unusual for eating. While wild Game Meat is renowned for its "gamey" flavour, domesticated Game Meat also has its own flavor, typically richer than beef and pork, yet milder than wild game. Game Meat tends to be lower in fat and cholesterol which can make them less tender and dry. However, proper preparation and awareness should lead to an excellent meal.

Game Meat Specialist - Many butchers carry a wide selection of game meat both wild and domesticated. Some butchers deal solely in Game Meat.

Camel - Camel meat is bred in Australia for a variety of purposes, including slaughter for meat. The texture is said to be similar to beef, but is not gamey with a unique taste.

Hare - The hare is distinguished from the rabbit by longer ears, feet and body.

Venison - Usually deer meat. Animals can be farmed or wild, and the term venison also applies to elk meat, moose meat, caribou meat, and reindeer meat, all of which can be used interchangeably.

Boar - Essentially wild pig. Wild Boar can be hunted and farmed. Sows breed only once a year, producing a litter in the spring, averaging six young. Being very hardy, they live their entire lives outside, and are well suited to woodland habitats. The animals grow slowly, taking from 12 to 18 months to mature, when they become the size of a pork pig. Wild Boar is dark in colour and is known for its strong taste, described as a cross between venison and beef.

Crocodile - A white game meat, animals are raised on farms in Australia. The meat does tend to have a slightly higher cholesterol level than other meats. Crocodile meat has a delicate flavour and its texture is not dissimilar to fish.

Kangaroo - Is low in fat and cholesterol and high in protein. The meat is a ruby like red with a soft fine texture and tender muscle fibers. There is virtually no fat and little connective tissue.

Rabbit - Rabbit meat can be wild or farmed, but generally is farmed due to disease in the wild. Farmed rabbit has a different texture to wild rabbit and has a white meat similar to chicken. It is also lower in



fat than most other meats including chicken.

White Rabbit - Farmed rabbit that has white fur. Often bred and culled in New Zealand and the meat exported to Australia



Buffalo - Mainly bred in the United States, Buffalo meat very low in fat and cholesterol compared to beef and lamb. Buffalo also contains significant amounts of omega-3 polyunsaturated fats, and high levels of iron and zinc

Goat - A mild and sweet tasting meat, not gamey, low in fat, and is best cooked at a low temperature to retain moisture. Goats are grown for meat and wool (mohair) all over Australia, although many specialty breeds are being grown in Queensland.