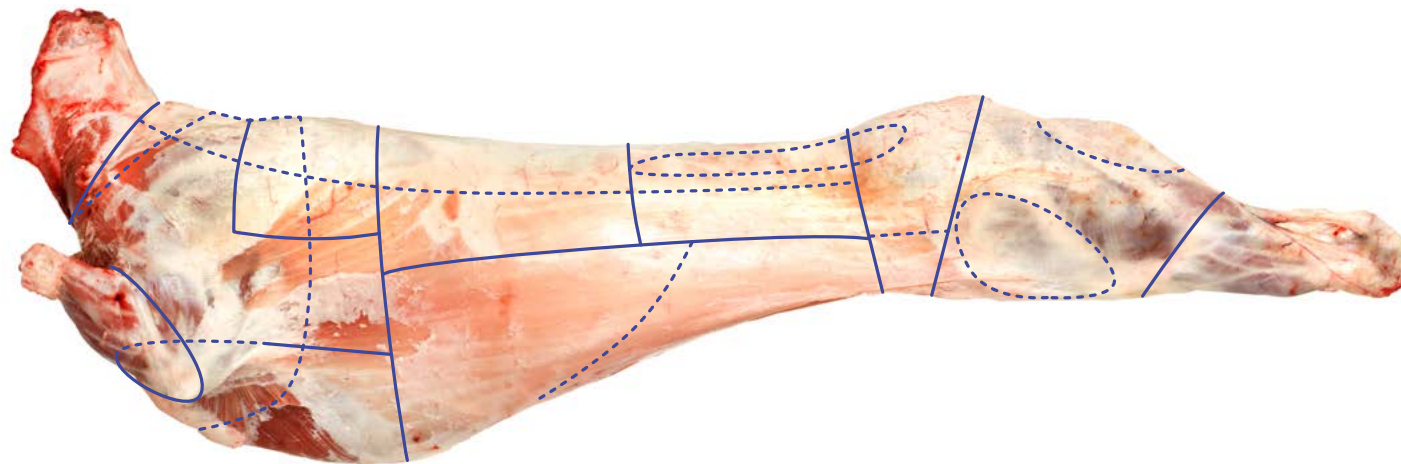




Lamb – Practical – Level 2

Cutting lamb primal cuts into basic retail and foodservice cuts



Introduction

Welcome to the AHDB Beef and Lamb Education Programme, lamb – Level 2, which focuses on cutting lamb primal cuts into basic retail and foodservice cuts.

Each primal cut can be cut into different retail and foodservice cuts.

Starting with the leg right through to the breast, this brochure includes detailed step by step instructions.

Each stage is shown with both written and photographic instruction, which will provide you with the required knowledge you will need to pass this particular level.

Once you have successfully completed this level, the next level covers cutting lamb primal muscles into advanced retail and foodservice cuts, which involves a lot of seam butchery techniques.

Good luck!

Dick van Leeuwen



You are expected to be able to do and know the following:

- To be able to cut each primal muscle into the retail and foodservice cuts as illustrated in this manual by following natural seams where possible and without cutting unnecessarily into muscles. You are allowed to refer to the cutting specifications.
- Preparing the cuts without any unnecessary cuts/ stab marks or damage to the muscles.
- Cuts should be without bone dust, stringing of joints should be even and tidy, steaks should be of even thickness.
- Minimise wastage by removing gristle, connective tissue and fat cleanly without wasting good meat.
- Recognise and know the names of the primal and retail/foodservice cuts featured.

Note: Learn to do the job properly and accurately in the first place and speed will follow with practice. It is more difficult to loose bad cutting habits later!




Exam requirement:




































- On the day of the examination the examiner will select a Short Fore, Middle and a Pair of Legs of lamb.
- The examiner will present you with 9 printed copies of cutting specifications from this manual (3 for each primal cut) to produce retail or foodservice cuts.
- You need to be able to do this in a reasonable time, taking into account all the requirements previously stated.



Lamb carcass classification

Carcass assessment addresses conformation and fat. Fat cover is assessed as described on a scale of 1-5 with class 1 being extremely lean and class 5 being extremely fat. Classes 3 and 4 are divided into low (L) and high (H).

 The Quality Standard Mark Scheme stipulates specific carcass classifications for lamb. Fat Class 2-3H Conformation E-O, the optimum classification for better meat yield. (See right)*

		Fat class increasing fatness →						
		1	2	3L	3H	4L	4H	5
Conformation Class	E							
	U							
	R							
	O							
	P							



