**SEAFOOD**

The term seafood covers all fish from the sea or freshwater as well as shellfish.

**FISH**
Names of some sea and freshwater fish.

- **Sea or saltwater fish**
  - Salmon
  - Sole [Dover or Lemon]
  - Sardine
  - Bass
  - Cod
  - Tuna
  - Plaice
  - Whiting
  - Mackerel
  - Turbot

- **Freshwater fish**
  - Carp
  - Trout, rainbow
  - Trout, river or brown
  - Catfish
  - Eel

- **a fish steak**
- **smoked salmon**

**SHELLFISH**
The following shellfish are often served in restaurants.

- Crab
- Mussels
- Scallop
- Oysters
- Shrimp/Prawns
- Lobsters

- **crab**
- **scallop**
- **mussel**
- **oyster**
- **shrimp/prawns**
- **lobsters**

**POULTRY**

- Chicken
- Spring chicken
- Turkey
- Duck
- Quail
- Pheasant

- **chicken**
- **pheasant**
- **duck**
- **turkey**
- **quail**
- **spring chicken**
Meat dishes served in restaurants are prepared from one of the following meats: BEEF/LAMB/VEAL/PORK/VENISON

The diagrams below are simplified to show only the major commercial cuts. Names of these cuts and joints vary from country to country.

**BEEF**

[1] Lean meat that needs long, slow cooking. Used for stews, casseroles and ground [minced] beef dishes e.g. hamburgers, meatloaf, meat sauce for pasta etc.

[2] Lean meat with good flavour. Used for grilling [rump steak], braising, or pot roasting.

[3&4] Steaks such as sirloin, porterhouse, entrecote, rib-eye and t-bone come from this section. Also used for dishes like kebabs, roast beef and beef ribs.

[5] Lean, boneless meat that is very tender and very expensive. Used for dishes like Chateaubriand, Fillet Mignon, Beef Tournedos, Beef Bourguignon, etc.

[6] The rib portion of this cut is used for roasting. Chuck or blade steak from this section is used for slow cooking casseroles or stews.

[7&8] Inexpensive and rather fatty meat. Used for corned beef, pot roasts or slow braising. Meat from the flank is also used for beef roulades or paupiettes [rolls], flank steak, pot roasts.

**VEAL**

Veal is the flesh of very young calves. It is an expensive meat that is pale in colour and very tender. As veal is rather dry and bland, it needs sauces, stuffings and seasonings to provide additional flavour.

Many fine dining restaurants include veal dishes on their menus.

[1] Slices of meat from this section are called by several names, e.g. scallops, escalopes, scallopini, schnitzels or cutlets. These pieces of veal are prepared in many different ways.

[2] This section can be boned and rolled for roasts, or cut up into chops for grilling, frying, braising, etc. Crown roasts and veal cutlets are also from this section.

[3] The shoulder joint is also often boned, stuffed and rolled for roasts.

[4] Breast meat is often used for stewing or braising. It can also be rolled and stuffed for a roast.

[5&6] Shank are used for stewing or braising. Osso Bucco is a popular Italian dish made from this cut.

**LAMB**

Lamb is the flesh of young animals of between 3-12 months old. The term ‘mutton’ is used for the flesh of older sheep.

[1] A large roasting joint often served in restaurants as Roast Leg of Lamb.

[2] Loin joints can be roasted whole or boned and rolled. The loin is also cut up into loin chops for grilling, frying or barbecuing.

[3] This section has the best chops or cutlets for grilling or frying etc. It is also used for the well-known dishes, Crown Roast and Rack of Lamb.

[4&5] The shoulder and breast meat can be used for kebabs, casseroles, and dishes that require stewing or braising. A boned and rolled shoulder makes a tasty and less expensive roast.

**PORK**

The most common cuts of pork used in restaurants are from the leg [1], loin [3], and rib [4] sections.


[3] Meat from this section provides loin chops for grilling, baking or frying, as well as the popular Crown Roast. The pork fillet or tenderloin is also from this section.

[4] Spare ribs are a popular choice in restaurants. They can be baked, barbecued, grilled or braised.

[5] Flank or belly pork is used for stews or braised dishes, and especially for curing as bacon.

**VENISON**

Venison is the flesh of young male deer. The roasted leg joint, steaks and braised loin or neck chops are some venison dishes served in restaurants.
The vegetables listed below are among some of the commonly used vegetables in restaurants. They are grouped under the following categories:
- Root vegetables
- Green vegetables
- Non-leafy vegetables
- Herbs and seasonings

**ROOT VEGETABLES**
- carrot
- potatoes
- sweet potatoes
- carrots
- turnip
- radish
- beetroot
- horseradish
- onion
- garlic
- ginger
- shallots

**GREEN VEGETABLES**
- cabbage
- spinach
- [green, white, red]
- broccoli
- beans
- peas
- leek
- lettuce
- [many varieties, e.g. iceberg, curly endive, romaine, etc.]
- watercress
- celery
- brussels sprouts
- spring onions

**NON-LEAFY VEGETABLES**
- tomato
- aubergine
- cucumber
- zucchini [courgette]
- aubergine [brinjal or eggplant]
- okra
- mushroom
- tomato
- asparagus
- mushrooms
- cauliflower
- peppers
- avocado pear
- sweet corn
- pumpkin

**HERBS AND SEASONINGS**
- parsley
- dill
- thyme
- sage
- fennel
- chives
- mint
- oregano
- rosemary