

Six cuts to try now

BEEF



ONGLET A classic French bistro steak, great value with intense flavour.

How to cook Best served medium rare. Fry it in a hot pan for three to four minutes per side, then leave on a warmed plate to rest for 10 minutes. Cut it against the grain to enjoy it at its succulent best.



FLAT IRON STEAK So called because it's the same shape as an old-fashioned flat iron. Also known as butler's steak, oyster blade steak or feather steak. Cut from the shoulder blade with a deep, rich flavour.

Why now? Tremendous value for money and just right for relaxed gatherings. It takes marinades well, is good on the barbecue and, cut thinly against the grain, is great for steak sandwiches and tacos.

How to cook It's quite lean so don't overcook – it's best done rare to medium. Marinate, then chill for a couple of hours, then cook it for three to four minutes per side and rest for 10 minutes before serving.

PORK



CHEEKS Also known as Bath chops, they are meltingly succulent and tender when cooked low and slow.

Why now? The perfect example of nose-to-tail eating, pork cheeks are proof that the most unexpected cuts punch way above their weight in terms of flavour and versatility.

How to cook Traditionally lightly brined in sugar and water before being slowly braised until tender. Once cooked, they are good cut into small pieces, breadcrumbed and fried. Also use in pies and quiches.



HAND OF PORK This is the upper part of the pig's foreleg, usually boned and rolled as a small roasting joint, though if you cook it on the bone, it improves its flavour. If you want crackling, ask the butcher to skin the pork, and cook separately until crisp.

Why now? Its texture and rich flavour make it ideal for oh-so-fashionable pulled pork.

How to cook Whether you roast or braise it, cook it slowly until it's falling off the bone.

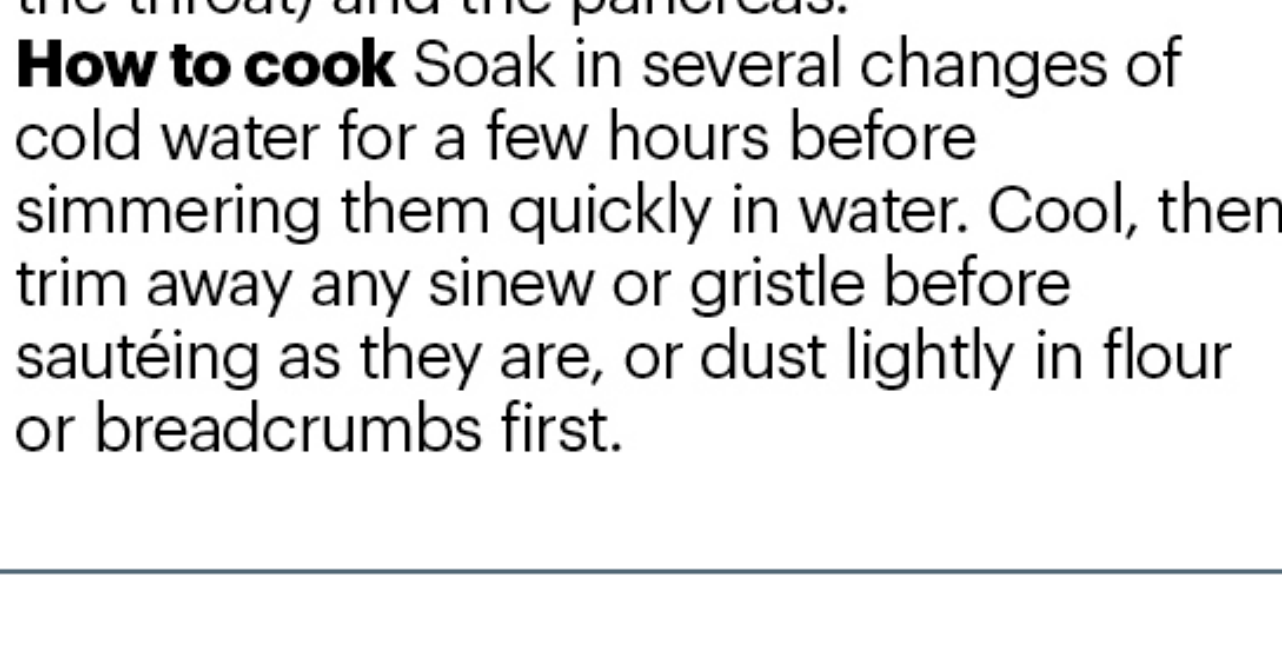
LAMB



BREAST OF LAMB An underused piece of meat that comprises the flank and part of the belly. It's fatty, but the fat helps to baste the meat as it cooks.

Why now? A very economical cut that – incredibly – was sometimes discarded by butchers because it wasn't commercial enough for widespread distribution. Smaller butchers appreciate its rich flavour.

How to cook Roast low and slow on the bone, or buy boned and rolled and stuff with a dry mixture of breadcrumbs, herbs and lemon zest – this will help to absorb the fat.



SWEETBREADS Lamb sweetbreads are creamy and tender with a delicate flavour. This offal comes from the thymus (part of the throat) and the pancreas.

How to cook Soak in several changes of cold water for a few hours before simmering them quickly in water. Cool, then trim away any sinew or gristle before sautéing as they are, or dust lightly in flour or breadcrumbs first.