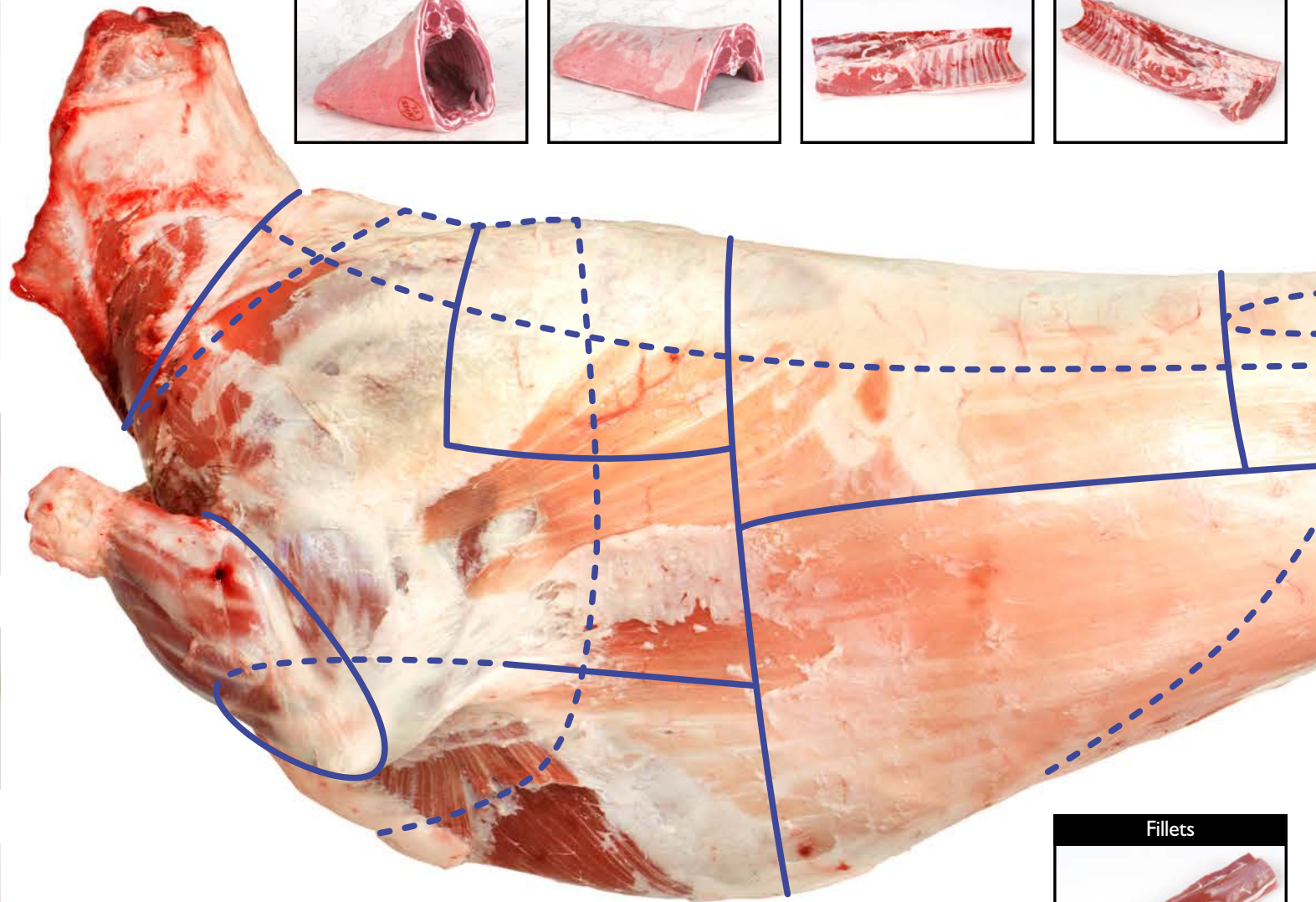
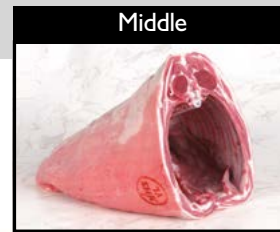
BEEF & LAMB

*Carcasses within the following parameters can carry the Quality Standard Mark.

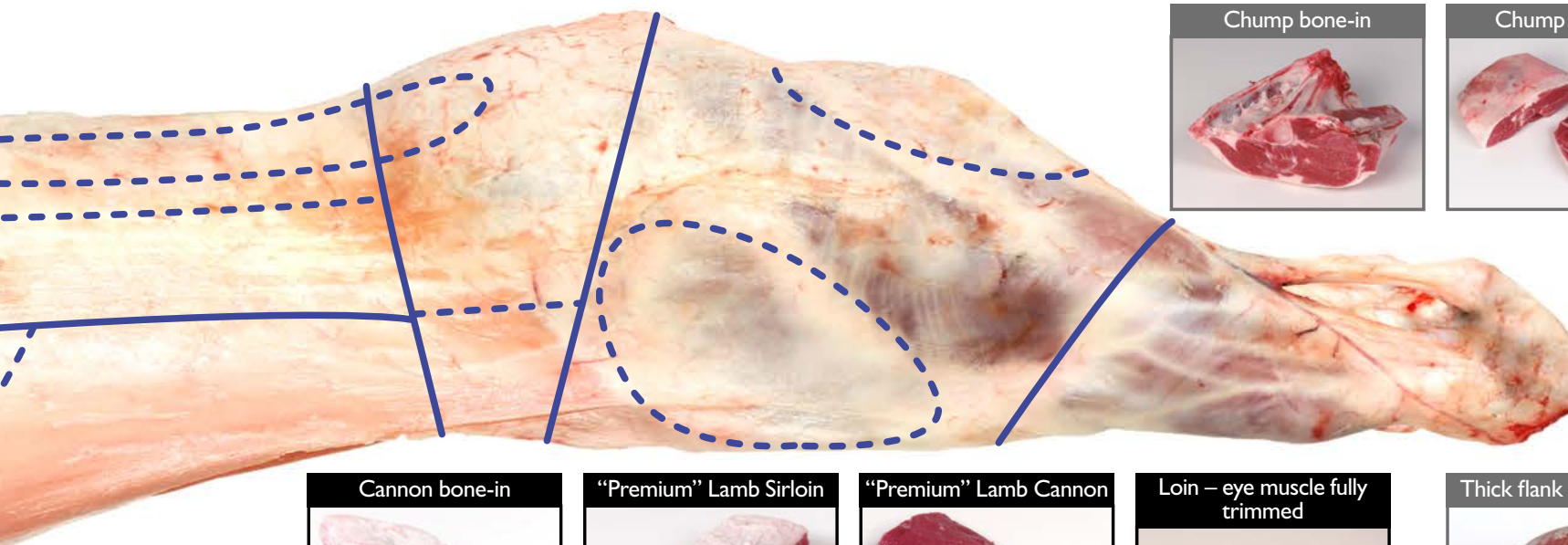
- Females must have no permanent incisors and neither have been used for breeding or pregnant, ie, nulliparous and not pregnant.
- Castrated and entire males must have no permanent incisors.
- Carcasses must have a fat class of between 2–3H and have a conformation of between E–O. An equivalent to classification is acceptable for plants not grading lamb.
- Carcasses of any acceptable animal slaughtered during the period from 1 January through to 30 April of any year and born before 1 October of the previous year must be subjected to a minimum of 7 days maturation (and ideally 10 days) from slaughter to the final consumer. Alternatively one of the post-slaughter processes to enhance tenderness as outlined in 'AHDB Beef and Lamb Guidance to Meat Quality' can be used, ie, Aitch bone suspension or electrical stimulation.



