There are two primary cookery methods for preparing meat:

**Dry Cookery Methods:** Use direct or indirect heat without adding moisture during cookery. These cookery methods use high heat and short cookery times. Used for tender cuts with little connective tissue. Includes: Roasting, Broiling, Grilling, Pan-Broiling, Pan-Frying or Stir-Frying.

**Moist Cookery Methods:** Use indirect heat and the addition of a liquid or retained moisture during cookery. These cookery methods typically use lower heat and long cookery times. Used for less tender cuts with more connective tissue. Includes: Braising and Cooking in Liquid.

Here are the cookery methods for Meat Retail Cuts as accepted by the National 4-H Meat Identification program:

**Beef**

**Dry Cookery:**
- a. All Cuts from the Rib and Loin
- b. Select cuts from the Round, including Top Round Steak and Roast and Round Tip Steak
- c. Ground Beef

**Dry-Moist Cookery:**
- a. Select cuts from the Chuck, including 7-Bone Steak, Blade Steak, Chuck Eye Roast and Top Blade Steak
- b. Plate Skirt Steak
- c. Flank Steak
- d. Select cuts from the Round, including Bottom Round Roast, Bottom Round Rump Roast, Eye of Round Steak and Roast, Round Tip Roast
- e. Beef Cubed Steak

**Moist Cookery:**
- a. All Cuts from the Brisket and Shank
- b. Select cuts from the Chuck, including Arm Roasts and Steaks, 7-Bone Pot Roast, Blade Roast and Mock Tender Steak and Roast.
- c. Plate Short Ribs
d. Select cuts from the Round, including Round Steaks, Bottom Round Steak, and Heel of Round Roast
e. Beef for Stew

**Pork**

**Dry Cookery:**
- All cuts from Loin, except Blade Roasts and Chops and Country Style Ribs and Back Ribs
- Slab and Sliced Bacon
- Smoked Hams
- Ground Pork and Sausages

**Dry-Moist Cookery:**
- All cuts from the Shoulder, except Hocks
- Blade Roasts & Chops, Country Style Ribs, Back Ribs & Spare Ribs
- Fresh Side, Fresh Hams
- Pork Cubed Steak

**Moist Cookery:**
- Jowl
- Smoked and Fresh Pork Hocks,

**Lamb**

**Dry Cookery:**
- All cuts from Rib, Loin and Leg

**Dry-Moist Cookery:** (6 cuts)
- All cuts from the Shoulder, except Neck Slices
- All Cuts from the Breast

**Moist Cookery:** (2 cuts)
- Neck Slices
- Lamb Shanks

**Variety Meats**

**Dry Cookery:** (0 cuts)
- None

**Dry-Moist Cookery:**
- All Variety Meats, except Beef Oxtail and Beef Tripe

**Moist Cookery:** (2 cuts)
- Beef Oxtail
- Beef Tripe