Meat Education Programme

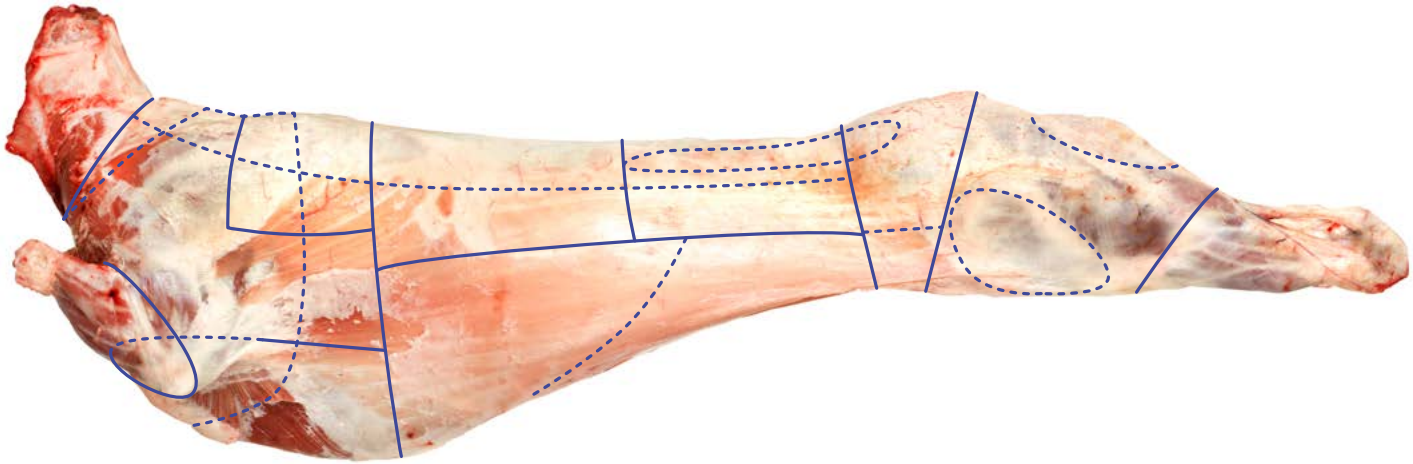
AHDB BEEF & LAMB

PRACTICAL SKILLS

AHDB BEEF & LAMB

Lamb – Practical – Level 1

Cutting a lamb carcase into primal cuts



QUALITY STANDARD lamb English

Introduction

Welcome to the AHDB Beef and Lamb Education Programme, lamb – Level 1, which focuses on cutting a lamb carcase into individual primal cuts.

A lamb carcase can be broken down in various ways to create a range of different primal cuts. We have chosen to break down the carcase into the most common British primal cuts used by processors, foodservice and independent butchers.

This manual includes detailed step by step instructions and 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 the breaking down of these primal muscles into basic 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 understand the basics of carcase classification.
- To produce the primal cuts as illustrated in this manual.
- Avoid making any unnecessary cuts/stab marks or damage to the muscles.
- Recognise and know the names of the primal cuts illustrated.
- Recognise and know the names of the bone structure.
- Although factory butchers will be able to do this job very fast, we recommend a student to complete cutting a lamb carcase into the illustrated individual primal cuts within 1 hour.

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

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Exam requirement:

