**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