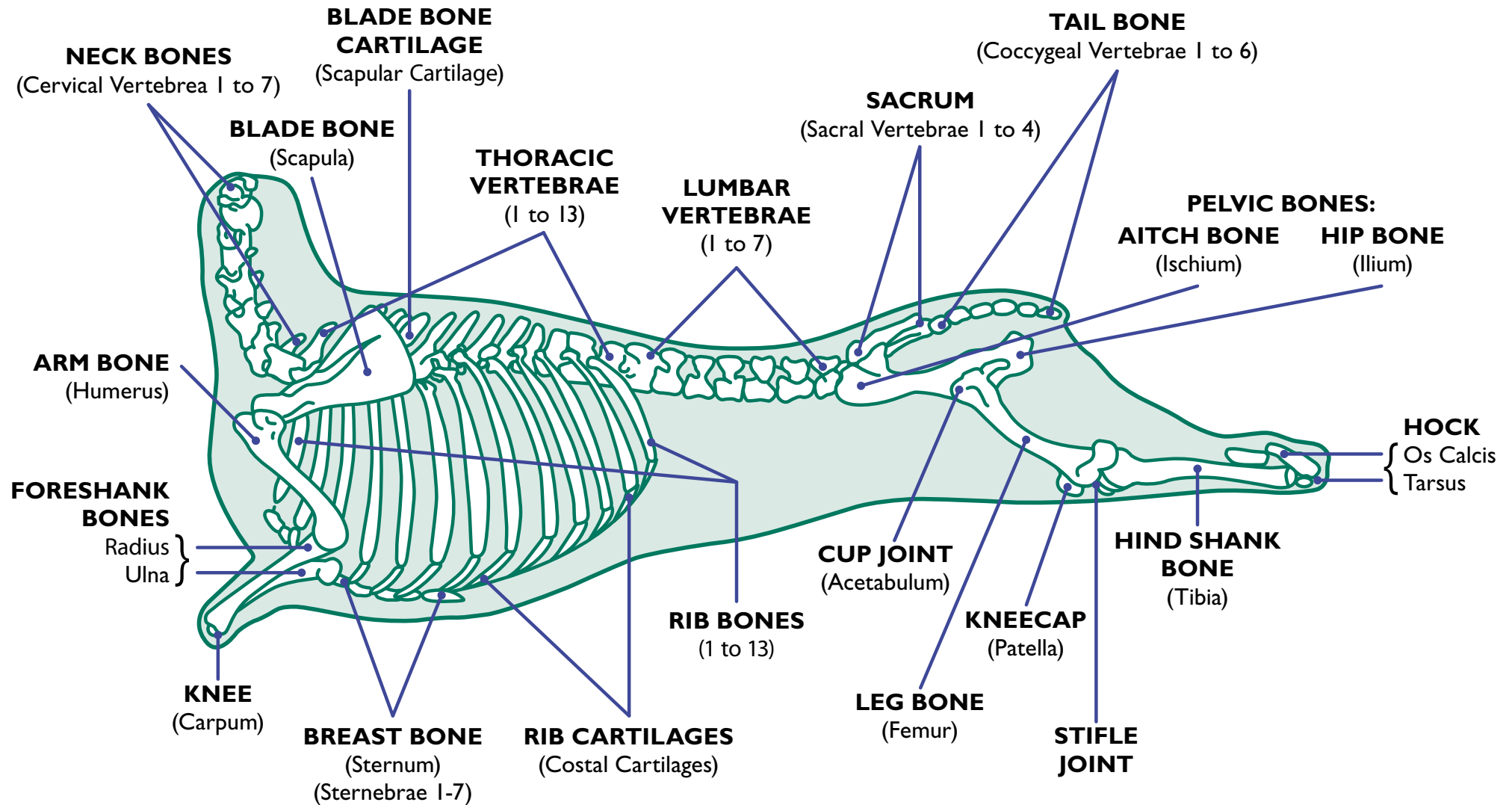
Quality Standard lamb – Primal Cuts



Quality Standard lamb – Primal Cuts



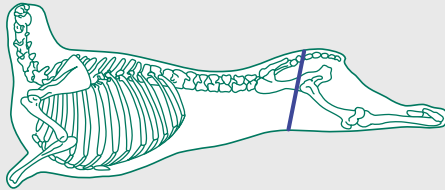
Lamb Bone Structure



Leg - Carvery without chump

Code:

Leg L003



1. Position of the leg without the chump.

2. Remove the leg and chump by cutting between the last two lumbar vertebrae.

3. Leg and chump internal view.

4. Leg and chump external view.



5. Remove the chump by cutting in a straight line 20mm from the tip of the aitch bone.

6. Leg without chump.

7. Remove the tail...

8. and aitch bone.



Leg - Carvery without chump - continued

Code:

Leg L003



9. Remove knuckle bone.



10. Trim off excess fat.



11. Carving leg – internal view.



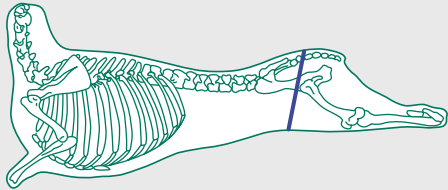
12. Carving leg – external view.