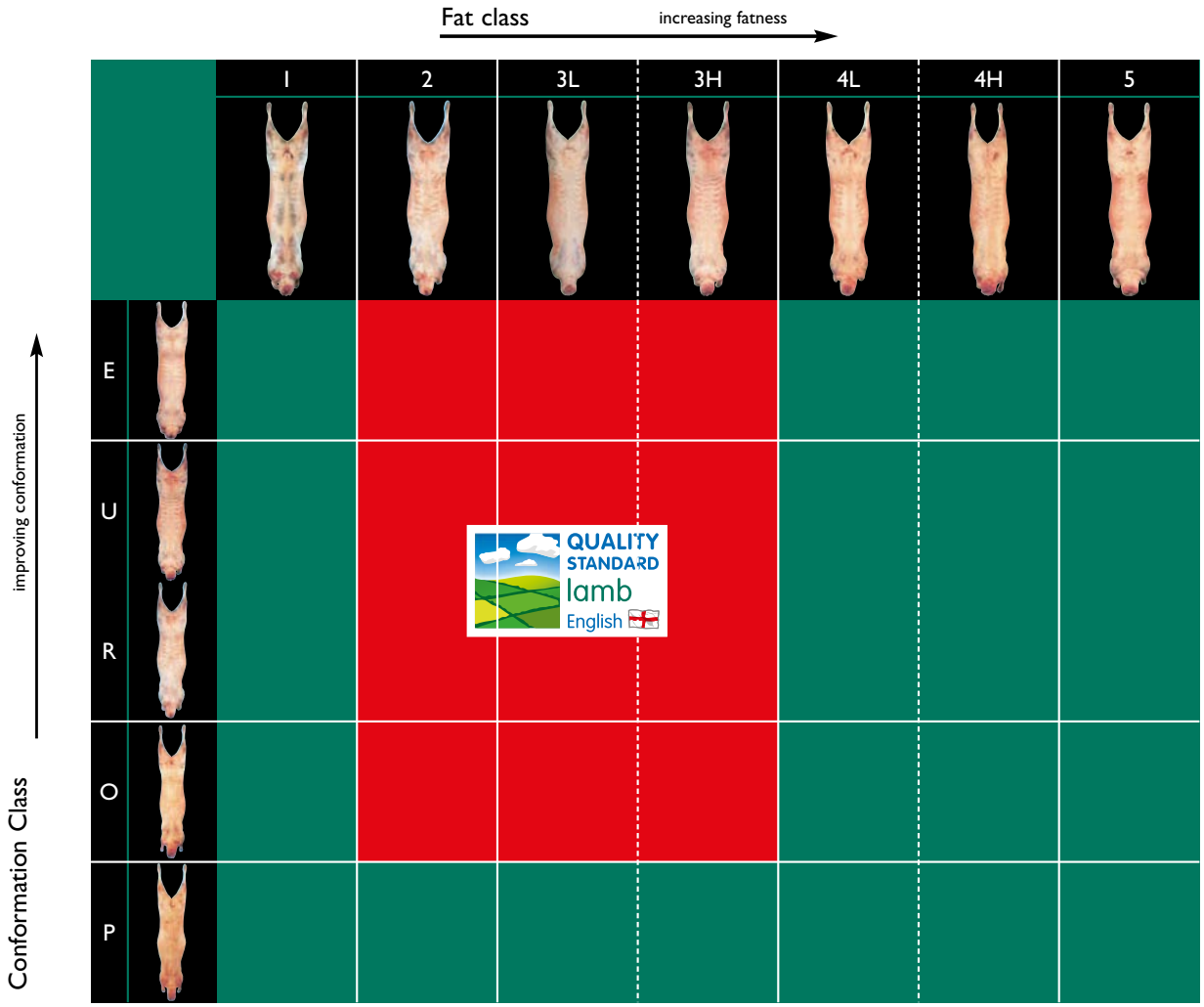
- On the day of the examination the examiner will select a lamb carcase which you need to be able to cut up as illustrated in this manual within one hour.
- You need to be able to do this taking into account all the requirements previously stated.
- You will also be required to answer questions demonstrating an understanding of carcase classification and know the names of muscles, primal cuts and bones.

QUALITY STANDARD lamb English

Lamb carcase classification

Carcase 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 carcase classifications for lamb.
Fat Class 2-3H Conformation E-O, the optimum classification for better meat yield.
(See right)*



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*Carcases 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.
- Carcases 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.
- Carcases 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 English

Quality Standard lamb – Primal Cuts

Short Fore

Single Fore (rib cage removed)

Shoulder

Shoulder traditional bone-in

Scrag Joint

Neck Fillet

Rack – six-rib (shoulder)

