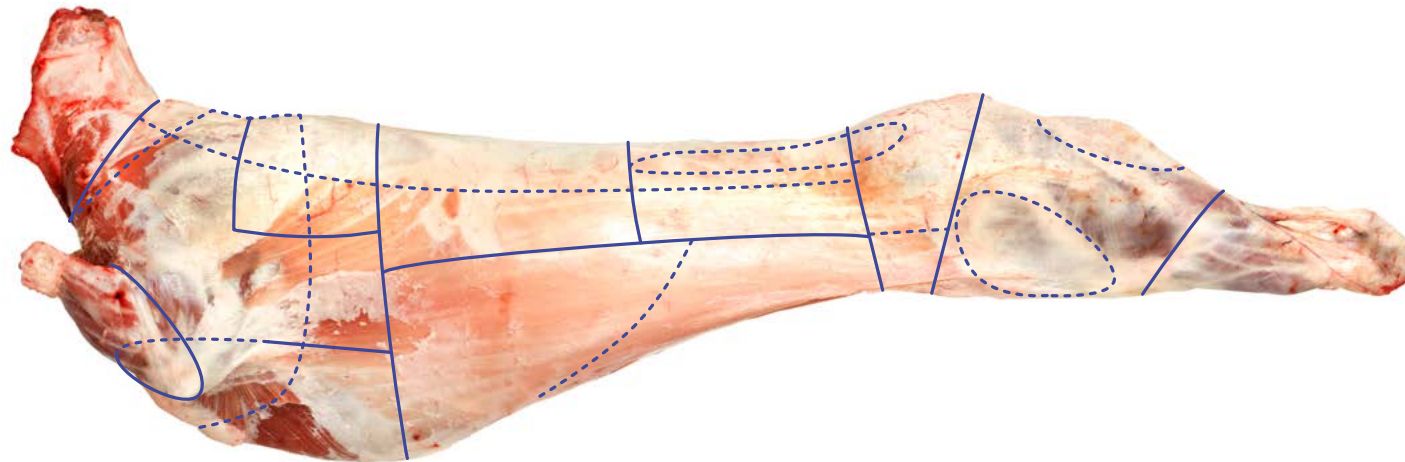




# Lamb – Practical – Level 3

Cutting lamb primal cuts into advanced retail and foodservice cuts



# Introduction

Welcome to the AHDB Beef and Lamb Education Programme, Lamb – Level 3, which focuses on cutting lamb primal cuts into more advanced retail and foodservice cuts.

By using seam butchery, the primal cuts are cut into different retail and foodservice cuts. The benefit of seam butchery is that lamb primals containing more than 1 muscle can be cut into individual muscles or groups of muscles with similar eating qualities and usage. Gristle and connective can then be removed creating cuts which do have a more consistent eating quality.

This brochure includes detailed step by step instructions on how to achieve this.

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.

Dick van Leeuwen



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

- To be able to seam cut the primal cuts into individual muscles or groups of muscles by following the natural seams.
- To be able to recognise the direction of the grain of the meat.
- To understand that within certain muscles we can have a range of tenderness levels and certain part of these muscles might have to be removed to create consistency in tenderness and eating quality.
- To be able to cut each primal muscle into the retail and foodservice cuts 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, bone splinters, 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 practise. 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 then 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 <span style="float: right;">increasing fatness →</span>						
		1	2	3L	3H	4L	4H	5
Conformation Class	E							
	U							
	R							
	O							
	P							



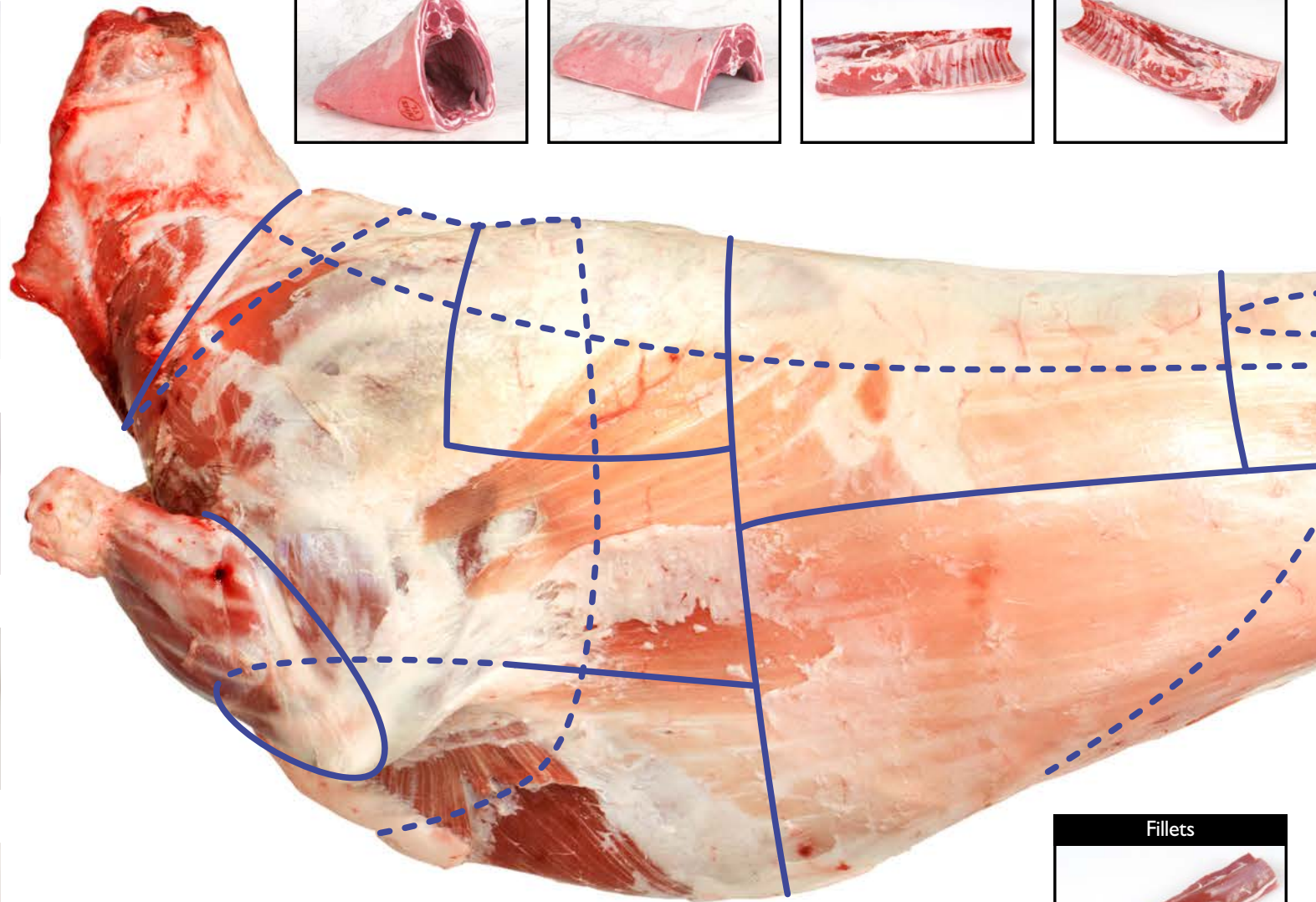
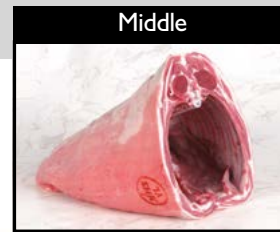
\*Carcasses within the following parameters can carry the Quality Standard Mark.

- 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 'EBLEX Guidance to Meat Quality' can be used, ie, Aitch bone suspension or electrical stimulation.



