



# ATTRA Sustainable Agriculture

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## Lamb Cut Guide for Direct Marketers

| CUT               | ASPECTS OF CUT  | % OF BOX WT. | RELATIVE VALUE* | RECOMMENDATIONS   | QUALITY CONTROL SPECIAL CONSIDERATIONS   |
|-------------------|-----------------|--------------|-----------------|---|--|
| <b>RACK</b>       | French          | 11%          | 175%            | Rib bones cut to specified length; Bone Guard or plastic wrap, double-wrap bone edges   | Clearly displayed loin eye; Continuous fat cover on ribs   |
| <b>SHORT RIBS</b> | Square Cut      | 5%           | 70%             | Square cut  | Maximum square cut size  |
| <b>LOIN CHOPS</b> | Chops           | 10%          | 160%            | 1.5" thickness optimal, 1" minimum; 1/16" to 1/8" perimeter fat; Two, four chops per pack common  | Nicely fit together, ten 1.5" chops per lamb; No sirloin chops—too much bone   |
| <b>LEG</b>        | Bone In Roast   | 30%          | 120%            | "Bone Guard" or Saran covering bone edges   | No tears in packaging where bone is  |
|                   | Bone Out Roast  | 27%          | 140%            | 1/2" netting is best--12 squares per 4.5" diameter; Roast rolled with fell up**   | Netting size; Fell-correct placement**   |
|                   | Leg Steaks      | 25%          |                 | 1" thick  | 1.5" is too thick—legs are lean  |
| <b>SHOULDER</b>   | Bone In Roasts  | 23%          | 115%            | "Bone Guard" or plastic wrap, double-wrap bone edges  | No popped seals or packaging torn by bone  |
|                   | Bone Out Roasts | 20%          | 125%            | Trim out connective tissue and "tough fat"; 1/2" or "12 square" netting best  | Fell correct placement**;<br>Netting size  |
|                   | Shoulder Steaks | 15%          | 125%            | 1" to 1.25" thick   |  |
| <b>SHANKS</b>     | Shanks          | 9%           | 100%            | 2 shanks per pack; like pairs, i.e. fore w/fore   |  |
| <b>TRIM</b>       | Lamb Burger     | 15-19%       | 100             | Grind at 32-34° F; Freeze fast without stacking packages; Pack in 1-lb. vacuum pack bags or "rolls"; 3/16" grind screen; 5- or 10-lbs. packs for Food Service | Clearly defined product; Not mushy; No discoloration; No popped seals; More whole muscle = more quality. Consider adding 15% leg or shoulder to trim grind; 85/15 meat-to-fat percentage |
|                   | Stew            | 13-16%       | 105%            | 1" cubes; 1-lb. packs; 5- or 10-lbs. packs for Food Service   | Tight seals, no air pockets  |

\*The relative value of the cut, using trim as a base of 100%.

\*\*The "fell" is the layer of finish, or fat covering the rolled roast. Packaging with the fell up is attractive presentation and also serves as an ideal vehicle to simmer herbs and spices into the meat.

\*\*\*Advantages of "roll" or "chub" packaging include higher vacuum (60 bar vs. 18 bar), faster freeze down, display advantages, thicker mil.

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