

Lamb and Variety Meat Retail Identification Cuts¹

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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.

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Lamb Retail Identification Cuts

Breast







Leg



American Style



Center Slice



Frenched Style =



Leg Roast (Bnls)



Sirloin Chop



Sirloin Half

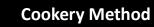
Loin



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