Breast Tip

Knuckle

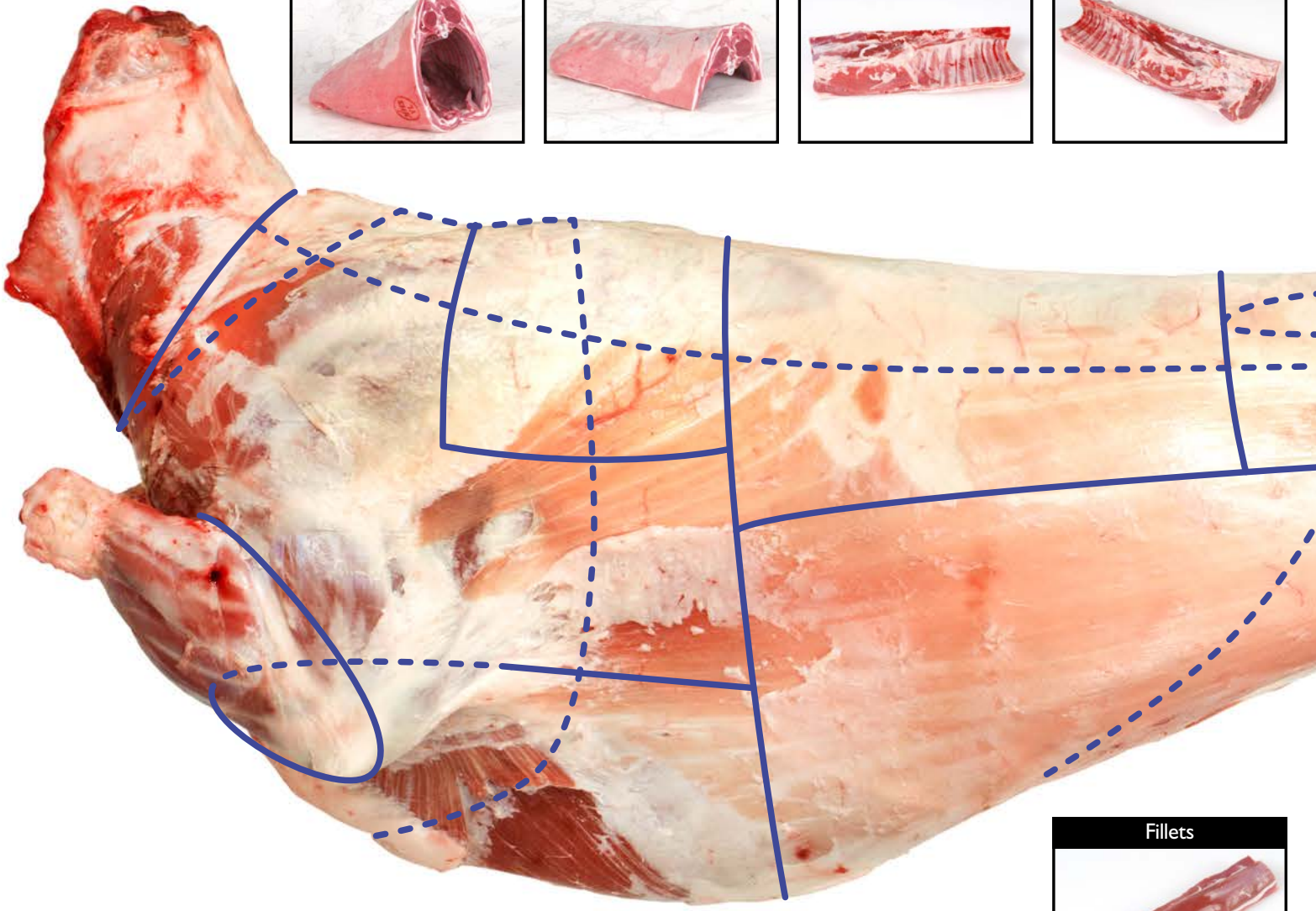
Knuckle Standard Shoulder

Middle

Middle excluding breast

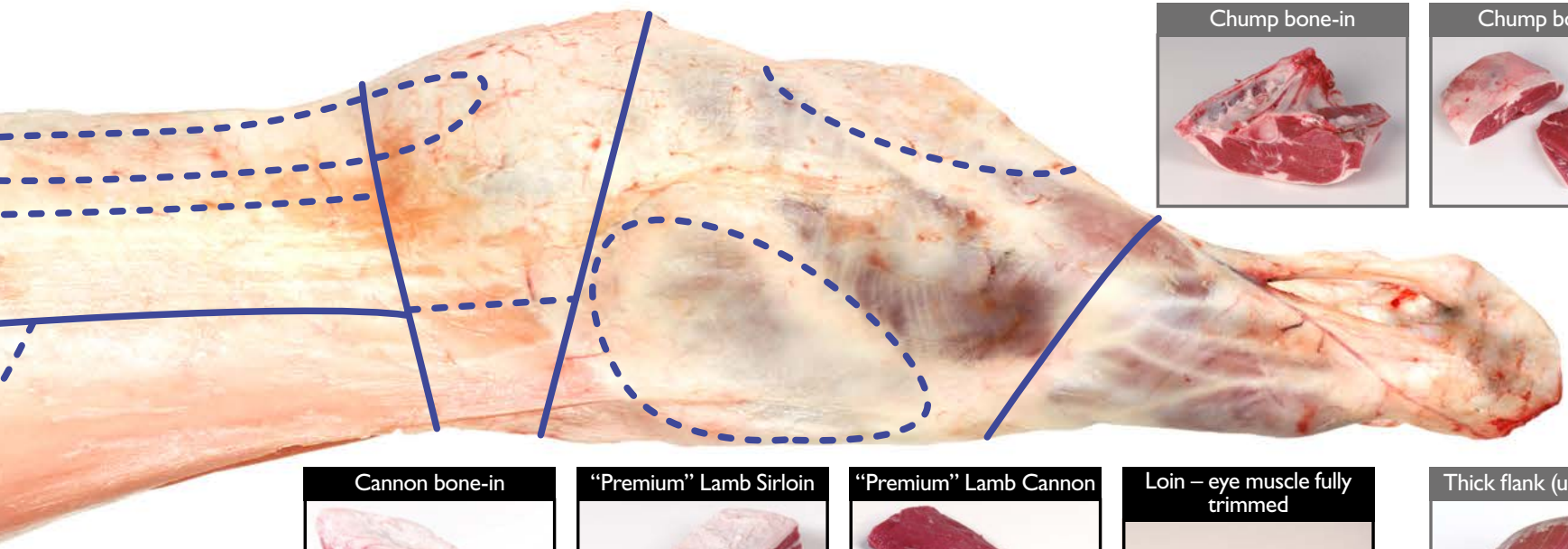
Loin without chump

Loin with chump



Fillets

Quality Standard lamb – Primal Cuts



Best end of neck – short and un-split

Short saddle

Best end of neck – short and split

Rack – seven-rib

Legs with chumps