Leg Joints (traditional)

Code:

Leg L006



1. Position of the leg.



2. Remove the legs and chumps from the carcass, cutting between the last two lumbar vertebrae.



3. Split legs by cutting through the natural seam joining them.



4. Remove the chump by cutting and sawing along the line illustrated.



5. Remove the knuckle bone.



6. Cut the leg into two by cutting and sawing as illustrated.



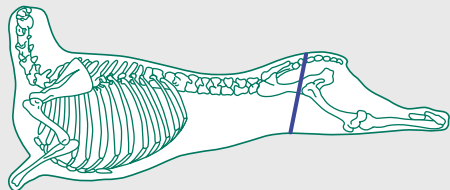
7. Fillet leg end (left) and knuckle leg end (right) ready for sale.



Leg (boned and rolled)

Code:

Leg L007



1. Position of the leg.



2. Leg without chump.



3. Remove the knuckle by cutting through the joint.



4. Remove the aitch bone.



5. Remove the leg bone (femur) and kneecap (patella) by tunnel boning.



6. Trim off excess fat.



7. Roll and tie securely with string at regular intervals.



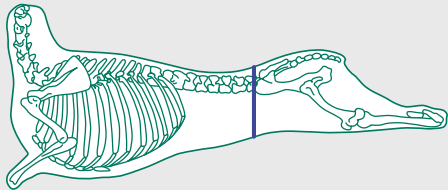
8. Boned and rolled leg prepared to specification.



Leg - Carvery French-trimmed, with chump

Code:

Leg L004



1. Position of leg and chump.



2. Remove the legs and chumps from the carcass, cutting between the last two lumbar vertebrae.



3. Split legs by cutting through the natural seam joining them.



4. Remove the aitch and tail bone and trim off excess fat, gristle and connective tissue.



5. Remove the knuckle bone and larder trim the remaining to expose 40mm.



6. Hold the carvery leg in shape by placing elasticated roasting bands at regular intervals.



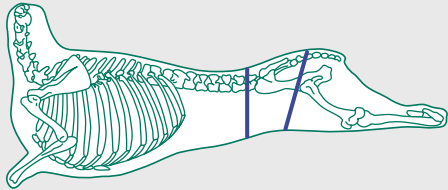
7. The carvery leg prepared and ready for sale.



Chump Steaks (bone-in)

Code:

Leg L020



1. Position of the chump.



2. Remove the chump by cutting and sawing along the line illustrated.



3. Trim off fat deposits and any loosely attached tissues.



4. Cut and saw the trimmed chump into three to four chops depending on the thickness required.

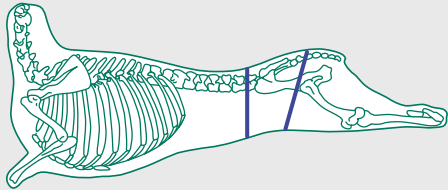


5. Bone-in chops ready for sale.



Chump (boneless)

Code:
Leg L009



1. Position of the chump.

2. Remove the chump by cutting and sawing in a straight line...

3. from a point 20mm away from the tip of the aitch bone.

4. Bone-in chump.



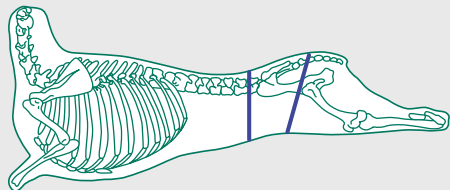
5. Boneless chump.



Chump Steaks (boneless)

Code:

Leg L021



1. Position of the chump.



2. Remove the chump by cutting and sawing along the line illustrated.



3. Trim off fat deposits and any loosely attached tissues.



4. Alternatively remove the bone from the chump.



5. Trim off excess fat, gristle and connective tissue.



6. Slice the boneless chump into three to four steaks depending on the thickness required.



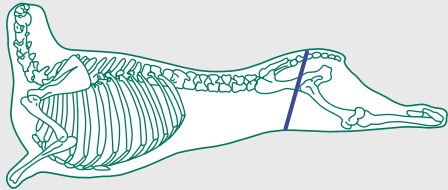
7. Boneless steaks prepared and ready for sale.



Leg Steaks

Code:

Leg L017



1. Position of leg without chump.



2. Remove the aitch bone taking care not to cut into the underlying muscles.



3. Remove the knuckle by a straight cut.



4. Remove the topside muscle by cutting along the seam between it and the rest of the leg.



5. Remove the femur and patella taking care not to cut into the underlying muscles.



6. Remove gristle and connective tissue. Maximum fat level 5mm.



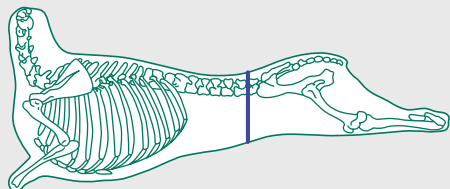
7. Cut into steaks of even thickness.



“Premium” Lamb Leg Steaks

Code:

Leg L016



1. Position of leg and chump.



2. Leg and chump.



3. Leg and chump.



4. Separate topside muscles by following the natural seam.



5. Topside.



6. Remove excess fat, gristle and connective tissue. Maximum fat thickness 5mm.



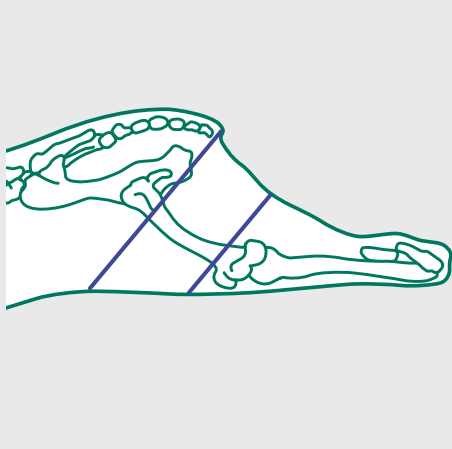
7. Cut into steaks.



