

SUMMARY

Animal production and meat processing strategies help develop healthier meat and meat products. Postmortem muscle that has gone through physical and / or chemical alterations is considered as processed meat. Meat processing includes chemical and enzymatic treatments, massaging and tumbling, curing, smoking, stuffing, cooking, canning, irradiation, dehydration, size reduction and mixing of meat with various additives. Various types of ingredients having different functional properties are used in the production of meat and poultry products. Baking, steaming, grilling and roasting are the main methods of dry cooking while boiling, stewing, barbequing and frying are different types of wet cooking methods of meats. Meat curing involves treating meat with common salt, nitrate / nitrite, sugar and phosphates, each with a specific role in the curing process as a means of preservation. Cured meats are generally smoked to develop unique taste, flavor and color, to give preservatives action to meats by controlling bacterial population and to retard fat oxidation. Application of techniques like reduced water activity and controlled pH produces shelf stable meat and poultry products. Additives like salt and other humectants are used to retain high moisture in order to achieve better texture and taste qualities in intermediate moisture meat products.