Leg with chump

Leg without chump

Chump bone-in

Chump boneless

Chump – centre cut

Topside

Cannon bone-in

"Premium" Lamb Sirloin

"Premium" Lamb Cannon

Loin – eye muscle fully trimmed

Thick flank (untrimmed)

Silverside (trimmed)

Breast – with flank

Breast – with flank (boneless)

Breast – square cut

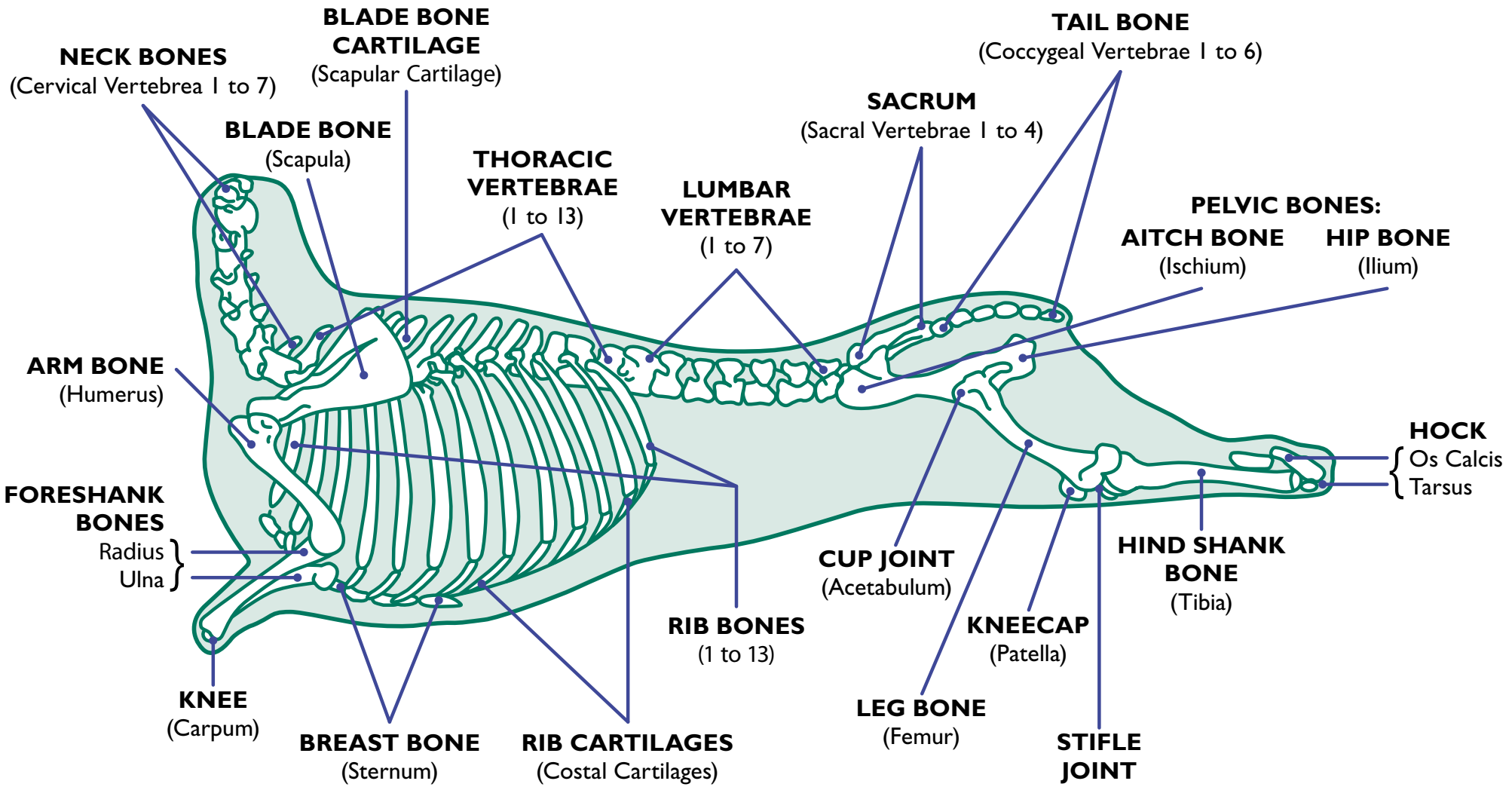
Breast – square cut (boneless)