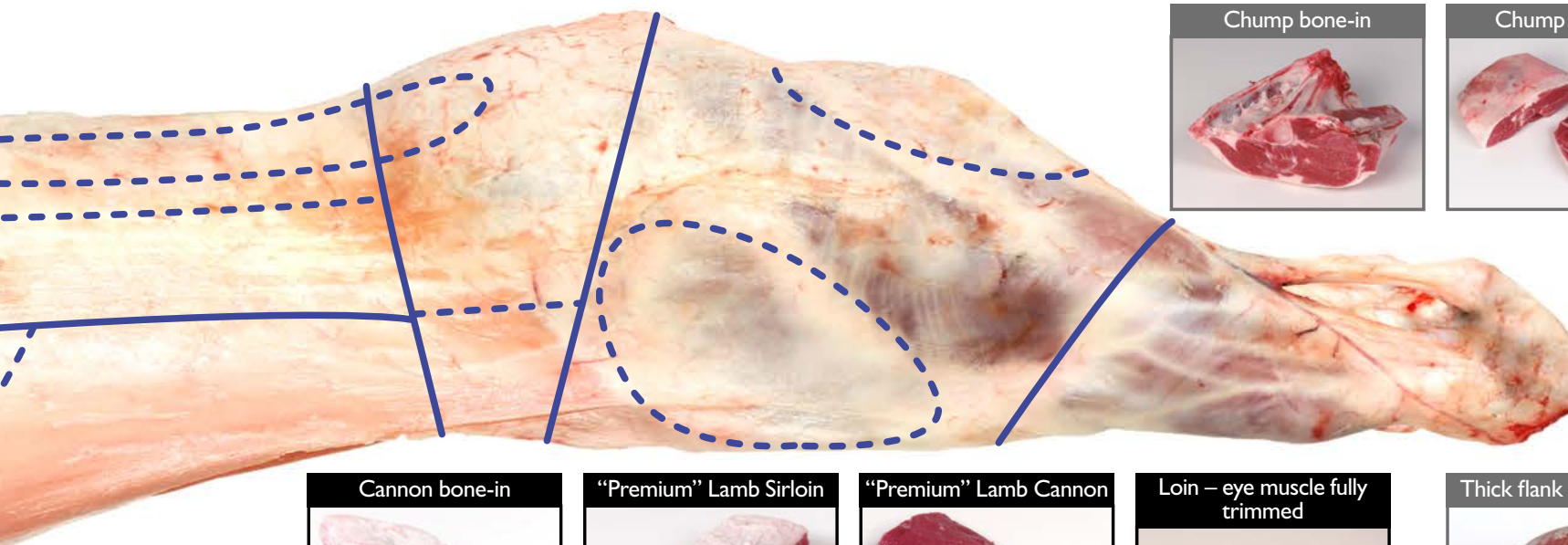


# Quality Standard lamb – Primal Cuts

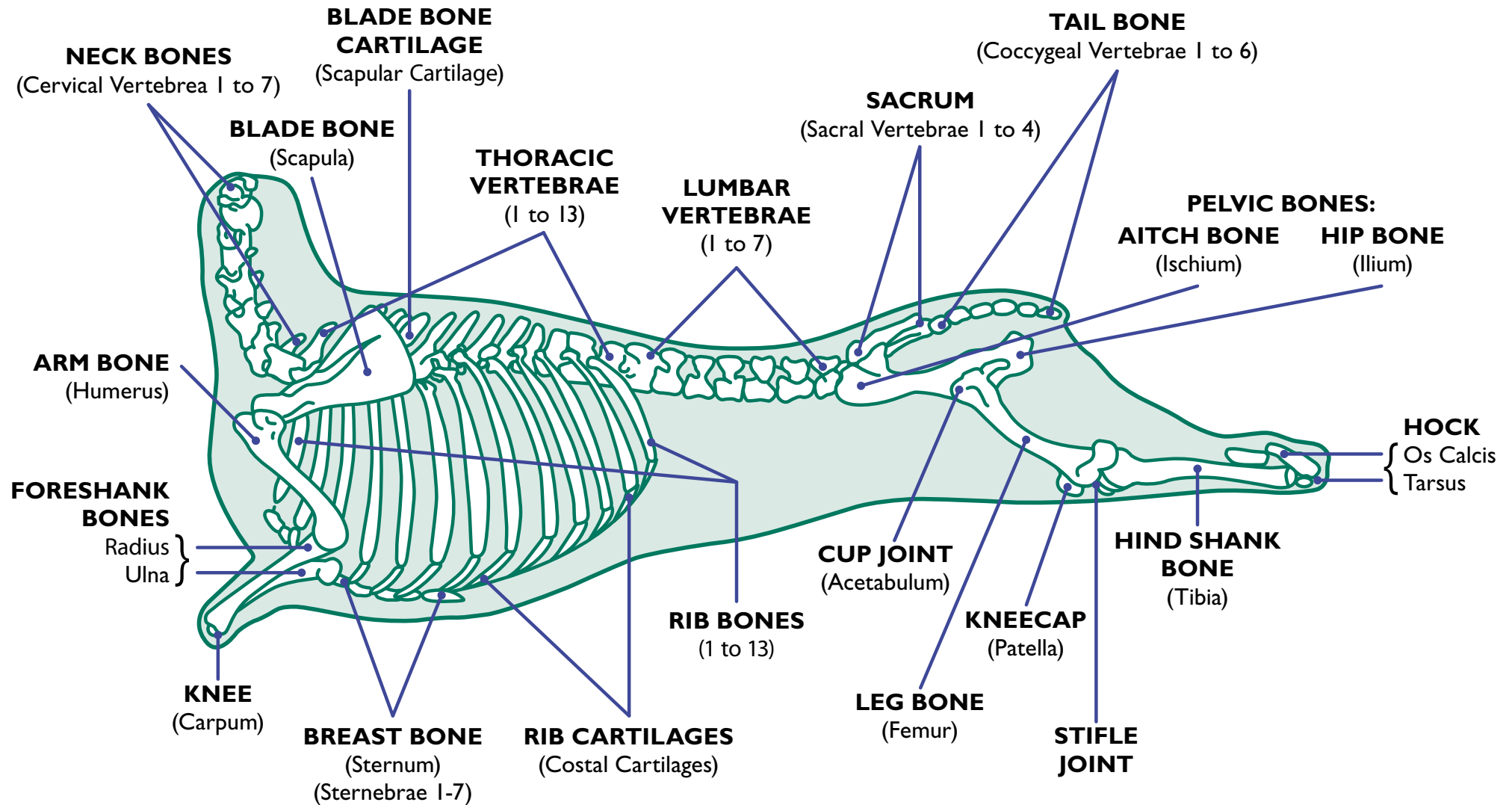




# Quality Standard lamb – Primal Cuts

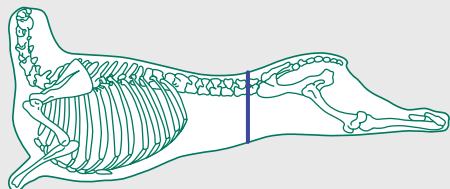


# Lamb Bone Structure



# “Premium” Carvery Leg of Lamb

Code:  
Leg L005

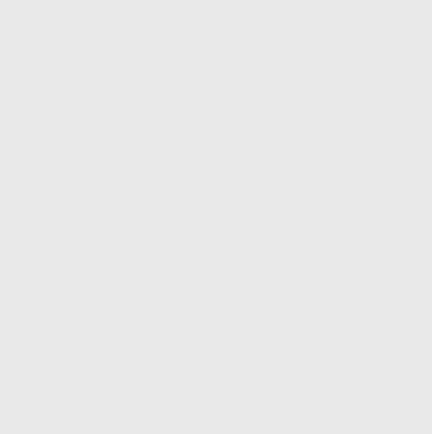
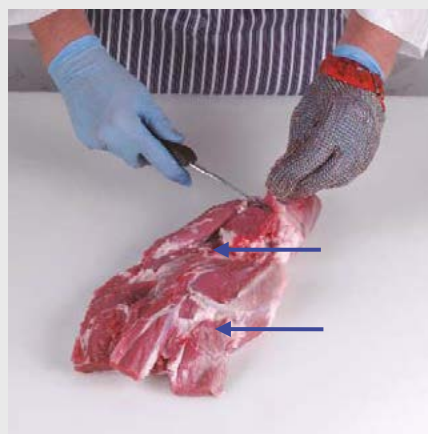


1. Remove the leg between the last two lumbar vertebrae.

2. French trim the knuckle and saw the end off.

3. Remove aitch and tail bone.

4. Remove the topside by following the natural seams.



5. Remove femur but leave the knuckle bone attached.

6. Trim all excess fat, especially the fat pockets (see arrows) gristle and blood particles.

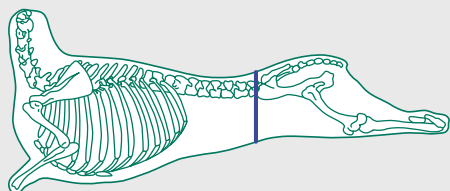
7. Roll joint and secure using elasticated roasting bands or string.





# Leg Joints – Whole Leg (A)

Code:  
**Leg L040**



1. Position of the leg and chump.



2. Remove aitch, back and tailbones.



3. Remove the topside muscle by following the natural seams. Remove fat deposits.



4. **Topside Roast Code: Leg L010.**  
Maximum fat thickness 5mm.