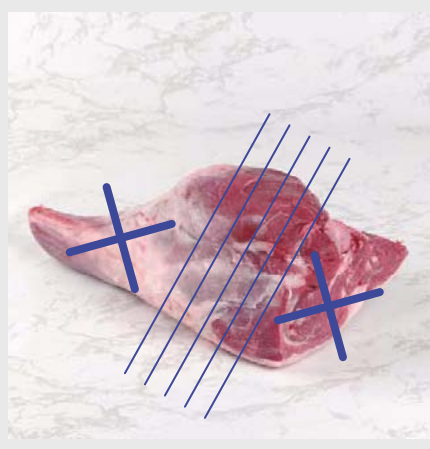
Leg Steaks (bone-in)

Code:

Leg L019



1. The femur section of the leg should be used and should only include the narrow part of the bone.



2. Cut into 20mm thick steaks.



3. Remove any bone dust, fat deposits and blood particles. Internal or external fat thickness should not exceed 10mm.

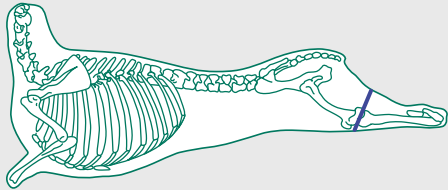


4. Vacuum pack steaks.



Shank (Leg)

Code:
Leg L022



1. Position of the shank.

2. Remove the end of the knuckle bone as illustrated.

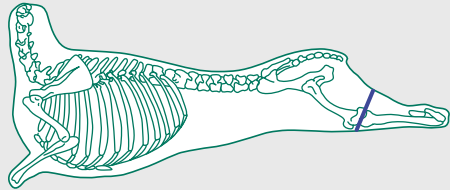
3. Separate the shank from the leg by cutting through the joint.

4. The prepared shank.



Shank (untrimmed)

Code:
Leg L047



1. Position of the shank on the carcase.



2. Leg and chump.



3. Take the leg and chump...



4. and remove the shank by cutting through the joint of the femur and tibia/fibula.



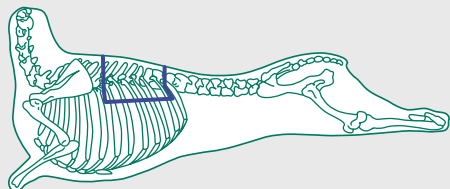
5. Shank (untrimmed).



Cutlets

Code:

Loin L020



1. Position of best end neck.



2. Loin of lamb, only rib section to be used.



3. The breast flanks should not exceed 1 1/2 times the length of the eye muscle.



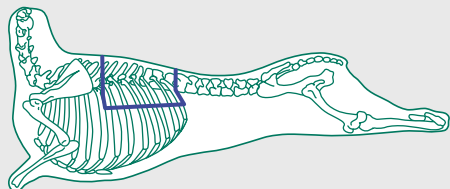
4. Cutlets prepared to specification.



“Premium” French-trimmed cutlets

Code:

Loin L019



1. Remove the best end by cutting between the 6th and 7th ribs and lumbar section after the 13th rib as illustrated.

2. Remove the breast 45 mm from the tip of the eye muscle.

3. Remove chine and feather bones and separate the loins.

4. Remove any bone dust, blade bone cartilage and yellow gristle (backstrap).



5. Trim 20mm of meat/fat away to expose the ribs.

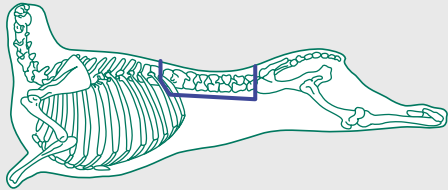
6. Cut in between the ribs to produce “Premium” French-trimmed lamb cutlets.



“Premium” T-bone chops

Code:

Loin L021



1. Position of the loin.

2. Only the lumbar section to be used.
The length of the breast flanks is the same as the length of the eye muscle maximum.

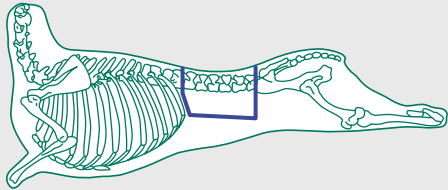
3. Maximum fat thickness 6mm. Prepare chops by cutting between each lumbar vertebra.

4. “Prepared” T-bone chops, trimmed and prepared to specification.



Barnsley Chops

Code:
Loin L018



1. Position of the lumbar section.



2. Remove remaining parts of the ribs from the lumbar section. Trim excess gristle and kidney fat. External fat cover not to exceed 6mm.

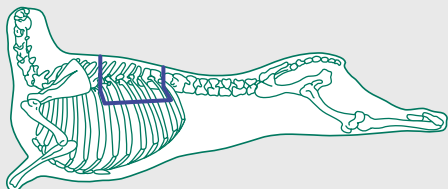


3. The flanks should not overlap each other when folded around the product. The loin to be cut between each vertebra into Barnsley Chops.



Rack – seven-rib

Code:
Loin L010



1. Position of rack.



2. Loin of lamb. Loin tail to be 1½ times the length of the eye muscle.



3. Remove the rib section of the loin.



4. Carefully saw through the rib bones close to the backbone.



5. Then remove the backbone.



6. Remove the thick yellow gristle.



7. French trim the ribs to leave 50mm of bone exposed.



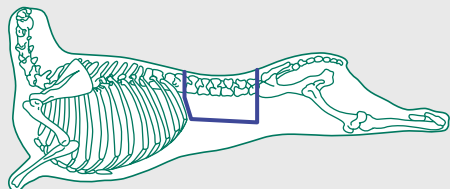
8. Rack prepared and ready for sale.