Lamb Spare Rib

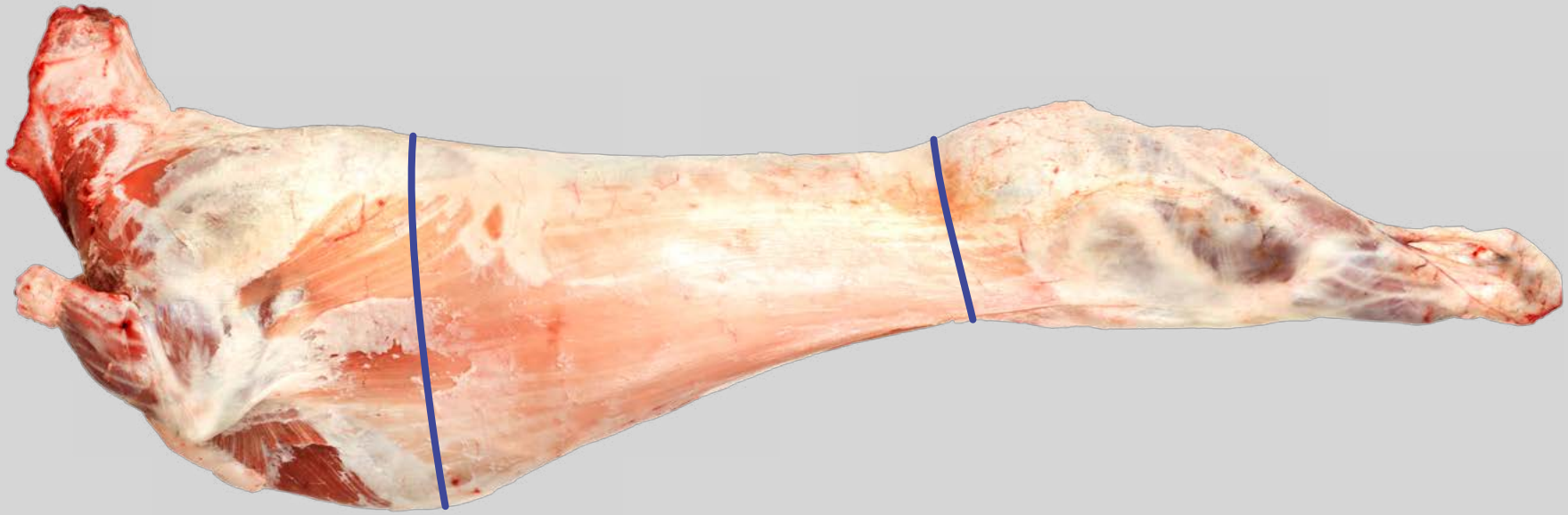
Chateaubriand

Shank

Lamb Bone Structure



Main Primals



Short Fore

Code: **Forequarter L001**

Middle

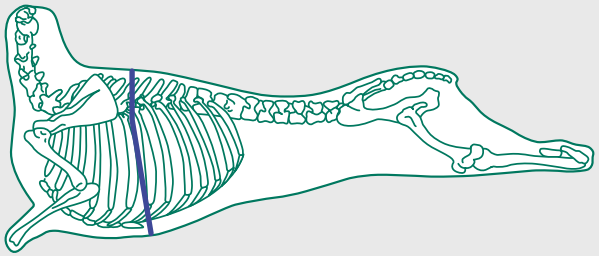
Code: **Loin L001**

Legs with Chumps

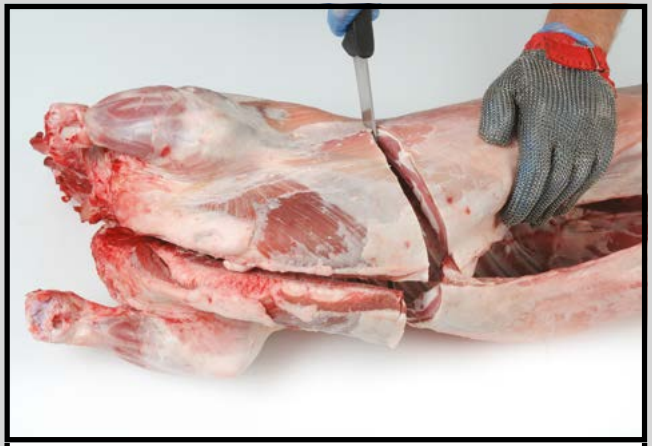
Code: **Leg L029**

Lamb Carcase cut into Primals

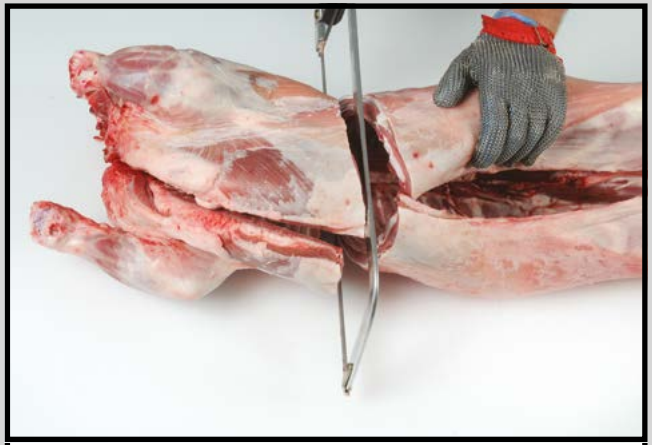
1. Lamb carcase.



2. Position of the short fore removed from the carcase between the 6th and 7th ribs.

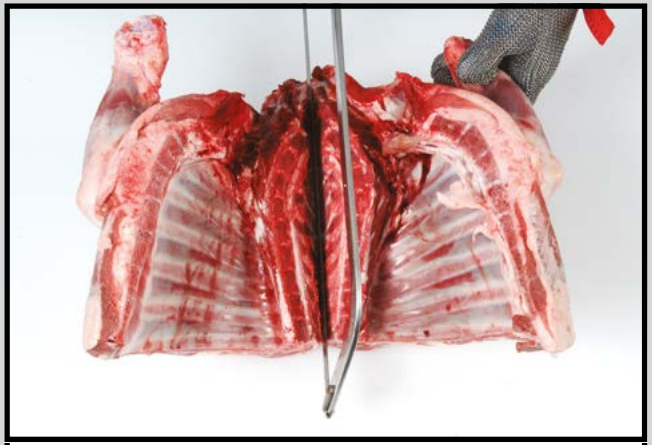


3. Cut between the 6th and 7th rib and through the cartilage part of the breast bone and follow the ribs to the back bone.



4. Saw through the back bone.

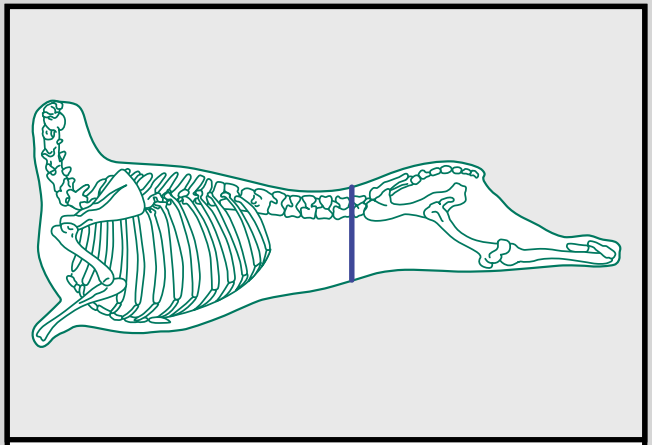
5. Short Fore (6 ribs).
Code: Forequarter L001