5. Alternatively, the topside can be cut into half to create **Mini Roast (Topside)**  
**Code: Leg L011.**



6. The rump is removed by a square cut in line with the top of the femur bone.



7. Lamb Rump Roast.



8. Alternatively, the rump can be cut into half to create **Lamb Rump Pavés**  
**Code: Leg L036.**



# Leg Joints – Whole Leg (A) - continued

Code:

Leg L040



9. Remove the knuckle by cutting through the joint between the femur and tibia/fibula.



10. **Lamb Shank Code: Leg L022**



11. The silverside section of the remaining muscle block is removed using a straight cut...



13. ...in line with the top and bottom of the femur bone. **Lamb Silverside Joint.**



14. The remaining joint is part silverside and thick flank with femur bone attached.  
**Mini Leg of Lamb on the bone**



15. **A. Lamb Shank**  
**B. Mini Leg of Lamb on the bone**  
**C. Lamb Silverside Joint**

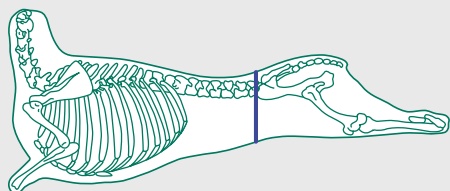
**D. Mini Roast (Topside)**  
**E. Lamb Rump Mini Roasts**



# Leg Joints – Whole Leg (B)

Code:

**Leg L04I**



1. Position of the leg and chump.



2. Remove aitch, back and tailbones.



3. Remove the topside muscle by following the natural seams.



4. **Topside Roast**  
**Code: Leg L010.**  
Maximum fat thickness 5mm.



5. The rump is removed by a square cut in line with the top of the femur bone.



6. **Lamb Rump Roast.**



7. Remove fat deposits.



8. Remove the Mini Bone-in Leg Joint using a square cut at a point of 2" from the top of the Femur.

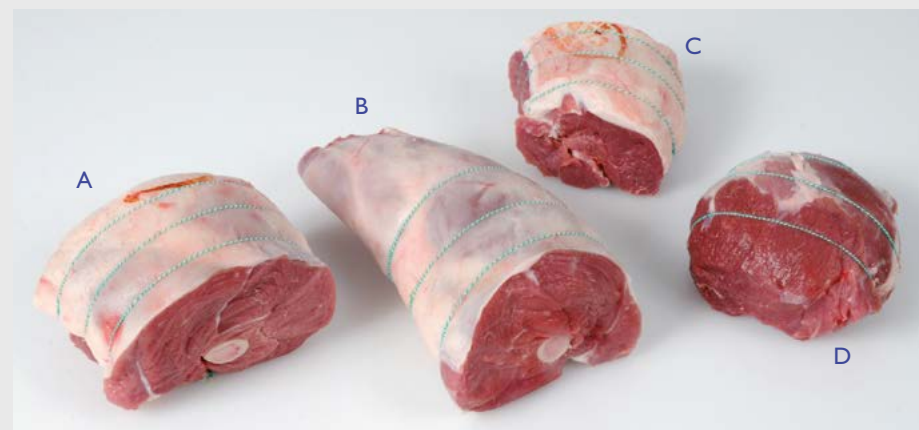




# Leg Joints – Whole Leg (B) - continued

Code:

**Leg L041**



10. **Mini Bone-in Leg Joint.**

11. The remainder is the  
**Mini Carvery Leg of Lamb**

12. **A. Mini Bone-in Leg Joint**  
**B. Mini Carvery Leg of Lamb**

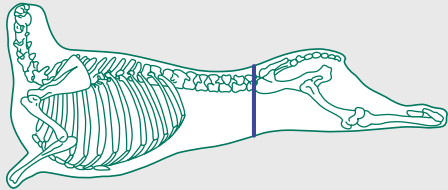
**C. Lamb Rump Roast**  
**D. Topside Roast**



# Leg Joints – Whole Leg (C)

Code:

**Leg L042**



1. Position of the leg and chump.



2. Remove back and tailbones.



3. The bone-in rump is removed by a square cut in line with the top of the femur bone.



4. **Bone-in Lamb Rump Code: Leg L032.**



5. Remove the remainder of the aitch bone.



6. Remove the topside muscle by following the natural seams.



7. **Topside Roast Code: Leg L010.**  
Maximum fat thickness 5mm.



8. Remove fat deposits.



# Leg Joints – Whole Leg (C) - continued

Code:

Leg L042



9. Carvery Leg of Lamb.

12. A. Topside Roast  
B. Carvery Leg of Lamb  
C. Bone-in Lamb Rump

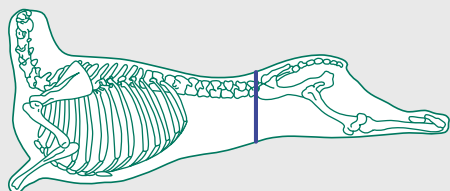




# Leg Joints – Whole Leg (D)

Code:

Leg L043



1. Position of the leg and chump.



2. Remove back and tailbones.



3. The bone-in rump is removed by a square cut in line...



4. ...with the top of the femur bone.



5. Remove the remainder of the aitch bone.



6. Remove the topside muscle by following the natural seams.



7. Remove fat deposits.



8. Remove the Mini Leg Joint using a square cut at a point of 2" from the top of the Femur.



# Leg Joints – Whole Leg (D) - continued

Code:

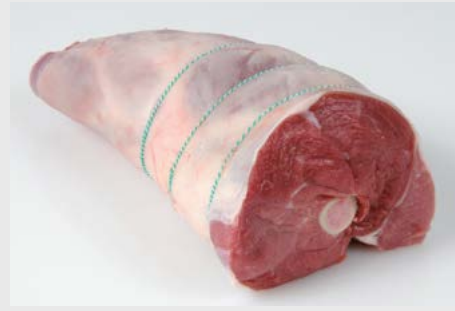
**Leg L043**



**9. Topside Roast Code: Leg L010.**  
Maximum fat thickness 5mm.



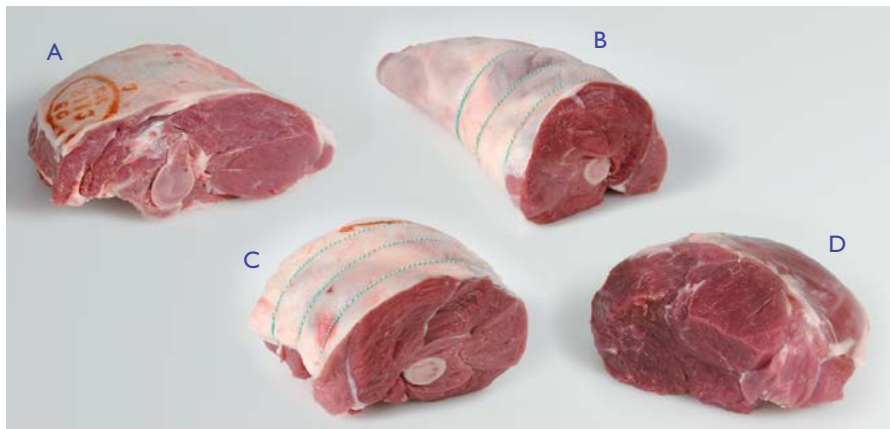
**10. Mini Bone-in Leg Joint.**



**11. Mini Carvery Leg of Lamb.**



**12. Bone-in Lamb Rump.**



**13. A. Bone-in Lamb Rump**  
**B. Mini Carvery Leg of Lamb**

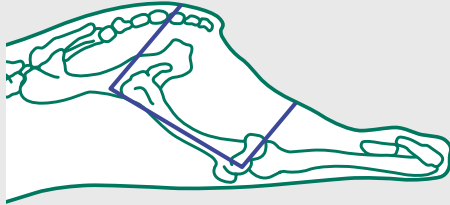
**C. Mini Bone-in Leg Joint**  
**D. Topside Roast**



# Mini-roast (Topside)

Code:

Leg L011



1. Position of the topside.



2. Remove aitch bone and tail bone.



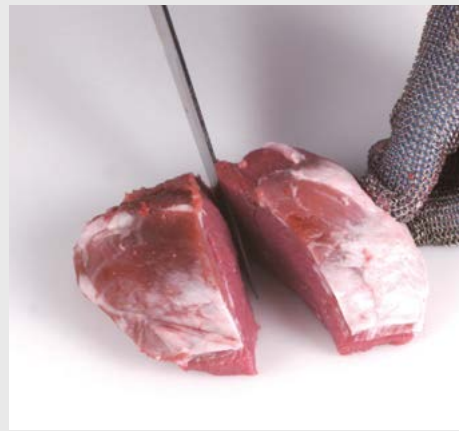
3. Follow the seam between the topside, thick flank and silverside.



