

Lamb and Variety Meat Retail Identification Cuts¹

Brian Estevez, Chad Carr, and Larry Eubanks²

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.

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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



Ribs (Denver Style)

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Leg



American Style



Center Slice



Frenched Style



Leg Roast (Bnls)



Sirloin Chop



Sirloin Half

Loin



Loin Chop



Loin Roast

Cookery Method



Dry



Dry/Moist



Moist

Rib



Rib Chop



Rib Chop (Frenched)



Rib Roast



Rib Roast (Frenched)

Shoulder



Arm Chop



Blade Chop



Square Cut (Whole)

Various



Shank

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



Beef Tongue



Pork Tongue



Lamb Tongue



Tripe