

## Lamb and Variety Meat Retail Identification Cuts<sup>1</sup>

Brian Estevez, Chad Carr, and Larry Eubanks<sup>2</sup>

Lamb and Variety Meat Retail Identification Cuts includes all of the lamb and variety meat cuts, primals, and cooking methods that are included in the Florida 4-H Meat Judging Contest. This contest, coordinated by the Florida 4-H Animal Sciences program, develops life skills through activities related to the processing of beef, pork, and lamb, including retail identification, meat quality factors, and cooking methods.

- 1. This document is 4HASP03, one of a series of the 4-H Youth Development Department, UF/IFAS Extension. Original publication date December 2017. Visit the EDIS website at http://edis.ifas.ufl.edu.
- 2. Brian Estevez, Extension agent II, 4-H Youth Development Department, UF/IFAS Extension Escambia County; Chad Carr, associate professor, state meat Extension specialist; and Larry Eubanks, coordinator of research programs, Department of Animal Sciences; UF/IFAS Extension, Gainesville, FL 32611.

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## **Lamb Retail Identification Cuts**

**Breast** 







Leg



American Style



**Center Slice** 



**Frenched** Style =



Leg Roast (Bnls)



**Sirloin Chop** 



Sirloin Half

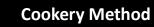
Loin



**Loin Chop** 



**Loin Roast** 









**Rib** 



**Rib Chop** 



**Rib Chop** (Frenched)



**Rib Roast** 



**Rib Roast** (Frenched)

**Various** 

Shoulder



**Arm Chop** 



**Blade Chop** 



Square Cut (Whole)



## **Variety Meat Retail Identification Cuts**

Heart/ **Kidney** 



**Beef Heart** 



**Pork Heart** 



**Lamb Heart** 



**Beef Kidney** 



**Pork Kidney** 



**Lamb Kidney** 

Liver/

**Oxtail** 



**Beef Liver** 



**Pork Liver** 



**Lamb Liver** 



Oxtail

Tongue/ **Tripe** 



**Pork Tongue** 



**Lamb Tongue** 



**Tripe**