4. Remove the topside, taking care not to make any deep incisions in the muscles.



5. Remove discoloured tissue, gristle and veins. External and internal fat thickness not to exceed 5mm.



6. Cut topside in half along the grain of the meat



7. Lamb mini-roast (topside).



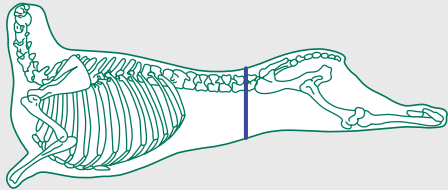
8. Vacuum pack two lamb mini-roasts per bag.





# Lamb – Pavé

Code:  
**Leg L012**



1. Position of leg and chump.



2. Leg and chump removed from the carcass.



3. Remove the knuckle by cutting through the knee joint.



4. Carefully remove the aitch and tail bones.



5. Start cutting along the seam between the topside and the remainder of the leg.



6. Continue cutting along this seam until the topside muscle is released.



7. Remove gristle and connective tissue. Maximum fat thickness 5mm.



8. The trimmed and prepared topside muscle.



# Lamb – Pavé – continued

Code:

Leg L012



9. Cut the topside muscle into three equal-sized portions.



10. This produces three lamb pavés.



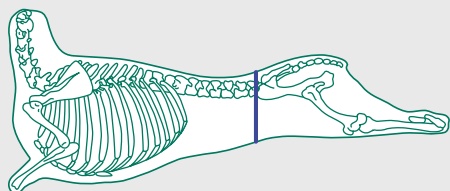
11. A single lamb pavé trimmed and ready for use.



# Lamb Spatchcock (leg)

Code:

Leg L034



1. Position of the leg and chump.



2. Remove aitch, back and...



3. ...tailbones. Lift the topside back by following...



4. ...the natural seams making sure not to separate it from the leg.



5. Remove the femur and patella but leave the shank attached to the leg.



6. Butterfly cut the thick flank to create a Lamb Spatchcock of even thickness.



7. Lamb Spatchcock (leg).



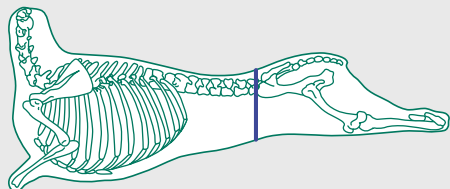
8. Lamb Spatchcock (leg).





# Lamb Mini Spatchcock (Leg)

Code:  
**Leg L035**



1. Position of the leg and chump.



2. Remove aitch, back and tailbones.



3. Separate the topside muscle by following the natural seams.



4. Trim off excess fat to a maximum of 5mm.



5. Butterfly cut the topside...



6. ...to create a surface of even thickness.



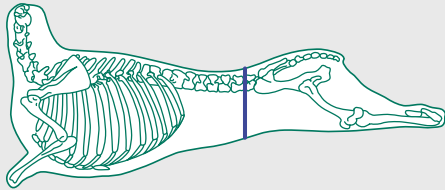
7. Lamb Mini Spatchcock (leg).



# Mini-roast (Thick Flank)

Code:

Leg L013



1. Position of the leg and chump on the carcass.



2. Remove the knuckle by cutting through the joint between the femur and tibia/fibula.



3. Carefully remove the tail and aitch bones.



4. Start cutting along the seam between the topside and the remainder of the leg.



5. Remove the topside muscle by cutting along the seam between it and the remainder of the leg.



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



7. Remove fat deposits.



8. Remove the rump muscles by a straight cut parallel to the anterior cut surface.



# Mini-roast (Thick Flank) - continued

Code:

Leg L013



9. Separate the thick flank and silverside muscles by cutting along the natural seam between them.



10. Remove excess gristle and connective tissue.



11. Remove any loosely adhering muscles.



12. Square the ends.



13. Thick flank joint prepared to specification and ready for use.

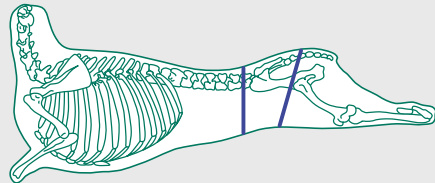




# Rump portion (boneless)

Code:

Leg L030



1. Position of the rump.

2. Remove the topside from a boneless leg and chump.

3. Remove the fillet.

4. Remove the rump...



5. ...to the required weight.

6. Boneless rump.

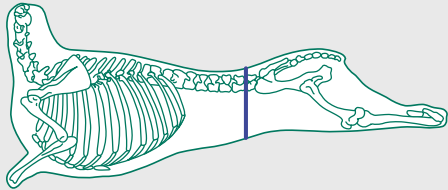
7. Boneless rump.



# Leg Noisette Joint

Code:

Leg L014



1. Position of the leg and chump on the carcass.



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



3. Remove the knuckle by cutting through the joint between the femur and tibia/fibula.



4. Carefully remove the tail and aitch bones.



5. Remove the topside muscle by cutting along the seam between it and the remainder of the leg.



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



7. Remove the rump muscles by a straight cut parallel to the anterior cut surface.



8. Separate the thick flank and silverside muscles by cutting along the natural seam between them.





# Leg Noisette Joint - continued

Code:

Leg L014



9. Remove the remaining knuckle muscles from the silverside.



10. Remove fat deposits...



11. and connective tissue to expose the lean surface.



12. Silverside trimmed to specification.



13. Roll the silverside muscles so that the lean surface is covered by an external fat layer...



14. and secure in shape with elasticated netting.



15. Prepared noisette joint.

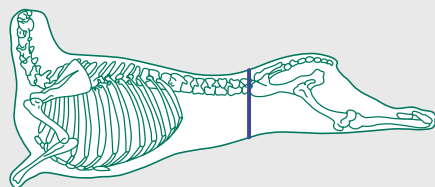




# Lamb Spatchcock (portions)

Code:

Leg L03I



1. Position of legs with chump.

2. The shank and remaining bones are removed.

3. Remove the fillet and...

4. ...trim remaining muscle blocks of excess fat and gristle.



5. Cut the topside in half horizontally and the remainder into required sized portions.

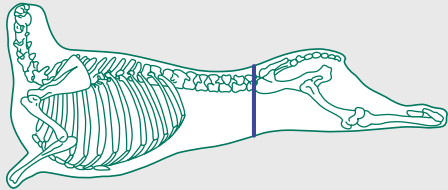
6. Lamb Spatchcock.



# Lamb Leg Roasties

Code:

Leg L039



1. Position of the leg and chump.



2. Remove aitch, back and tailbones.



3. Separate the topside by following the natural seams.



4. Remove the shank by cutting through the joint between the femur and tibia/fibula.



5. Remove the femur and patella.



6. Remove fat deposits...



7. ...and fillet.



8. Split the above muscle block lengthways into halves of equal portions.



# Lamb Leg Roasties - continued

Code:  
**Leg L039**



9. Cut off part of the thick flank to square the muscle block and create...



10. ...the first Lamb Roastie. The rest of the muscle blocks...



11. ...to be cut into equal portions.



12. The topside to be...



13. ...cut into 4 equal portions.



14. This cutting method also creates the **Chateaubriand Code: Leg L038** and the **Shank Code: Leg L022**.



15. Lamb Leg Roasties.  
Alternatively the Leg Roasties can be scored.

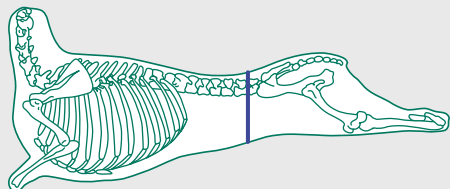




# Daubes (Leg)

Code:

Leg L015



1. Position of leg and chump.



2. The knuckle and four main muscles prepared and ready for further preparation.



3. Cut the topside, silverside, thick flank and rump muscles along the grain and into two pieces.



4. Place elasticated roasting bands at regular intervals to produce mini-joints.



5. Cut the joints into two, apply another roasting band in the opposite direction and produce daubes.



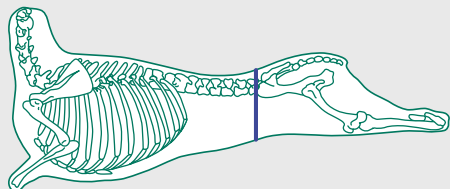
6. Daubes prepared and ready for sale.