6. Saw through the centre of the back and neck bones to split the short fore into single fores.

Lamb Carcase cut into Primals

7. Single Forequarter of lamb.
Code: Forequarter L038



8. Position of the leg with chump.

9. Cut through the cartilage between the last two lumbar vertebrae...

10. ...and follow this line cutting through the flanks and the loin eye muscles.

11. Saw through the bones.

12. Legs with Chumps.
Code: Leg L029

Lamb Carcase cut into Primals

13. The three main primals:
Short Fore **Code:** Forequarter L001
Middle **Code:** Loin L001
Legs with chumps **Code:** Leg L029

14. Starting with the single forequarter.
Code: Forequarter L038

15. Sheet bone the breast, ribs, back and neck bones...

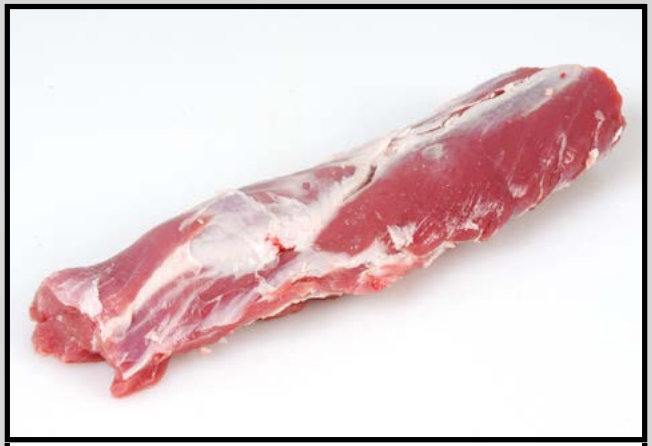
16. ...taking care not to cut into underlying muscles.

