

Meat Selection

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Meat is animal flesh (mainly muscle tissue) used as food, sometimes with the exception of fish, other seafood, and poultry. Originally, the word meat meant simply "food". It is also used as a vulgar way to refer to the human body. (see meat market.)

For the most part, meat for human consumption comes from domesticated animals bred specifically for this purpose, and killed in an abattoir. The use of other meats, such as venison, the meat of small game animals and a few other mammals, and even the meat of certain reptiles and amphibians, is not uncommon. The use of meat from other mammals is much less common, although nearly every animal that lives has probably been used for human food at one time. What meats are used and the way they are cooked depends on the availability and cuisine.

Thin sliced meats used in sandwich-making are called cold cuts.

In recent years, forms of imitation meat have been created to satisfy some vegetarians' taste for the flavour and texture of meat, and there is speculation about the possibility of growing in vitro meat from animal tissue.