# Escallops (Thick flank)

Code:

Leg L018



1. Position of the leg and chump on the carcass.



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



3. Remove the knuckle by cutting through the joint between the femur and tibia/fibula.



4. Carefully remove the tail and aitch bones.



5. Remove the topside muscle by cutting along the seam between it and the remainder of the leg.



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



7. Remove the rump muscles by a straight cut parallel to the anterior cut surface.



8. Separate the thick flank and silverside muscles by cutting along the natural seam between them.



# Escallops (Thick flank) - continued

Code:

Leg L018



9. Remove excess gristle and connective tissue.



10. Remove any loosely adhering muscles.



11. Square the ends.



12. Slice across the grain into three equal-sized portions.



13. Thick flank escallops prepared to specification and ready for use.

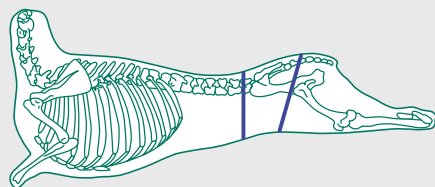




# Bone-In Lamb Rump Portions

Code:

Leg L033



1. Position of the rump.

2. Lamb Rump.

3. Lamb Rump.

4. The tail bone is removed.



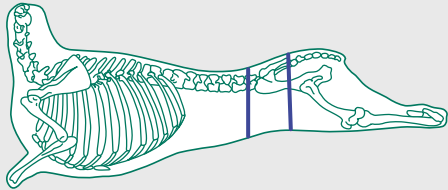
5. Bone-in Lamb Rump is cut/sawn into two portions.

6. Bone-in Lamb Rump portions.



# Lamb Rump Pavé

Code:  
Leg L036



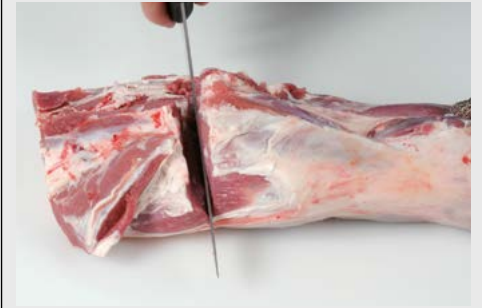
1. Position of the rump.



2. Remove aitch, back and tailbones.



3. Remove the topside muscle by following the natural seams.



4. The rump of lamb is removed squarely from the leg.



5. Remove excess gristle



6. Fat thickness not to exceed 5mm.



7. Cut in half to create 2 Pavés.

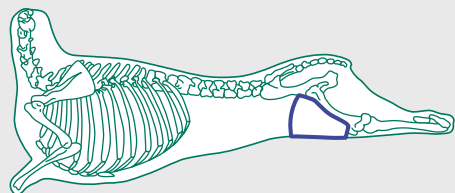


8. Lamb Rump Pavé.



# Lamb Pavé – Thick Flank

Code:  
Leg L037



1. Position of the thick flank.

2. The thick flank of lamb removed from the leg by following the natural seams.

3. Remove excess gristle and cut into half to create 2 Pavés.

4. Lamb Thick Flank Pavé.

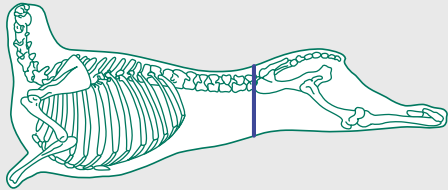




# Lamb Chateaubriand

Code:

Leg L038



1. Position of the leg and chump.



2. Remove the fillet leaving the small flank muscle (skirt) attached to the head of the fillet.



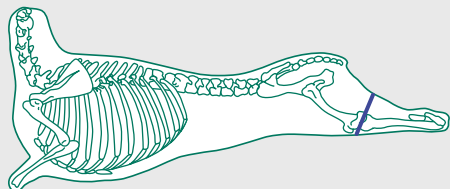
3. Remove excess fat and gristle



# Shank - French-trimmed (Leg)

Code:

Leg L023



1. Position of the shank on the carcass.



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. French trim the shank to expose 25mm of clean bone.

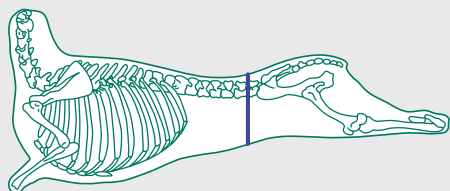


6. Lamb shank trimmed and ready for use.



# Thick Flank (untrimmed)

Code:  
**Leg L044**



1. Position of the leg and chump.

2. Leg and chump. **Code: Leg L001**

3. Remove the tail and aitch bone.

4. Remove the topside by following the natural seam between it and the thick flank.



5. Topside (untrimmed). **Code: Leg L046**

6. Remove the knuckle in a straight line by cutting through the joint between the femur and tibia/fibula.

7. Lamb Shank (untrimmed).  
**Code: Leg L047**

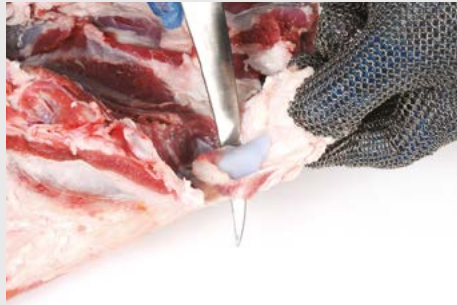
8. Remove the femur taking care not to cut into underlying muscles.





# Thick Flank (untrimmed) – continued

Code:  
**Leg L044**



9. Remove the patella with associated fat.



10. Remove the fillet leaving the small flank muscle (skirt) attached to the head of the fillet.



11. Lamb Chateaubriand. **Code: Leg L038**



12. Remove the thick flank (knuckle) by following the natural seams.



13. Thick Flank (untrimmed).  
**Code: Leg L044**



14. Remove the chump-centre cut by following the natural seams between it and the silverside.



15. Chump-centre cut (boneless and fully trimmed) internal view. **Code: Leg L028**



16. Chump-centre cut (boneless and fully trimmed) external view.  
**Code: Leg L028**



# Thick Flank (untrimmed) – continued

Code:

Leg L044



17. Silverside/salmon cut with part heel muscle.

18. Remove fat pocket...

19. ...and silver gristle leaving the heel muscle attached.

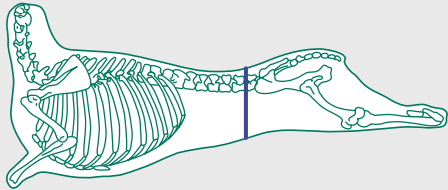
20. Silverside/salmon cut with part heel muscle (trimmed). **Code: Leg L045**



# Silverside (trimmed)

Code:

**Leg L045**



1. Position of the leg and chump.



2. Leg and chump. **Code: Leg L001**



3. Remove the tail and aitch bone.



4. Remove the topside by following the natural seam between it and the thick flank.



5. Topside (untrimmed). **Code: Leg L046**



6. Remove the knuckle in a straight line by cutting through the joint between the femur and tibia/fibula.



7. Lamb Shank (untrimmed). **Code: Leg L047**



8. Remove the femur taking care not to cut into underlying muscles.





# Silverside (trimmed) – continued

Code:  
**Leg L045**



9. Remove the patella with associated fat.



10. Remove the fillet leaving the small flank muscle (skirt) attached to the head of the fillet.



11. Lamb Chateaubriand. **Code: Leg L038**



12. Remove the thick flank (knuckle) by following the natural seams.



13. Thick Flank (untrimmed).  
**Code: Leg L044**



14. Remove the chump-centre cut by following the natural seams between it and the silverside.



15. Chump-centre cut (boneless and fully trimmed) internal view. **Code: Leg L028**



16. Chump-centre cut (boneless and fully trimmed) external view.  
**Code: Leg L028**



# Silverside (trimmed) – continued

Code:

**Leg L045**



17. Silverside/salmon cut with part heel muscle.



18. Remove fat pocket...



19. ...and silver gristle leaving the heel muscle attached.

