

## APPENDIX 10.1-4

### Chapter 10 - Paddock to plate at the Barracks: meat cuts as a socioeconomic indicator in nineteenth century colonial Triabunna (Tasmania, Australia)

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**Table A10.1.** Beef meat cuts and associated meals

Beef Cuts	Abbott (1864)	Beeton (1861)	Maclurcan (1899)
Cheek and/or tongue	Boiled; boiled brains or minced; stewed head; ox tongue roasted or boiled; stewed ox cheek	Hessian (Ox head) soup; ox cheek soup; calf head stew; tongue for soup, pickled, boiled; stewed ox cheek	Boiled pressed or potted tongue; boiled calves head; boiled brains
Sticking piece	Stew; braised neck; gravy; beef a la mode; stews; rib steak; rolled	Soups; stew; economical beef a la mode rib of beef bones, roast ribs (fore rib preferred)	Soup and stew; gravy; roast ribs
Fore-rib and/or middle-rib	Stews; rib steaks; rolled	Soups; stew; economical beef a la mode; broiled bones; rib of beef bones; roast ribs (fore-ribs prime)	Loin cutlets
Sirloin	Roast beef; fried or broiled steak	Sirloin steak; broiled bones; roast fillet of sirloin; rolled beef	Roast sirloin; grilled, broiled or pattied steak; porterhouse and sirloin steak; beef olives; stuffed steak; steak and kidney or oyster pie or pudding; baked savoury steak
Ox-tail	Oxtail soup or stew	Ox tail soup or stew or broiled	Oxtail soup or stew; haricot oxtail
Brisket	Boiled brisket; pickled	Stewed	Stewed brisket; roast breast
Clod/Shin	Shin of beef soup; stews, soups gravy	Soups; stew; gravy	Soup and stew; gravy
Rump	Stewed; rump steak; rump steak pie; beef steak pudding; beef olives	Beef steak pudding and/or kidney; rump steak; beef collop; beef olives	Roast round of beef; grilled, broiled or pattied steak; rump steak; beef olives; Stuffed steak; steak and kidney or oyster pie or pudding; baked savoury steak
Aitch bone and/or buttock	Stew and soups; aitch or H-bone of beef; roast beef	Boiled	Roast round of beef
Thick flank	Beef a la mode; excellent stock or soup	Beef a la mode; collared beef	Soup and stew; gravy
Hock	Excellent stock, soup or stew	Soups; stew; gravy	
Cow heel (trotters), marrow bones	Broth; boiled marrow bones; stew (ossobuco); gravy; jelly	Stocks; soups; stew; jelly; boiled marrow bones; fried ox feet or cow heel	Soup and stew, broths (tea); gravy; jelly

**Table A10.2.** Mutton meat cuts and associated meals

<b>Mutton Cut</b>	<b>Abbott (1864)</b>	<b>Beeton (1861)</b>	<b>Maclurcan (1899)</b>
Head; tongue and cheek	Broth (sheep head); lambs or sheep head and Fry	Boiled sheep brains; sheep head soup or stew	Sheep head broth or stew with diced brains and tongue; crumbed brain cutlets; braised, sautéed or pressed head; boiled, crumbed, fried or fricasseed tongue
Neck	Broths (Scotch kail); Stewed	Good mutton soup; China chilo (economical); cutlets; haricot mutton; Irish stew; boiled; mutton pie; ragout; roast neck	Cutlets crumbed, stewed or fried; stew; mutton broth
Loin cuts; Rack cuts (cutlets); Saddle	Fried cutlets; chops fried or broiled; loin of mutton stuffed	Broiled mutton chops; China chilo; cutlets; Irish stew; roast haunch of mutton; roast, rolled or braised loin; collops; mutton pie; roast saddle	Cutlets crumbed, stewed or fried; saddle of mutton; stew and soups
Rib cuts (spare ribs, rib set, flap);	Chops fried or broiled; Devonshire Squab Pie	Broiled mutton chops; roast haunch of mutton; lamb chops	Chops stewed; stew; pie
Breast; flap	Stews and soups	Boiled breast; stewed; haricot mutton economical); Irish stew;	Stewed; mutton pie
Shoulder cuts; Foreshank	Prime roast lamb; stews and soups	Roast shoulder; and/or neck; broiled blade bone; good mutton soup; China chilo (economical); cutlets; haricot mutton; Irish stew; boiled; mutton pie; ragout;	Roast; stuffed or boiled shoulder
Chump; Fillet End; Sirloin; Shank end	Roast; cheap Roast; boiled leg of mutton; stewed leg of lamb	Boiled or braised leg of mutton or lamb; braised fillet; roast haunch of mutton; China chilo; roast haunch of mutton; collops	Roast (economical)
Shank	Cheap Roast; Boiled leg of mutton; Stewed leg of lamb	Gravy; boiled, braised or roast leg of mutton; roast haunch of mutton; jelly	Curried mutton
Hindshank; Trotters (Feet)	Sheep trotters for stew or jelly; in marinade; marrow bones for soup, stew or gravy	Roast haunch of mutton; sheep feet or trotters	Sheep trotters boiled or stewed

**Table A10.3. Pork meat cuts and associated meals**

Pork Cuts	Abbott (1864)	Beeton (1861)	Maclurcan (1899)
Head; Cheek and tongue	Brains for gravy; roast	Smoked ham; collared pigs face (boiled); dried pig cheeks	No recipe
Neck	Roast	Smoked ham	No recipe
Loin (cutlets; chops; rack; steaks)	Roast; pork chops fried or broiled	Spare ribs; cutlets or chops; roast loin	Pork chops
Ribs; Cutlets; Rack	Pork chops fried or broiled	Spare ribs; cutlets	Pork chops
Belly	Bacon fried	Bacon fried; broiled; cured	Bacon fried
Shoulder; Forequarter roast	Roast	Roast, boiled, fried, pickled or potted	No recipe: likely stews or roast
Hock/shank	Roast	Roast, boiled, fried, pickled or potted	No recipe: likely stews or roast
Leg	Ham; roast leg of pork	Roast or boiled leg or pork; boiled, fried, pickled or potted ham	Ham; Roast leg of pork
Hock/shank	Roast; marrow bones; stew; gravy	Roast leg or pork; boiled, fried, pickled or potted ham	Roast leg of pork
Trotters (Feet)	Marrow bones; stew; gravy	no recipe	Stews
*All three cookery books reference a whole roast pig or suckling pig			

**Table A10.4. Kangaroo meat cuts and associated meals**

Kangaroo Meat Cuts	Abbott (1864)	Beeton (1861)	Maclurcan (1899)	Dietary value (Steele, 1999)
Head	Slippery Bob (Fried kangaroo brain batter)	No recipes * 1863 Edition suggests roasted wallaby	No recipe * Does suggest roast wallaby stuffed or potted wallaby	Low
Neck; Forequarter	No recipe			Medium to high
Loin; Saddle; Rack; Striploin; Fillet; Rump	Cutlets			Medium to high
Tail butt; Tail slices	Pan Jam; kangaroo tail soup		Kangaroo tail soup	Limited
Feet	No recipe		No recipe *Suggests wallaby bones for gravy	Limited
Rump; Silverside; Shank	Stew; steamer; roast			High