Short Saddle - de-boned and rolled

Code:

Loin L004



1. Position of the saddle.



2. Cut and saw in straight line between the last cervical and first lumbar vertebrae.



3. Cut and saw in straight line between the last cervical and first lumbar vertebrae.



4. Short saddle trimmed and ready for de-boning.



5. Remove all bones, excess fat, gristle and connective tissue. Roll and tie securely with string at regular intervals.



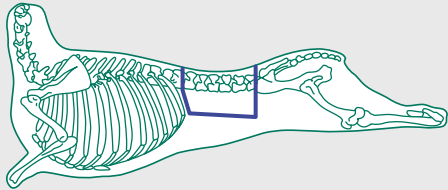
6. Rolled short saddle ready for use. The fillets are left inside the joint.



Fillets

Code:

Loin L026



1. Position of the saddle on the carcass.



2. Bone-in saddle.



3. Remove both fillet muscles.



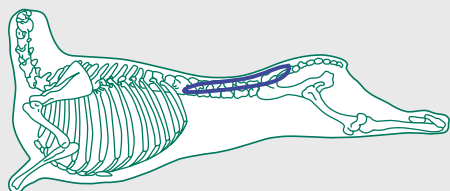
4. Trim fillets of all fat and connective tissue.



Fillet (whole)

Code:

Loin L047



1. Position of the Fillet.

2. Remove the whole fillet from the Loin – with Chump.

3. Whole Fillet with excess fat removed.

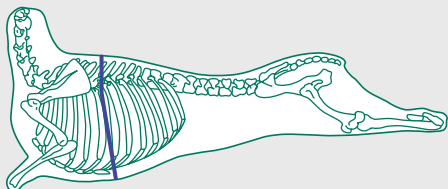
4. Whole Fillet.



Shoulder Traditional - bone-in

Code:

Forequarter L002



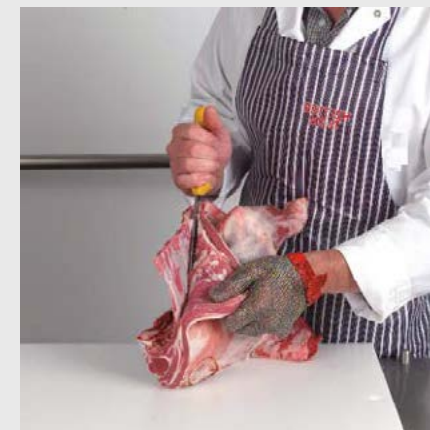
1. Position of the shoulder.



2. Remove the forequarter from the carcass by cutting between the 6th and 7th ribs.



3. Remove the tip of the breast.



4. Sheet bone the ribs and backbone taking care not to cut into the underlying muscles.



5. Leave the neck fillet attached to the neck bones.



6. Remove the knuckle as illustrated.



7. Internal view of prepared shoulder.



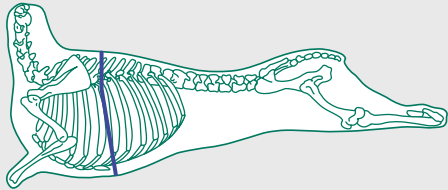
8. External view of prepared shoulder.



Shoulder - half - bone-in

Code:

Forequarter L003



1. Position of the shoulder.



2. Remove the fores from the lamb by cutting and sawing between the 6th and 7th rib bones.



3. Remove the shoulder by cutting down each side of the spinous processes.



4. Then turn the fore over and separate the shoulders using the sheet boning method.



5. Remove backstrap, fat deposits. Depending on requirements either remove or leave the neck fillet muscle attached.



6. Cut the shoulder into two equal pieces by cutting and sawing from the edge of the bladebone (Illustrated) and parallel to the backline of the carcass.



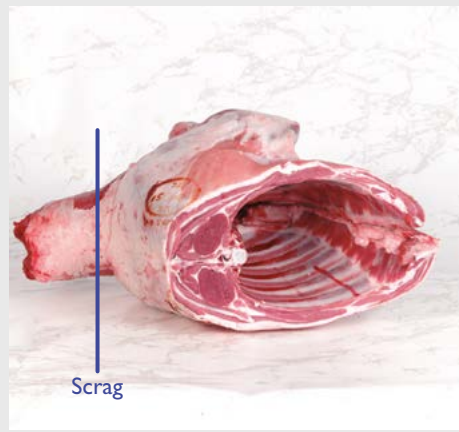
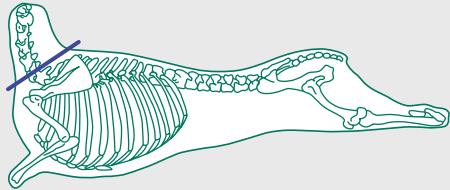
7. The two halves of the shoulder prepared and ready for sale.



Scrag Slices

Code:

Forequarter L005



1. Position of the scrag joint.

2. Short fore.

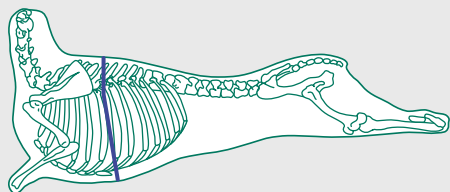
3. Scrag slices.



“Rustic” Lamb Roast

Code:

Forequarter L006



1. The forequarter is to be removed from the carcass between the 6th and 7th ribs.



2. Remove the rib cage by sheet boning.



3. Follow the natural seam to remove...



4. the neck fillet.



5. Trim the knuckle bone as illustrated and remove any excess gristle and blood veins. Internal and external fat thickness not to exceed 10 mm.



