**Lamb and Variety Meat Retail Identification Cuts**

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*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.

Species: Lamb

Breast

Ribs (Denver Style), dry/moist

Leg

American Style, dry

Center Slice, dry

Frenched Style, dry

Leg Roast (Bnls), dry

Sirloin Chop, dry

Sirloin Half, dry

Loin

Loin Chop, dry

Loin Roast, dry

Rib

Rib Chop, dry

Rib Chop (Frenched), dry

Rib Roast, dry

Rib Roast (Frenched), dry

Shoulder

Arm Chop, dry/moist

Blade Chop, dry/moist

Square Cut (Whole), dry/moist

Various

Shank, moist

Variety Meat

Heart/Kidney

Beef Heart, dry/moist

Pork Heart, dry/moist

Lamb Heart, dry/moist

Beef Kidney, dry/moist

Pork Kidney, dry/moist

Lamb Kidney, dry/moist

Liver/Oxtail

Beef Liver, dry/moist

Pork Liver, dry/moist

Lamb Liver, dry/moist

Beef Oxtail, moist

Tongue/Tripe

Beef Tongue, dry/moist

Pork Tongue, dry/moist

Lamb Tongue, dry/moist

Beef Tripe, moist