



ATTRA Sustainable Agriculture

A program of the National Center for Appropriate Technology • 1-800-346-9140 • www.attra.ncat.org

Lamb Cut Guide for Direct Marketers

CUT	ASPECTS OF CUT	% OF BOX WT.	RELATIVE VALUE*	RECOMMENDATIONS	QUALITY CONTROL SPECIAL CONSIDERATIONS
RACK	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
SHORT RIBS	Square Cut	5%	70%	Square cut	Maximum square cut size
LOIN CHOPS	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
LEG	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
SHOULDER	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**; Netting size
	Shoulder Steaks	15%	125%	1" to 1.25" thick	
SHANKS	Shanks	9%	100%	2 shanks per pack; like pairs, i.e. fore w/fore	
TRIM	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.

Lamb Cut Guide for Direct Marketers

By Dave Scott, NCAT Livestock Specialist • Published November 2016 ©NCAT
IP534 • Slot 556



Produced by the **National Center for Appropriate Technology**
www.ncat.org • 1-800-275-6228 (1-800-ASK-NCAT)
(Parent organization to the ATTRA Project, www.attra.ncat.org)