6. Cut and saw the remaining shoulder into three or more equal portions.



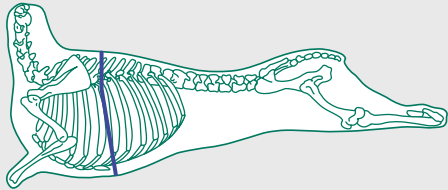
7. Score the fat side to create Rustic Lamb Roasts.



Shoulder - boned and rolled

Code:

Forequarter L007



1. Position of shoulder.



2. Shoulder of lamb.



3. Remove knuckle by cutting through the joint.



4. Carefully remove blade and shoulder bones.



5. Remove excess fat deposits.



6. Roll and tie joint securely with string at regular intervals.



7. Trim both ends.



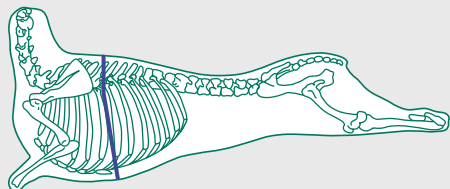
8. Boned and rolled shoulder, ready for sale.



“Premium” Shoulder - Carvery Roast

Code:

Forequarter L008



1. Position of shoulder.



2. Shoulder of lamb.



3. French trim the knuckle to expose 25mm of clean bone.



4. Remove the blade bone...



5. and humerus but leave the knuckle intact.



6. Trim off any excess fat.



7. Roll and tie securely with string at regular intervals.



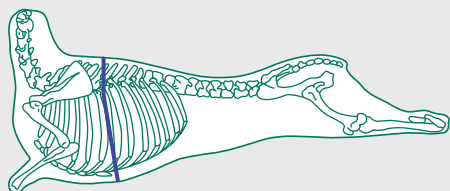
8. Carvery roast (shoulder).



Lamb Victoria Roast / Mini Roast

Code:

Forequarter L009



1. The forequarter is to be removed from the carcass between the 6th and 7th ribs.



2. Remove the shoulder with the neck fillet from the fore by sheet boning.



3. Expose the blade bone of the shoulder.



4. Continue to expose humerus.



5. Separate muscle blocks as illustrated.



6. Remove knuckle and remaining bones. Trim excess fat and gristle.



7. Using string or roasting bands, form each portion into a Lamb Victoria Roast.



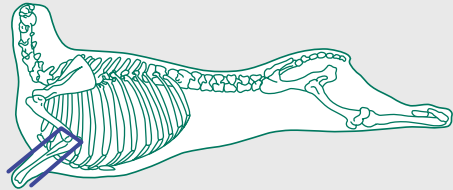
8. Alternatively cut each joint in half to create Mini Roasts.



Knuckle (Shoulder)

Code:

Forequarter L017



1. Position of the lamb knuckle on the carcass.



2. The shoulder is seam cut from the forequarter.



3. Remove the knuckle by cutting through the joint of the humerus and radius/ulna.



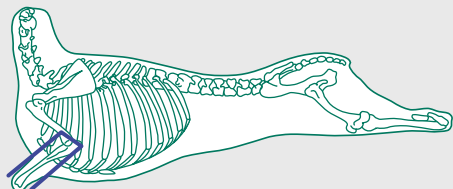
4. Trim excess fat, connective tissue and gristle. Then trim the knuckle to expose 25mm of clean bone.



Knuckle - standard (shoulder)

Code:

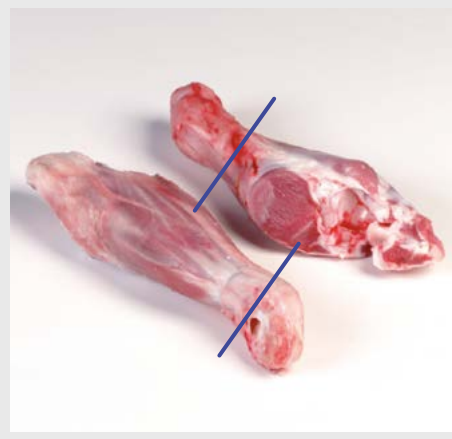
Forequarter L019



1. Position of the knuckle.



2. Remove the knuckle from the shoulder by cutting through the joint.



3. Remove the end of the knuckle bone as illustrated.



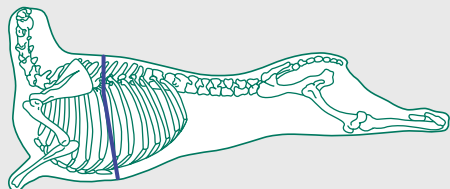
4. The knuckle prepared to specification.



Chunky Neck – chops

Code:

Forequarter L037



1. The forequarter is to be removed from the carcass between the 6th and 7th ribs.

2. The forequarter of lamb.

3. Sheet bone the ribs leaving the neck fillet attached to the bone.

4. Remove the neck in line with the first rib.



5. The rib section can be used for racks or chops.

6. Remove excess fat.

7. Cut neck section into 3 portions.

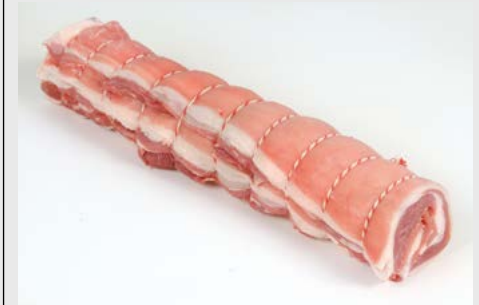
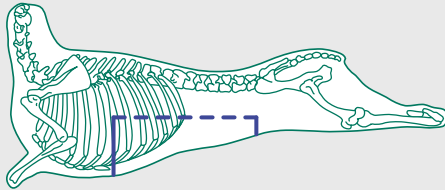
8. Chunky Neck chops.



