

# Purchasing & Storing Beef & Lamb

## Points to Consider

- Allow up to 300g of lean boneless meat per person (ie weight after trimming fat and removing bone).
- Fresh Meat should be bright in colour with a fresh appearance. Aged meat should be darker in colour.
- Select lean meat; if there is any fat cover, it should be pale cream in colour.
- When purchasing "special cuts" (for example saddle of lamb), order in advance to be sure of availability.
- Take an insulated shopping bag with you to ensure meat remains cold until it can be refrigerated.
- When purchasing meat as part of the weekly shopping, make Peninsula Bulk Meats the last stop – this will ensure that meat stays cold until refrigerated at home.
- If you're at all unsure about which cuts to buy, ask a friendly member of staff here at Peninsula Bulk Meats. They're experienced professionals and more than happy to help.

## Storage of Beef & Lamb – Refrigerator Storage

### Basic Principles

Fresh meat should be kept as dry as possible and should not sit in its own "drip". Cold air must circulate freely around it (temperature range of 0° to 4°C, no higher). Moisture loss from meat should be kept to a minimum.

The more cutting and preparation meat has been subject to, the shorter the storage time. This is why storage time for mince is less than for steak or chops.

### Storage in the Special Meat Compartment

Unwrap meat and arrange in compartment in stacks no more than 2-3 layers high, with air space between each. Cover top of meat loosely with foil or waxed paper to prevent surface from drying.

### Storage in the General Refrigerator Compartment

Place a stainless steel or plastic rack in a dish deep enough to catch any drip from the meat. Unwrap meat and arrange in stacks no more than 2-3 layers high leaving air space between each layer. Cover top of meat loosely with foil or waxed paper. Store in coldest part of refrigerator, which in a "refrigerator only" unit, is located at the bottom.

In a combination refrigerator/freezer the cold air is located at the top section of the refrigerator, because of its proximity to the freezer.

If meat is to be used within 2 days, it can be left in its original wrapping. Store the package in the special meat compartment or the coldest part of the refrigerator.

## ***Brought to you by Peninsula Bulk Meats***

*Source of Information: Australian Meat Industry Council, Australian Pork Limited, Meat & Live Stock Australia and Tanner Couch Calendars.*