

# Lamb and Variety Meat Retail Identification Cuts<sup>1</sup>

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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



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