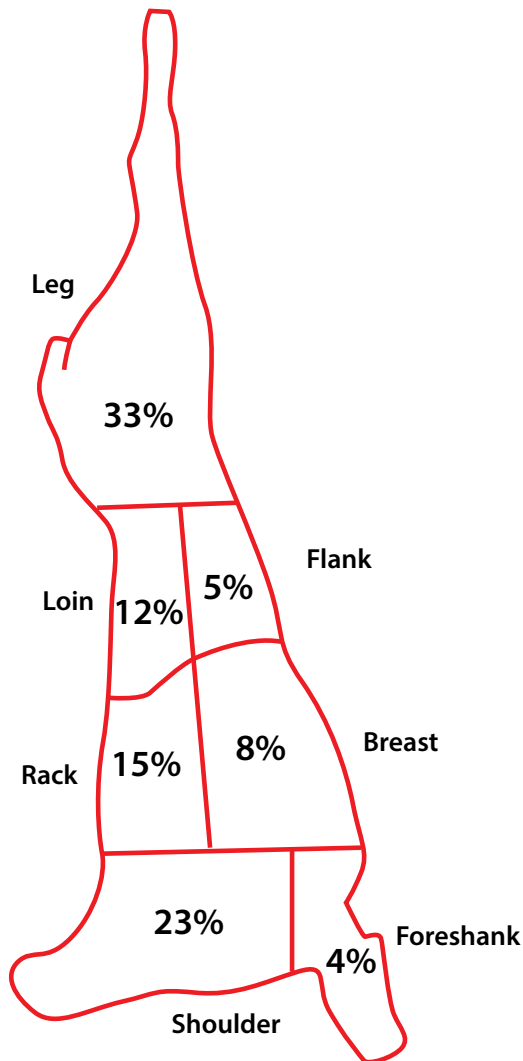




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## Lamb Processing Options for Consumers



The primal cuts of lamb as a percentage of carcass weight.

This guide explains choices available to consumers when they take a lamb to be processed. It provides information on the approximate amount of meat that should be returned from each primal after the animal has been prepared to customer specifications.

**Foreshank:** Generally, foreshank will be removed from the carcass and kept whole. This cut can also be used for ground lamb if the customer prefers not to receive the two foreshanks.

**Shoulder:** Two options for cutting the shoulder are arm and blade chops or boneless shoulder roasts of desired thicknesses and weights. Depending on customer preference, the shoulder also can be used for ground lamb.

**Rack:** Generally, the rack will be cut into bone-in rib chops of desired thickness. Alternatively, the rack can be cut into two bone-in rib roasts.

**Loin:** The loin is either cut into bone-in loin chops or cut into two bone-in loin roasts.

**Leg:** From the leg, the customer can choose to have sirloin chops cut or bone-in leg roasts, including American- or Frenched-style roasts. Additionally, the lower shank can be removed from each leg, producing leg shank roasts. The leg can also be cut into center-sliced leg steaks, if steaks are preferred to roasts. Consumers may choose to keep the leg whole for roasting.

**Miscellaneous:** The breast can either be kept whole or cut into riblets. The breast can also be cut into Denver style ribs. Overall, lamb carcasses produce less trim for ground lamb production as compared to either pork or beef carcasses.

## Lamb Cutout Table

The numbers below are based on a lamb carcass with a 75-pound hot (unchilled) carcass weight with average fat cover. A 3% shrink (cooler shrink and cutting loss) is assumed. The percentage of the hot carcass and the approximate weight in pounds for cuts from each primal are shown below.

Cut Options	% of Hot Carcass	Weight (lbs)
<b>Leg</b>	22.4	16.8
Leg roasts		
Center slices		
Shank roasts		
Sirloin chops		
<b>Loin</b>	8.7	6.5
Loin chops		
Loin roasts		
<b>Rack</b>	12.7	9.5
Rib chops		
Frenched rib chops		
Rib roasts		
Frenched rib roasts		
<b>Shoulder</b>	14.0	10.5
Blade chops		
Arm chops		
Boneless shoulder roasts		
<b>Breast</b>	5.8	4.4
Riblets		
Denver-style ribs		
Whole breast		
<b>Trimming</b>	4.9	3.6
Ground lamb		
<b>Miscellaneous</b>	28.5	21.4
Bone and fat		
<b>Total meat</b>	<b>68.5</b>	<b>51.3</b>
<b>Total fat and bone</b>	<b>28.5</b>	<b>21.4</b>

## References

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