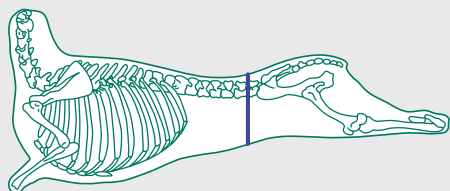


20. Silverside/salmon cut with part heel muscle (trimmed). **Code: Leg L045**



# Topside (untrimmed)

Code:  
**Leg L046**



1. Position of the leg and chump.

2. Leg and chump. **Code: Leg L001**

3. Remove the tail and aitch bone.

4. Remove the topside by following the natural seam between it and the thick flank.



5. Topside (untrimmed). **Code: Leg L046**

6. Remove the knuckle in a straight line by cutting through the joint between the femur and tibia/fibula.

7. Lamb Shank (untrimmed).  
**Code: Leg L047**

8. Remove the femur taking care not to cut into underlying muscles.





# Topside (untrimmed) – continued

Code:  
**Leg L046**



9. Remove the patella with associated fat.



10. Remove the fillet leaving the small flank muscle (skirt) attached to the head of the fillet.



11. Lamb Chateaubriand. **Code: Leg L038**



12. Remove the thick flank (knuckle) by following the natural seams.



13. Thick Flank (untrimmed).  
**Code: Leg L044**



14. Remove the chump-centre cut by following the natural seams between it and the silverside.



15. Chump-centre cut (boneless and fully trimmed) internal view. **Code: Leg L028**



16. Chump-centre cut (boneless and fully trimmed) external view.  
**Code: Leg L028**



# Topside (untrimmed) – continued

Code:

Leg L046



17. Silverside/salmon cut with part heel muscle.

18. Remove fat pocket...

19. ...and silver gristle leaving the heel muscle attached.

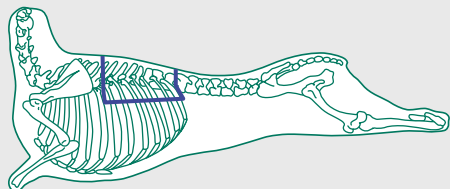
20. Silverside/salmon cut with part heel muscle (trimmed). **Code: Leg L045**



# “Premium” single bone mini-rack

Code:

Loin L012



1. Position of rack.



2. Pair of racks from an unsplit carcass. Loin tail to be 1½ times the length of the eye muscle.



3. Saw along each side of the backbone taking care not to cut into the eye muscles.



4. Then remove the backbone with a knife.



5. Remove the cartilage tip of the blade bone.



6. Make a cut along the anterior edge of the eye muscle and remove the meat from over the ribs.



7. Remove the bark.



8. Trim the intercostal muscle to leave clean rib ends.





# “Premium” single bone mini-rack - continued

Code:  
Loin L012



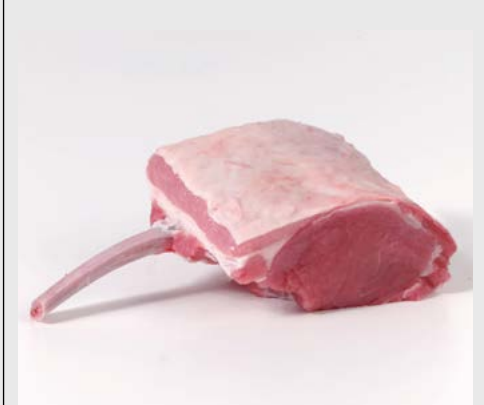
9. Separate by cutting between the 10th and 11th ribs.



10. Take the three-bone piece and remove the two outer ribs leaving the central one in place.



11. Internal view of “Premium” one-bone mini-rack.



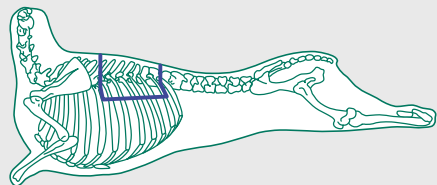
12. “Premium” one-bone mini-rack prepared to specification and ready for use.



# Rack - seven-rib (part fat removed)

Code:

Loin L043

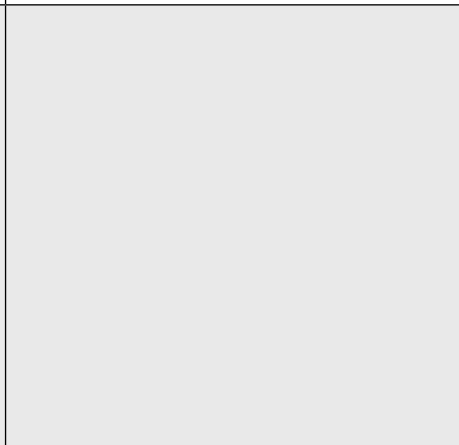


1. Position of rack.

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

3. Carefully saw through the rib bones close to the backbone. Then remove the backbone.

4. Remove the thick yellow gristle.



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

6. Trim outer layer of fat from the eye muscle but leaving fat on the rib section...

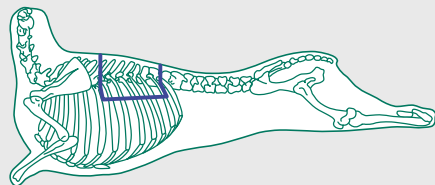
7. ...to a maximum depth of 3mm.



# Rack - seven-rib (cap and fat removed)

Code:

Loin L044



1. Position of rack.



2. Remove the rib section of the loin. Loin tail to be 1 times the length of the eye muscle.



3. Carefully saw through the rib bones and remove the backbones.



4. Remove the thick yellow gristle.



5. French trim the ribs up to the eye muscle...



6. ...and remove the cap and all backfat.



7. Internal view.





# “Premium” single bone mini-rack - continued

Code:  
Loin L012



9. Separate by cutting between the 10th and 11th ribs.



10. Take the three-bone piece and remove the two outer ribs leaving the central one in place.



11. Internal view of “Premium” one-bone mini-rack.



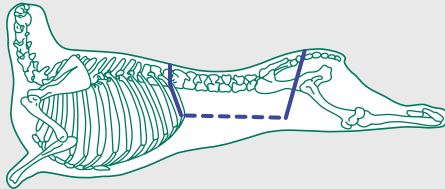
12. “Premium” one-bone mini-rack prepared to specification and ready for use.



# Saddle - boneless

Code:

Loin L028



1. Position of the saddle.



2. Start with a chine and end (long or short).



3. Separate the saddle by cutting between the last two rib bones.



4. Carefully remove the bark.



5. Carefully peel back the fillet muscles and remove the backbone.



6. Take great care not to cut through the outer surface.



7. Remove any visible internal fat deposits.



8. The boneless saddle with external fat surface intact.



# Saddle - boneless - continued

Code:

Loin L028



9. Form the saddle into a cylindrical shape.



10. Tie securely with string at regular intervals.



11. Boneless saddle prepared to specification.

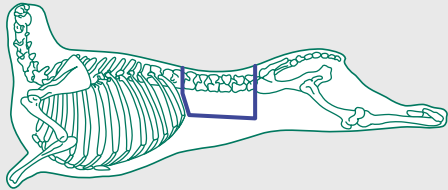




# Short Saddle - Stuffed

Code:

Loin L005



1. Position of the saddle on the carcass.



2. Bone-in saddle.



3. Remove both fillet muscles.



4. Remove the bark muscles.



5. Carefully remove the backbone, taking care not to cut through the external fat surface.



6. Remove fat deposits.



7. Position stuffing rolls in the backbone cavity and along the ventral edge of the eye muscles.



8. Cover the two outer stuffing rolls with the trimmed fillet muscles.



# Short Saddle Stuffed - continued

Code:

Loin L005



9. Form into a cylindrical shape making sure the stuffing stays in place.



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



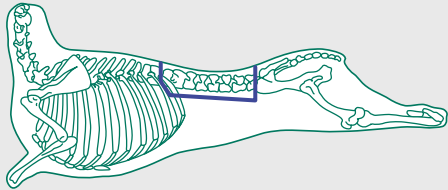
11. The stuffed saddle prepared to specification and ready to use.



# Loin - boned and rolled

Code:

Loin L017



1. Position of the loin.



2. Prepared from the saddle.



3. Remove bones. The length of the breast flanks is the same as the length of the eye muscle maximum.



4. Remove the yellow gristle (backstrap), maximum fat thickness 5mm. Roll single loins.

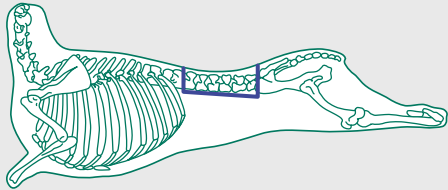




# Cannon – bone-in

Code:

Loin L014



1. Position of cannon.



2. Separate the lumbar section from the saddle.



3. Then split the lumbar section down the centre of the backbone.



4. Remove the fillet muscle.



5. Completely remove the tail taking care not to cut the eye muscle.



6. Remove the bark and any excess fat.



7. Carefully remove the toe bone.



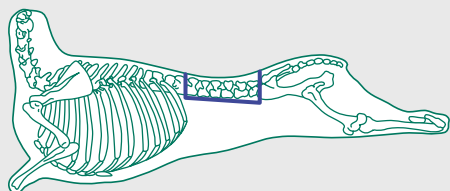
8. The bone-in cannon ready for use.