17. Remove backstrap...

18. ...excess fat and the neck fillet by following the natural seams.

Lamb Carcase cut into Primals

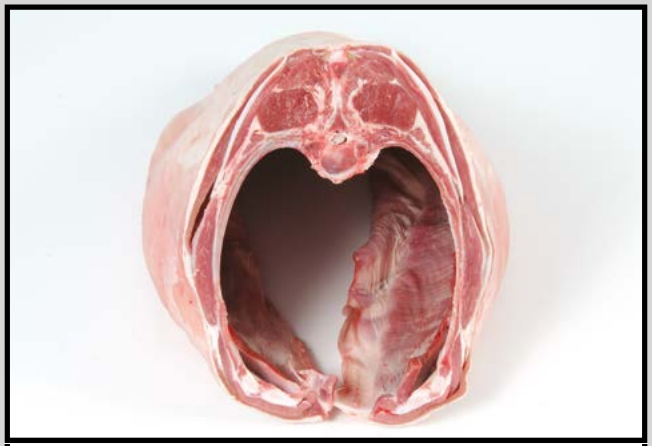
19. Neck Fillet external view.
Code: Forequarter L016



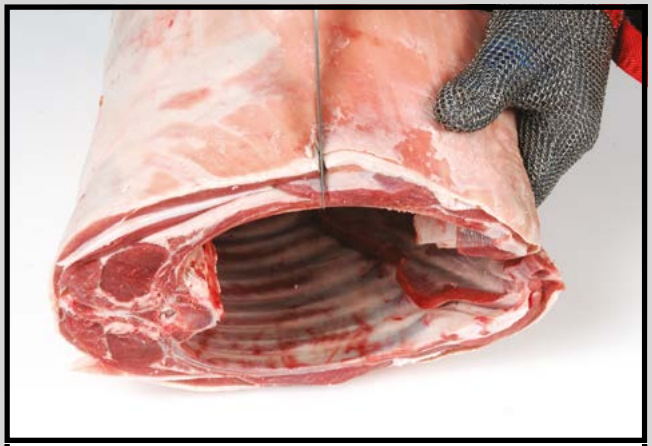
20. Neck Fillet internal view.
Code: Forequarter L016

