




























## Retail Cut Identification - Training Sheets









Species	Cut Name	Primal	Features	Example
Beef	Rump Steak	Rump	Will include a large cap muscle and external fat coverage.	
Beef	Rump Cap Steak	Rump Cap	Cap from rump steak, external fat coverage.	
Beef	Fillet Steak	Tenderloin	Fine texture, little connective tissue. No external fat. Small portion size in diameter.	
Beef	Ribeye Steak	Cube Roll	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	Will include a bone which is usually frenched (i.e., trimmed of meat and fat). Looks like a large cutlet.	
Beef	T-Bone Steak	Shortloin	Contains fillet muscle and external fat over sirloin edge. Bone is shaped as a 'T'	
Beef	Sirloin Steak Bone In	Shortloin	Will not include fillet muscle but will have external fat coverage. Will also have a bone on 1 side.	
Beef	Sirloin Steak Boneless	Striploin	Will not include fillet muscle but will have external fat coverage and no bone. Looks similar to rib eye steak but has external fat.	







<b>Beef</b>	Oyster Blade Steak	Blade	Oval in shape a small like fillet, grainy texture and often darkish meat colour. Will have an obvious seam of connective tissue through the middle.	
<b>Beef</b>	Flat Iron Steak	Oyster Blade	Either side of the sinu of the oyster blade removed as a whole and typically cut into smaller portions.	
<b>Beef</b>	Flank Steak	Flank	Long muscle fibres. Coarse texture. Looks like a fan. Depends on spec, sometimes trimmed of fat.	
<b>Beef</b>	Round Steak	Knuckle	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.	
<b>Beef</b>	Topside Steak	Topside	Contains a cap muscle and will have a coarser texture. Will be quite large in shape and flat. Generally, will be very lean.	
<b>Beef</b>	Silverside Steak	Silverside	Coarser texture and silvery appearance. Large flat cut. Looks like the heel and toe of a shoe	
<b>Beef</b>	Chuck Steak	Chuck	Looks the 'messiest' cut on display with many muscles and a lot of connective tissue	
<b>Beef</b>	Blade Steak Bone In	Blade	Look for the Y-bone. Can also typically see the sinu seam through the middle of the oyster blade.	









<b>Beef</b>	Blade Steak Boneless	Blade	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.	
<b>Beef</b>	Short Ribs	Forequarter	Medium square, sometimes packed layered as a two pack. 3 or 4 ribs, visible bone on either side.	
<b>Beef</b>	Shin Beef Boneless	Shin	Coarse texture and exhibits a lot of connective tissue. Bone removed.	
<b>Beef</b>	Shin Beef Bone In	Shin	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.	





Species	Cut Name	Primal	Features	Example
Lamb	Mid Loin Chop	Loin	Must have the fillet attached. Will exhibit external fat coverage and a tail. Will look like a mini-T-bone.	
Lamb	Chump Chop	Chump	Will have external fat coverage with a bone at the bottom of a large area of lean. Essentially a rump steak with the bone in.	
Lamb	Rib Loin Cutlet	Rib loin	Will include the rib eye and look like a small eye of meat on a long narrow bone	
Lamb	Frenched Rack	Rib loin	Rack of 8 ribs (sometimes extra 9 <sup>th</sup> ) frenched with intercostal meat removed and rib bones visible. Makes rib loin cutlets when cut individually.	
Lamb	Neck Chop	Neck	Cross section of neck typically has spinal cord and can see hole through middle of spinal column (vertebrae). Some external fat also.	
Lamb	Best Neck Chop	Neck	From a bone in lamb neck, lots of connective tissue. Bone visible.	
Lamb	Leg Chop	Leg	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.	



<b>Lamb</b>	Fillet	Tenderloin	No external fat, darker in colour to pork but similar size.	
<b>Lamb</b>	Forequarter Chop	Forequarter	Will be made up of several muscles within the chop. Also, a large lamb chop.	
<b>Lamb</b>	Round Steak	Leg	Looks like a miniature beef round steak. All muscles are round in appearance.	
<b>Lamb</b>	Topside Steak	Leg	Cap removed and cut across the face of the muscle. Long flat shape, very lean and often dark colour.	
<b>Lamb</b>	Butterfly Steak	Eye of loin	The symmetry and cut line give this cut away. Meat colour will generally be darker than that of a pork butterfly steak.	
<b>Lamb</b>	Round Roast	Leg	Will be trimmed to silver skin. Looks like the knuckle in beef but a lot smaller. Very round in appearance.	
<b>Lamb</b>	Topside Roast	Leg	Often confused with lamb round roast. Look for external fat and flatter shape.	
<b>Lamb</b>	Eye Of Loin	Loin	Is the M. Longissimus dorsi or eye muscle. Will have silver skin removed. Will be smooth and long.	

<b>Lamb</b>	Ribs (Portioned Or Whole)	Forequarter	Rack of ribs, bones can be seen between intercostal meat on underside. Top has some external fat cover. Individuals cut as 'portioned'.	
<b>Lamb</b>	Shank	Leg	Will be an obvious leg bone covered with meat and prominent silver skin. Both cut ends will show bone. May be displayed frenched where meat has been trimmed away from end of the shank bone.	
<b>Lamb</b>	Rack	Rib loin	Rack of ribs, eye muscle can be seen on each end. External fat coverage. Vertebrae also visible.	
<b>Lamb</b>	Rump Steak	Leg	Same as chump chop but with bone removed.	
<b>Lamb</b>	Leg Roast	Leg	Leg of lamb, cut end matches leg chop. Easily identifiable.	
<b>Lamb</b>	Rump Roast	Leg	Same face as chump chop/ rump steak but as a roast. External fat coverage.	

Species	Cut Name	Primal	Features	Example
Pork	Spare Ribs	Belly	Strip of fat along top. Made up of many muscles. Looks like a thick bacon rasher.	
Pork	American Ribs	Forequarter	Rack of ribs, may be split in half. Ribs bones can be seen between remaining intercostal meat.	
Pork	Belly	Belly	Layer of fat over top, made up on many muscles. Looks like a few spare ribs joined together.	
Pork	Scotch Fillet Steak	Collar Butt	Made up of many muscles, don't mistake for shin beef boneless. Lighter in colour.	
Pork	Loin Chop	Loin	Has a T shaped bone. Will usually have a tail.	
Pork	Loin Cutlet	Loin	Will have a bone at one end.	
Pork	Loin Steak	Loin	Very lean. May have a rim of fat on one side	
Pork	Butterfly Steak	Loin	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.	

<b>Pork</b>	Rolled Loin Roast	Loin	Will have a fat covering and be visibly rolled and usually strung to hold in place	
<b>Pork</b>	Fillet	Tenderloin	Long, thin single piece of meat. Slight sheen and small head muscle.	
<b>Pork</b>	Leg Roast	Leg	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.	
<b>Pork</b>	Rolled Shoulder Roast	Forequarter	Will generally be rolled and strung. Will look to have many muscles in the face. May taper off at the end. Boneless.	
<b>Pork</b>	Forequarter Chop	Forequarter	Will be made up of several muscles within the chop. Typically, thick fat cover and skin. Bone in.	