# “Premium” Lamb Sirloin

Code:

Loin L015



1. Position of sirloin.



2. Separate the lumbar section from the saddle.



3. Then split the lumbar section down the centre of the backbone



4. Remove the fillet muscle and the bones taking care not to cut into the underlying muscles.



5. Remove the tail by cutting along the edge of the eye muscle.



6. Remove the backstrap gristle.



7. Remove bark, maximum fat thickness 5mm.



8. “Premium” lamb sirloin, prepared and ready for use.

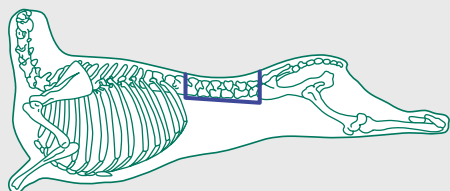




# “Premium” Lamb Cannon

Code:

Loin L016



1. Position of cannon.



2. Separate the lumbar section from the saddle.



3. Then split the lumbar section down the centre of the backbone.



4. Remove the fillet muscle.



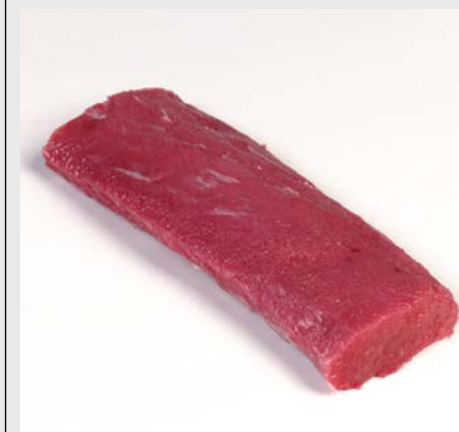
5. Remove the bones taking care not to cut into the underlying muscles.



6. Remove the tail by cutting along the edge of the eye muscle.



7. Remove the backstrap gristle. Carefully remove the eye muscles and trim off all fat, gristle and connective tissue.



8. “Premium” cannon of lamb, prepared to specification and ready for use.

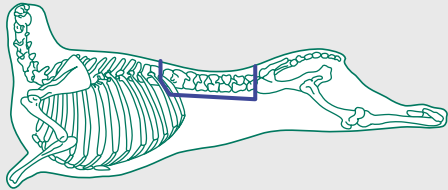




# Valentine Steaks

Code:

Loin L022



1. Position of Valentine steaks.

2. Only the lumbar section to be used.

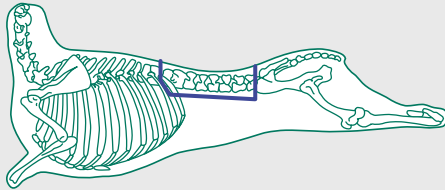
3. Valentine steaks cut to specification.



# “Premium” Lamb Noisettes

Code:

Loin L023



1. Position of noisettes.

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

3. Remove fillet, bones and yellow gristle (backstrap). Maximum fat thickness 6mm.

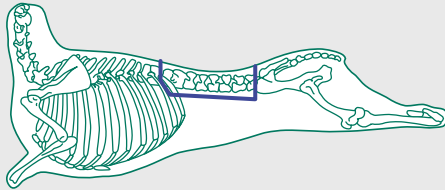
4. Roll single loins and cut into noisettes.



# Noisette Skewers

Code:

Loin L024



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.

3. Remove fillet, bones and yellow gristle (backstrap). Maximum fat thickness 6mm.  
Roll and secure with roasting bands.

4. Two noisettes per skewer.

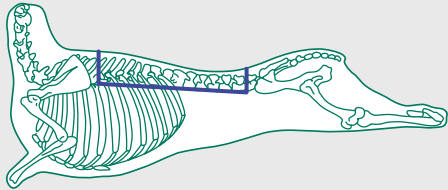




# Loin – eye muscle (whole)

Code:

Loin L046



1. Position of the Loin eye muscle (whole).

2. Loin without chump.

3. Remove the fillet.

4. Remove all bones by sheet boning taking care not to cut into the eye muscle.



5. Boneless loin.

6. Remove the eye muscle by following the natural seams. Remove excess fat but silver gristle remains.

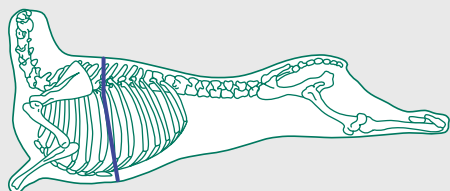
7. Loin eye muscle (whole).



# Rack - shoulder six-ribs

Code:

Forequarter L011



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. Remove breast bones leaving 60mm rib bone exposed on the rack from the tip of the eye muscle.

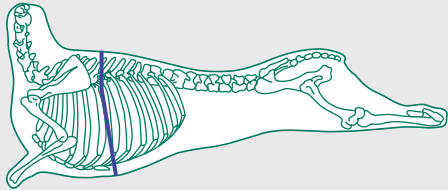
6. Remove chine and feather bones. Trim the intercostal muscles to leave clean rib ends.



# Rack – single bone rack (shoulder)

Code:

Forequarter L034



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. Remove breast bones leaving 60mm rib bone exposed on the rack from the tip of the eye muscle.

6. Remove chine and feather bones. Trim the intercostal muscles to leave clean rib ends.

7. Cut between the ribs to create 3 bone racks.

8. Remove the two outer ribs leaving the central one in place.

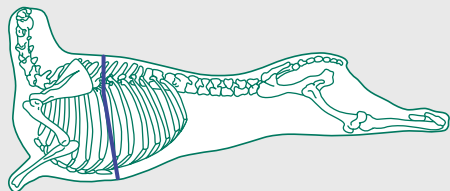




# Rack – 2 bone mini rack (shoulder)

Code:

Forequarter L032



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. Remove breast bones leaving 60mm rib bone exposed on the rack from the tip of the eye muscle.

6. Remove chine and feather bones. Trim the intercostal muscles to leave clean rib ends.

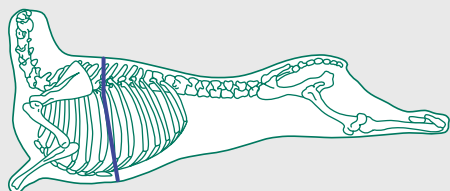
7. Cut between the ribs to create 2 bone mini racks.



# Lamb Carvery Roast (shoulder)

Code:

Forequarter L027



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

2. Sheet bone the rib, back and neck bones, taking care not to cut into the underlying muscles.

3. Expose the blade bone starting at the tip of the blade bone cartilage and...

4. ...follow the line of the humerus.



5. Separate muscle blocks as illustrated.

6. Remove humerus, blade bone and French trim the knuckle. Trim excess fat and connective tissue.

7. The breast and neck fillet section are rolled into a **Victoria Roast Code: Forequarter L009**.

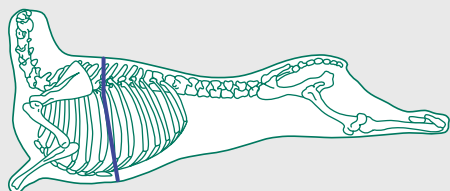
8. The remainder is rolled into a Lamb Carvery Roast (shoulder).



# Lamb Spatchcock (shoulder)

Code:

Forequarter L030



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

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

3. Remove the breast tip, and knuckle by sawing.

4. through the humerus as illustrated to create **Knuckle Code: Forequarter L017**.



5. Remove large fat pocket, blade bone and...

6. ...the remainder of the humerus bone.

7. Trim off remaining excess fat and gristles. The fat side can be scored.

8. Lamb Spatchcock (shoulder).

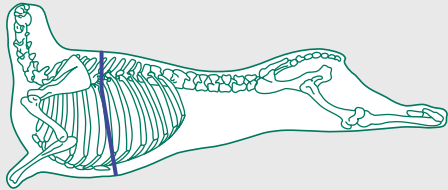




# Rustic Lamb Shoulder

Code:

Forequarter L028



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 breast tip, and knuckle by sawing....



5. ...through the humerus as illustrated to create **Knuckle Code: Forequarter L017**.

