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.
Lamb Retail Identification Cuts

Breast
- Ribs (Denver Style)

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)

Shoulder
- Arm Chop
- Blade Chop
- Square Cut (Whole)

Various
- Shank

Cookery Method
- Dry
- Dry/Moist
- Moist

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