Boneless Rolled Breasts

Code:

Breast L011



1. Position of the breast.

2. Remove bones and excess fat.

3. 2 breasts laid on top of each other facing opposite sides and are rolled together.

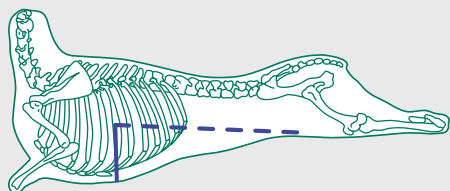
4. Boneless Rolled Breasts.



Lamb Spare Rib

Code:

Breast L012



1. Position of the breast with flank.



2. Only lean breasts are suitable for this cut.



3. Following the line of the soft bones (cartilage) and...



4. ...remove the flank.



5. Trim off excess fat...



6. ...and score the outer side.



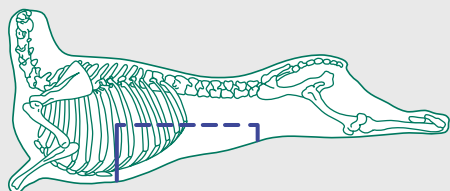
7. Lamb Spare Rib.



Breast – Square cut (boneless)

Code:

Breast L015



1. Position of the breast.

2. Insert the point of the knife between the 6th and 7th ribs and complete the cut as though removing a forequarter.

3. Make a cut from the first point, parallel to the backline of the carcass. Flank tails to be left on the leg.

4. Square cut breasts.



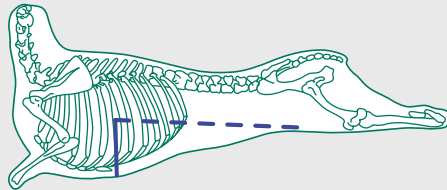
5 Remove rib bones and cartilage by sheet boning.



Breast with flank (boneless)

Code:

Breast L016



1. Position of the breast with flank.

2. Insert the point of the knife between the 6th and 7th ribs and complete the cut as though removing a forequarter.

3. Make a cut from the first point, parallel to the backline of the carcass.

4. Breasts with flank internal view.

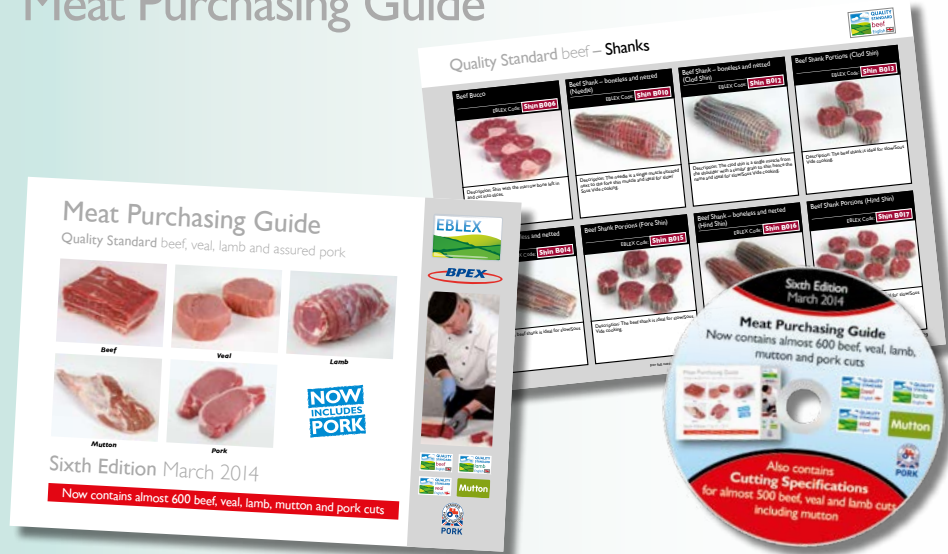


5 Remove rib bones and cartilage by sheet boning.



Other useful resources

Meat Purchasing Guide



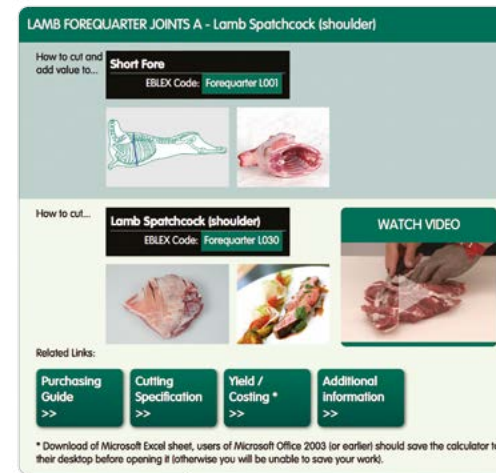
Lamb Yield Guide



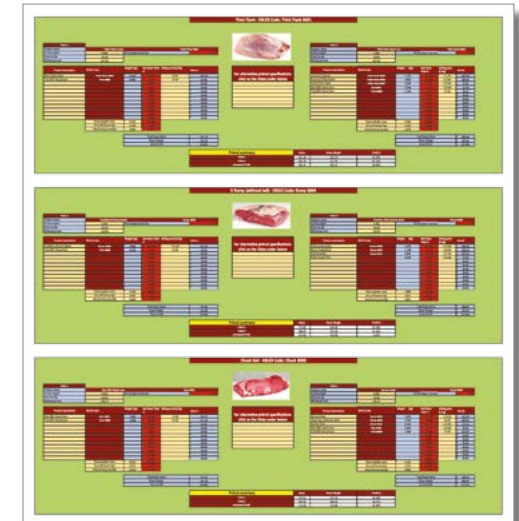
Meat Purchasing Guide App



Butchery videos for a range of lamb cuts



Beef and Lamb Costing/ Yield Calculation Tools



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