21. Traditional Shoulder exernal view.
Code: Forequarter L002

22. Traditional Shoulder internal view.
Code: Forequarter L002



23. Middle.
Code: Loin L001

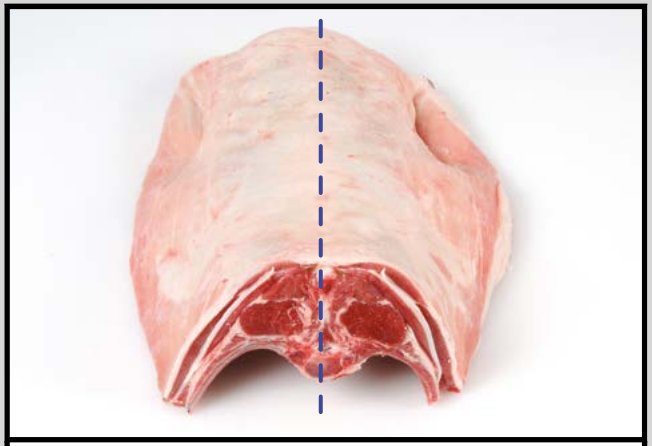


24. Remove the breast flanks a distance equal to 1½ times the length of the eye muscle.

Lamb Carcase cut into Primals

25. Breast – Square cut (boneless).
Code: Breast L015

26. Middle – excluding breast flanks.
Code: Loin L002



27. Saw through the middle of the back bone taking care not to cut into the eye muscle.

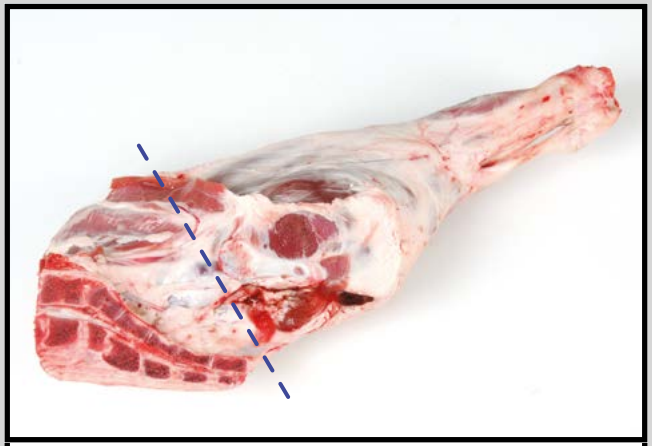
28. Loin without chump.
Code: Loin L009

29. Separate the legs by sawing through the lumbar vertebrae and tail bone.

30. Leg with Chump – external view.
Code: Leg L001

Lamb Carcase cut into Primals

31. Leg with Chump – internal view.
Code: Leg L001



32 Remove the chump by cutting and sawing in a straight line from a point 20mm from the tip of the aitch bone.

33. Chump (bone-in) internal view.
Code: Leg L008

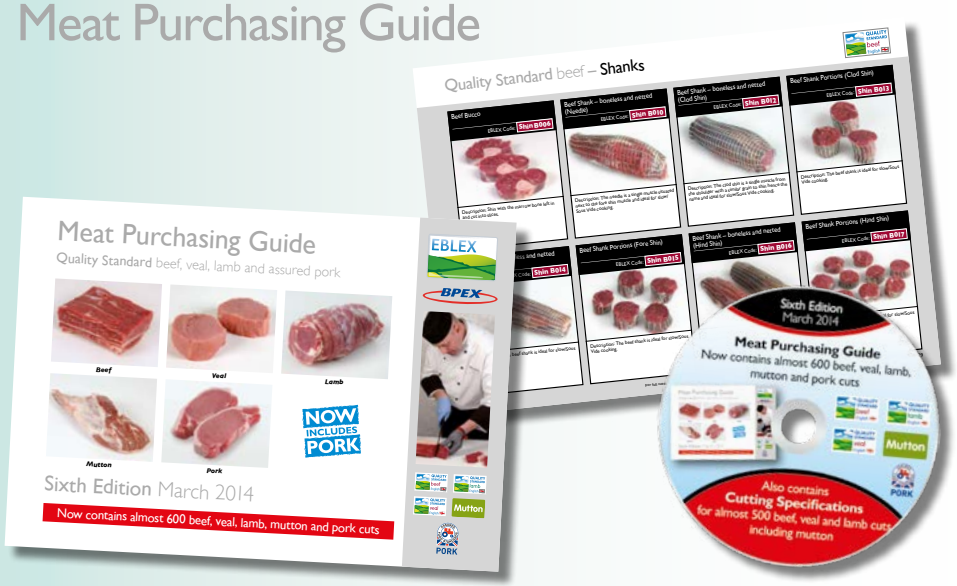
34. Chump (bone-in) external view.
Code: Leg L008

35. Leg – without chump – internal view.
Code: Leg L002

36. Leg – without chump – external view.
Code: Leg L002

Other useful resources

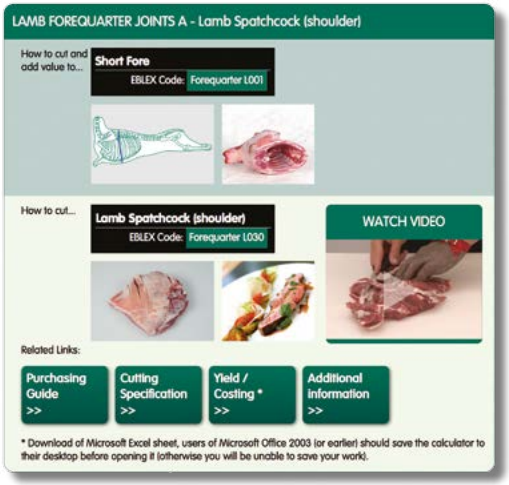
Meat Purchasing Guide



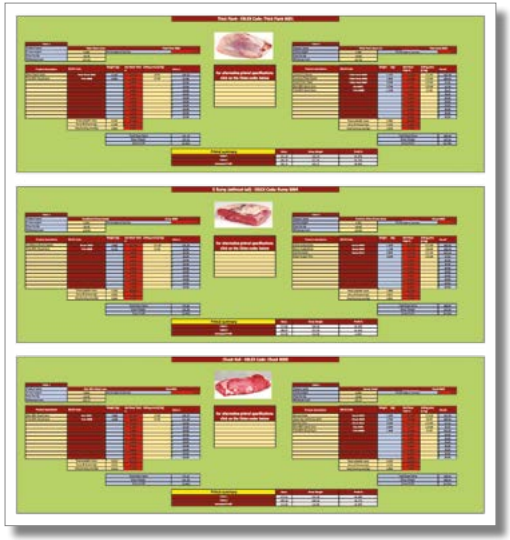
Lamb Yield Guide

Meat Purchasing Guide App

Butchery videos for a range of lamb cuts



Beef and Lamb Costing/ Yield Calculation Tools



To order copies or download these materials, call the scheme hotline **0845 491 8787** or visit **www.qsmbeefandlamb.co.uk**

Rack-seven-rib
Code: Loin L010

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