

TASTING TABLE

COOKING

The Best Inexpensive Cuts of Meat You Need to Try

9 offbeat chicken, beef and pork cuts that deserve your love



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In honor of the Olympics, this month we're bringing you gold medal coverage of [The Best of the Best](#).

Forget what you've heard: The first cut is not the deepest. You'll want to go further—past the tired chicken breasts and rib eyes—to get to the good stuff.

Meat off-cuts (as the scrappier parts are often called) of chicken, beef and pork are a chef's best friends, and as more "whole-animal" and "nose-to-tail"

restaurants open by the minute, it's time you get acquainted with them as well. Oh, and did we mention that these off-cuts are usually less expensive than their fancy counterparts? Here are nine cuts that chefs can't stop talking about and how you can cook with them, too.



PORK

📍 Pig head

No matter which coast you live on (Midwest included), chefs are using their heads when it comes to pork. You can get a full pig's head at [Sauvage](#) in Brooklyn and [Cockscomb](#) in San Francisco, and even [roasted pig face](#) topped with a sunny-side-up egg at [Girl & the Goat](#) in Chicago.

How to use it: Headcheese, while not dairy, is noggin for sure. You'll need a [large pot](#) but not many other ingredients beyond that, to make your own charcuterie that will make for your best [banh mi](#) yet.

