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VALUE OF MEAT DISHES IN THE DIET, THEIR CLASSIFICATION

Chemical composition and nutritional value of meat. Meat and meat products are important foodstuffs because they contain all the necessary substances for the human body: proteins 16 – 21%, fats - 0.5 – 37%, carbohydrates – 0.4 – 0.8%, extractives of 2.5 – 3%, minerals – 0.7 – 1.3%, enzymes, vitamins A, O, PP, group B. Cattle, pigs, sheep, goats, wild animals, rabbits, horses are raw material for the production of meat and meat products.

Meat is a combination of muscle (50 – 60%), connective (10 – 12%), bone (9 – 32%), and adipose tissues in their natural proportion and the remained amount of blood.

The chemical composition and anatomical structure of different tissues vary; therefore, the properties and nutritional value of meat depend on their quantitative proportion in the carcass, which depends on the species and breeds of animals, their sex, age and fatness [3].

Muscle tissue is the main edible part, which consists of separate long, thin fibers, coated with a thin semitransparent shell (sarcolemma). The tenderest meat of the muscle fibers is located along the backbone. It is used for frying. The muscles of the neck, belly and lower limbs have tight coarse-fibrous structure. Such meat is boiled, stewed and cooked as chopped mass. Muscle tissue contains proteins of full value, which are easily absorbed by the body, as well as fats, carbohydrates (glycogen) and minerals (calcium, phosphorus, iron, sodium).

Connective tissue connects the separate fibers to each other and with the skeleton and contains the defective proteins – collagen and elastin. In cold water the collagen swells, and when heated with water it turns into soluble gluten. Solidifying gluten forms a jelly and is absorbed by the

human body.

Elastin is very stable against heat, it swells in hot water. The more the meat contains collagen and elastin, the harder it is, but its nutritional value is lower.

Adipose tissue consists of fat balls, surrounded by firm shells of connective tissue. The fat that is deposited in internal organs is called internal, that one in the subcutaneous cell tissue is subcutaneous (fat-raw), and muscle fat is between muscle fibers. Intramuscular fat makes the meat juicy, tender, improves the taste and increases its nutritional value.

Bone tissue is the basis of the skeleton of animals, the most durable fabric in the body. It consists of special cells, based on the ossein, substance, which is close to the collagen by its composition. According to the structure and shape the bones are tubular (limb bones), flat (bones of shoulder blade, ribs, pelvis, and skull), gear (vertebrae). Bones contain fat (up to 24%) and extractives, which are turned into the broth during cooking and give it a pleasant taste and aroma. The bones of the pelvis and the porous ends of tubular bones are particularly valuable.

Nutritional value of meat depends on the amount and the proportion of proteins, fats, vitamins, mineral substances, as well as the degree of their digestibility by the body. Muscle tissue proteins are digested by 96%, fats – by 92.4 – 97.5%. The energy value of meat depends on the type, fatness and age of animals and is average 377 – 2046 kJ [6].

The value of meat dishes in the diet. Meat hot dishes are important source of proteins, fats, mineral and extractive substances, vitamins A and group B. Amino acid composition of proteins in muscle fibers is close to the optimum, their assimilation ratio is very high (97%). Fats increase the food calorie content and are the source of energy. Extractives give the dish a pleasant food taste and aroma, promote the secretion of digestive juices, stimulate the appetite and improve the digestibility of food.

Meat is combined with vegetables, used as a side dish or is stewed with them. And so the mineral composition of meat dishes is enriched with alkaline compounds, the optimal balance of calcium and phosphorus is reached, the vitamin activity is increased. Side dishes from cereals and pasta enrich meat dishes with carbohydrates, vitamins and minerals. Most meat dishes are served with various sauces (horseradish, mustard, mushrooms, onion, garlic, mint, sorrel, prunes), that improves the taste and appearance [5].

Meat hot dishes. Meat (beef, pork, lamb) is one of the most important foods, with excellent culinary qualities. It contains complete proteins, fats and so-called extractives, which have almost no nutritional value, but are important pathogens of digestive juices secretion, making better the food digestion. Meat can easily be combined with a variety of products – vegetables, cereals, pasta. One of the main conditions to prepare a delicious meat dish (first or second, snacks or sauce) is the correct choice of one or another part of the carcass. Most meat dishes are prepared with side dishes – potatoes, vegetables, cereals, pasta.

Depending on the method of heat treatment hot meat dishes are divided into boiled, fried, stewed and roasted.

Boiled meat. Meat products for second dishes are boiled so in order to preserve their taste. The pieces of meat are poured with boiling water so that the water only covers them. Better taste and texture of boiled meat are obtained from the ribs, the lumbar part and rump. These parts of the carcass are cooked at low temperature, that's why just after the start of the boiling; they reduce heat and continue cooking at a very low boiling. The meat boiled in such a way is more juicy and rich in extractive and mineral substances. The broth after boiling meat products can be used for cooking soups and sauces.

Boiled beef. Cooked beef is put on a plate, garnished with green peas, vegetables and poured with the sauce with horseradish.

Boiled tongue. Boiled tongue (2 pieces per a portion) is put on a plate, garnished with green peas, mashed potatoes and poured with the red sauce.

Boiled sausages. Cooked sausages, peeled from the shell, are put on a plate, garnished with boiled vegetables, mashed potatoes and poured with the tomato sauce.

Fried meat. Meat (beef, veal, lamb, pork) can be fried in large and small pieces. The meat fried in large pieces is used for hot and cold dishes, in portions only for hot dishes. The pig, rabbit and meat products (liver, kidney, veal and pork knuckles) are fried similarly.

Steak with onions is portions of meat in 20 – 30 mg of thickness. They are cut from the thick end of the fillet, lightly pounded and fried on both sides until a crispy crust. Meat is put on fried onions, poured with the juice with butter and served with fried potatoes.

The rump steak is portions of meat, broken, soaked in the liaison, breaded in crumbs and fried. Fried meat is put on a dish, poured with the

juice with butter and served with fried or boiled potatoes, carrots in milk sauce, green peas, and sweet corn.

The chopped meat. The original products for chopped meat are beef, pork, lamb and veal. Meat intended for cutting, must be washed, cleaned of tendons and cut into small pieces. White bread soaked in milk or water is added to the grinder meat.

Cutlets and chops are made of chopped meat, they are breaded in crumbs. Fried cutlets and chops are served with boiled or fried potatoes, mashed potatoes, cereals, pasta, and vegetables.

The chopped steak. The steak fried in the egg and breaded in crumbs is put on a plate and served with fried potatoes or vegetables.

Stewed meat. The meat can be stewed with vegetables. Before serving, it is sprinkled with finely chopped parsley or dill.

Goulash is made from beef, pork and veal. The meat is cut into cubes and stewed in red sauce with onions; it is served on a plate with boiled or fried potatoes, vegetables, cereals, or boiled pasta [4].

Poultry and game are cooked or fried in whole carcasses, which are then divided into pieces and served in portions of 1 or 2 pieces. The bones of birds can be chopped, but not fragmented. Stuffed dishes are usually cooked from duck and goose. Duck's and goose's giblets, head, legs, wings are used for making the pickle.

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