















## Retail cut identification Training sheets


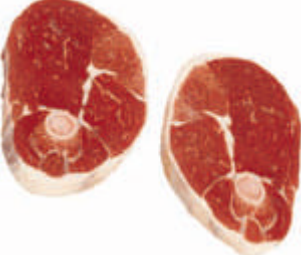

Species	Cut name	Primal	Cook method	Features	Picture
Beef	Rump steak	Rump	Dry	Will include a large cap muscle and external fat coverage.	
Beef	Fillet steak	Tenderloin	Dry	Fine texture, little connective tissue. No external fat. Small portion size in diameter	




Beef	T bone steak	Shortloin	Dry	Contains fillet muscle and external fat over sirloin edge. Bone is shaped as a 'T'	
Beef	Sirloin steak bone in	Shortloin	Dry	Will not include fillet muscle but will have external fat coverage. Will also have a bone on 1 side.	No image available
Beef	Sirloin steak boneless	Striploin	Dry	Will not include fillet muscle but will have external fat coverage. Looks similar to rib eye steak but has external fat.	
Beef	Round steak	Knuckle	Wet	May contain a cap muscle and will have little or no external fat. The meat colour is often paler in this cut and the cut will be round in shape.	


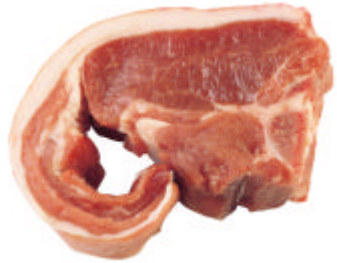

Beef	Topside steak	Topside	Wet	Contains a cap muscle and will have a coarser texture. Will be quite large in shape and flat. Generally will be very lean.	
Beef	Silverside steak	Silverside	Wet	Coarser texture and silvery appearance. Large flat cut. Looks like the heel and toe of a shoe.	
Beef	Chuck steak	Chuck	Wet	Looks the 'messiest' cut on display with many muscles and a lot of connective tissue	

Beef	Blade steak bone in	Blade	Wet	Look for the Y-bone	
Beef	Blade steak boneless	Blade	Wet	Contains a number of muscles including the oyster blade. It will contain an obvious seam of connective tissue where the Y-bone has been removed.	
Beef	Oyster blade steak	Blade	Dry	Oval in shape, grainy texture and often darkish meat colour. Will have an obvious seam of connective tissue through the middle.	




Beef	Rib eye steak	Cube roll	Dry	A roundish shaped steak roughly the size of your palm. Will include the spinalis muscle that runs along the side of the steak, separated from the rib eye muscle by a piece of seam fat.	
Beef	Rib steak bone in	Rib set	Dry	Will include a bone which is usually frenched (ie. trimmed of meat and fat). Looks like a large cutlet.	
Beef	Shin beef boneless	Shin	Wet	Coarse texture and exhibits a lot of connective tissue.	




Beef	Shin beef bone in	Shin	Wet	Coarse texture and exhibits a lot of connective tissue. The bone is round and in the centre of cut taking up approx 50% of the display.	
Lamb	Leg chop	Leg	Wet	Cut across the legs muscles and includes the bones associated with the leg. Will exhibit a thick bone in the centre and is one of the larger chops derived from the lamb carcass.	
Lamb	Chump chop	Dry	Dry	Will have external fat coverage with a bone at the bottom of a large area of lean.	





Lamb	Round roast	Leg	Dry	Will be trimmed to silverskin. Looks like the knuckle in beef but a lot smaller. Very round in appearance	
Lamb	Round steak	Leg	Dry	Looks like a miniature beef round steak. All muscles are round in appearance.	
Lamb	Topside roast	Leg	Dry	Often confused with lamb round roast. Look for external fat and flatter shape.	
Lamb	Topside steak	Leg	Dry	Cap removed and cut across the face of the muscle. Long flat shape, very lean and often dark colour.	No image available


Lamb	Shank	Leg	Wet	Will be an obvious leg bone covered with meat and prominent silverskin. Both cut ends will show bone. May be displayed frenched where meat has been trimmed away from end of the shank bone.	
Lamb	Midloin chop	Loin	Dry	Must have the fillet attached. Will exhibit external fat coverage and a tail. Will look like a mini T-bone.	
Lamb	Ribloin cutlet	Ribloin	Dry	Will include the rib eye and look like a small eye of meat on a long narrow bone	



Lamb	Fore-quarter chop	Fore-quarter	Wet	Will be made up of several muscles within the chop. Also a large lamb chop	
Lamb	Eye of loin	Loin	Dry	Is the M.longissimus dorsi or eye muscle. Will have silver skin removed. Will be smooth and long.	
Lamb	Butterfly steak	Eye of loin	Dry	The symmetry and cut line give this cut away. Meat colour will generally be darker than that of a pork butterfly steak.	

Pork	Spare ribs	Belly	Wet	Strip of fat along top. Made up of many muscles. Looks like a thick bacon rasher.	
Pork	Loin chop	Loin	Dry	Has a T shaped bone. Will usually have a tail	
Pork	Loin cutlet	Loin	Dry	Will have a bone at one end.	

Pork	Loin steak	Loin	Dry	Very lean. May have a rim of fat on one side	
Pork	Butterfly steak	Loin	Dry	Will have a butterfly shape from where one steak has been split in half and folded. May have a rim of fat on one side.	
Pork	Rolled loin roast	Loin	Dry	Will have a fat covering and be visibly rolled and usually strung to hold in place	
Pork	Fillet	Tenderloin	Dry	Long, thin single piece of meat.	

Pork	Leg roast	Leg	Dry	May not be rolled and strung like other roasts. Will exhibit a leg bone in the centre of the face. Will taper off to a hock.	
Pork	Shoulder roast	Fore-quarter	Dry	Will generally be rolled and strung. Will look to have many muscles in the face. May taper off at the end. Boneless	