

An Overview on Quality and Storage of Raw Meat

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DESCRIPTION

The quality of raw meat is a topic of paramount importance in the culinary world, influencing the taste, safety, and overall enjoyment of meat-based dishes. Understanding the factors that contribute to the quality of raw meat is essential for creating delectable and safe meals. In this article, we will delve into the various aspects that determine the quality of raw meat, ranging from visual cues to nutritional composition, and the impact these factors have on the final product.

Visual appearance

One of the initial indicators of meat quality is its visual appearance. High-quality raw meat should exhibit specific characteristics that reflect its freshness and safety. The color of meat can be a telling sign—vibrant red hues often indicate a well-preserved cut. However, the color can vary depending on the animal's age, diet, and even the cut itself. For instance, beef tends to be a darker red compared to pork, which is typically lighter in color.

The texture and marbling of meat also play a significant role. Marbling, the intermingling of fat within muscle fibers, contributes to both flavor and tenderness. Prime cuts of meat are often prized for their marbling, as it enhances the eating experience by adding juiciness and a rich taste.

Odor: The aroma test

A reliable method to assess the quality of raw meat is through its odor. Fresh, high-quality meat should have a clean and slightly metallic scent. Any off-putting or strong odors, such as sourness or ammonia-like aromas, may indicate spoilage or bacterial growth. These unpleasant smells are often signs that the meat has begun to deteriorate and may lead to digestive discomfort or foodborne illness.

Texture and consistency

The texture and consistency of raw meat can reveal important information about its quality. High-quality meat should be relatively firm to the touch, with a degree of elasticity. Meat that feels overly mushy or slimy might be an indication of spoilage due to bacterial activity.

Tenderness is another crucial aspect that greatly influences meat quality. The connective tissue in meat can be tough and chewy if not properly broken down. Factors like the animal's age, muscle usage, and preparation methods can influence tenderness. Aging and proper cooking techniques can help tenderize meat by breaking down collagen and creating a more enjoyable eating experience.

Nutritional composition

The nutritional composition of raw meat plays a pivotal role in its overall quality. Protein, a fundamental building block of muscles, is a key component. High-quality meat contains a substantial amount of protein, which is not only important for muscle growth and repair but also contributes to a feeling of satiety.

Apart from protein, meat is also a significant source of essential vitamins and minerals. Iron, zinc, and B-vitamins are abundant in meat, and their presence contributes to a balanced and nutritious diet. Consumers seeking nutrient-rich options can prioritize lean cuts of meat to minimize saturated fat intake while maximizing protein and micronutrient intake.

Handling and storage

Proper handling and storage of raw meat are critical to maintaining its quality and ensuring food safety. The risk of bacterial growth and cross-contamination can lead to spoiled or unsafe meat. To prevent this, raw meat should be stored at temperatures below 40°F (4.4°C) in a refrigerator or freezer. Additionally, meat should be stored on the lowest shelf to prevent any potential drips from contaminating other foods.

Cross-contamination can occur when raw meat comes into contact with other foods, utensils, or surfaces. Thoroughly cleaning and sanitizing cutting boards, knives, and countertops after handling raw meat is essential to prevent the spread of harmful bacteria.

Sustainability and sourcing

The quality of raw meat isn't solely limited to sensory attributes and nutritional content; it also encompasses ethical and environmental considerations. Consumers are increasingly

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conscious of the sourcing and production methods behind their food choices. Opting for meat that has been raised sustainably and ethically can contribute to both personal well-being and global ecological balance.

CONCLUSION

The quality of raw meat is a multifaceted concept that encompasses various aspects, from visual appearance and odor to

nutritional composition and handling practices. By paying close attention to these factors, consumers can ensure that the meat they prepare and consume is of the highest quality, safe, and enjoyable.