6. Remove large fat pocket.

7. Trim off any excess fat.

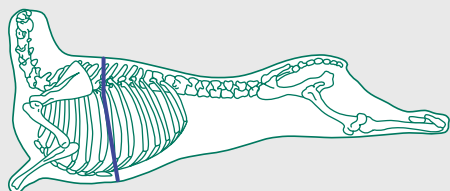
8. Score the outside of the shoulder.



# Lamb Henry's

Code:

Forequarter L029



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

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

3. Remove the breast tip, and knuckle by sawing...

4. ...through the humerus as illustrated to create **Knuckle Code: Forequarter L017**.



5. Remove large fat pocket.

6. Trim off any remaining excess fat. Score the outside of the shoulder.

7. Cut and saw the blade bone section into 2 and the humerus section also into 2 equal size/weight portions.

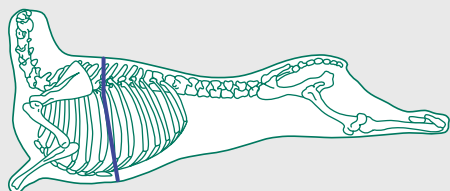
8. Lamb Henry's.



# Shoulder - Noisette Joint

Code:

Forequarter L010



1. The position of the forequarter 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. Release the muscles on the underside of the bladebone.



5. Carefully remove the blade bone.



6. Remove the humerus...



7. and any fat deposits.



8. Cut along the feather muscle to separate the shoulder into two equal portions.





# Shoulder - Noisette Joint - continued

Code:

Forequarter L010



9. Form the part of the LMC muscle into...



10. a cylindrical shape...

(The remaining part can be used for dice.)



11. and retain in shape with elasticated netting.  
Square ends.



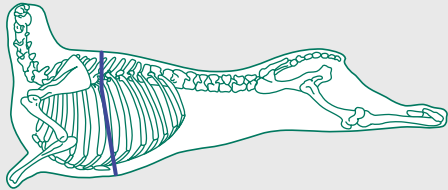
12. Prepared cut ready to slice into noisettes.



# Rustic Lamb Chunkies

Code:

Forequarter L013



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.



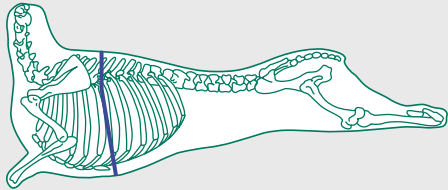
7. Cut into portions and score.



# Daubes

Code:

Forequarter L012



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. Roll muscles and using string or roasting bands, form each portion into daubes.

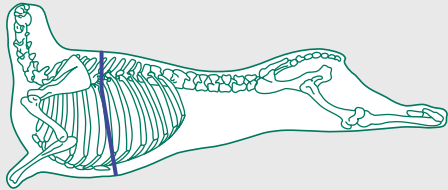




# Lamb Rosettes

Code:

Forequarter L014



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.



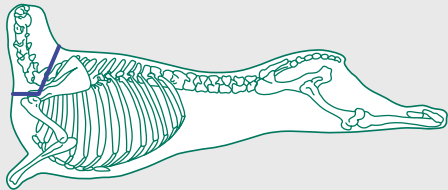
7. Roll muscle blocks and use skewers to produce lamb rosettes.



# Neck - bone pieces

Code:

Forequarter L022



1. Position of the neck.



2. The neck is removed



3. in line with the first rib.



4. Neck of lamb.



5. Remove the back strap and excess fat.



6. Fully trimmed neck.



7. The neck is sawn into two lengthways



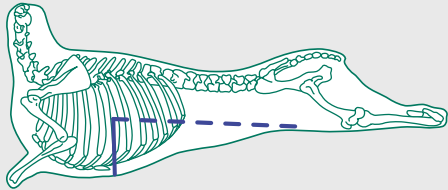
8. and then sawn into 15mm thick slices.



# Rolled Belly of Lamb

Code:

Breast L013



1. Position of the breast with flank.



2. Only lean breasts are suitable for this cut.



3. Remove ribs and soft bones (cartilage).



4. Remove gristle sheet and excess fat.



5. Remove red flank meat and excess fat from the outer side.



6. Place 3-4 trimmed breasts (depending on size) on top of each other facing opposite sides.



7. Roll using string or netting to secure.



8. Rolled Belly of Lamb.

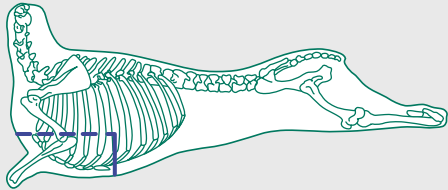




# Lamb Brisket Joints

Code:

Breast L014



1. Lamb breast tip.



2. The forequarter of lamb.



3. Sheet bone the ribs...



4. ...leaving the neck fillet attached to the bone.



5. Remove the breast tip.



6. Remove excess fat and lay 3-4 trimmed breast tips on top of each other...



7. ...facing opposite sides. Roll using string or netting to secure.

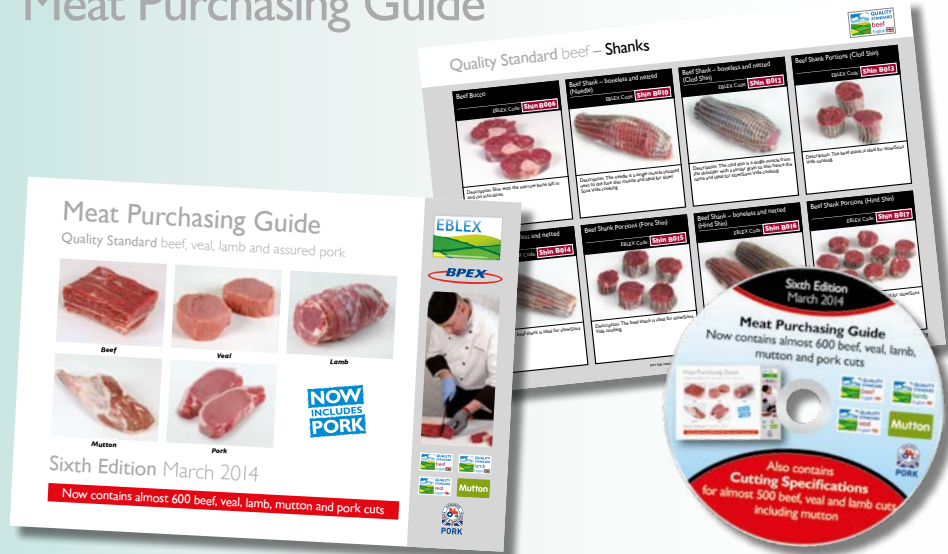


8. Lamb Brisket Joint.



# Other useful resources

## Meat Purchasing Guide



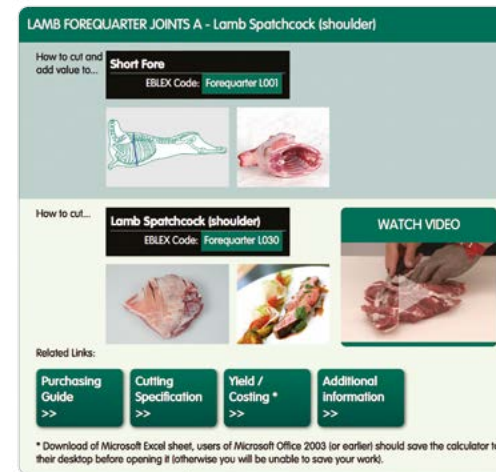
## Lamb Yield Guide



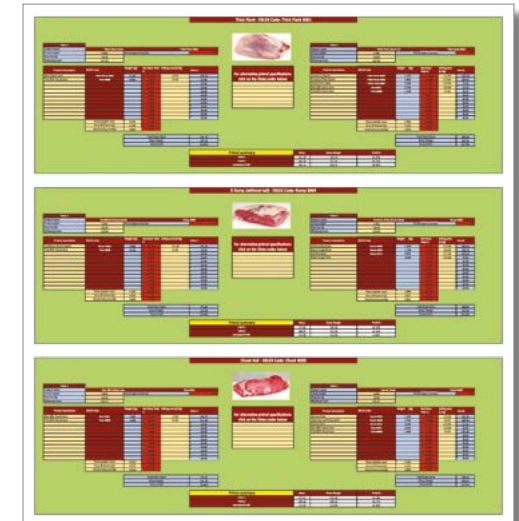
## Meat Purchasing Guide App



## 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**



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The author of this guide, Dick van Leeuwen, would like to thank Martin Eccles for his assistance in compiling the information contained within it.

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AHDB Beef & Lamb, Stoneleigh Park, Kenilworth, Warwickshire CV8 2TL.

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