Lamb Primal Cuts

- **Knuckle** 5072
- **Topside** 5073
- **Silver Side** 5071
- **Rump** 5074
- **Leg Cuts** 5065
- **Short Loin** 4880
- **Loin** 4860
- **Leg (Frenched)** 4938
- **Rack (Frenched)** 4932
- **Square Cut Shoulder** 4990
- **Shoulder - Square Cut Rolled/Netted** 5050
- **Neck** 5020
- **Leg - Chump On** 4800
- **Leg - Boneless** 5060
- **Leg - Chump Off - Shank Off** 5070
- **Leg - Chump Off - Shank On** 4820
- **Leg - Chump Off - Shank Off** 4810
- **Rack (Frenched)** 4938 (Cap Off)
- **Boneless Leg** 5060
- **Neck** 5020
- **Leg - Chump Off - Shank On** 4820
- **Breast and Flap** 5010
- **Backstrap** 5109
- **Tenderloin** 5080
- **Fore Shank** 5030
- **Breast and Flap** 5010
# Lamb Carcase

## Primal Cut Weight Range Guide

This primal cut weight range guide is used to calculate the average weight of meat primal from various carcase weight ranges. It is a helpful tool when selecting a primal for portion cutting or roasting.

<table>
<thead>
<tr>
<th>PRIMAL</th>
<th>Leg-Chump On (Tipped)</th>
<th>Rack (7 rib)</th>
<th>Shortloin (1 rib)</th>
<th>Square Cut Shoulder (5 rib)</th>
<th>Neck (Whole)</th>
<th>Foreshank</th>
<th>Breast / Flap</th>
</tr>
</thead>
<tbody>
<tr>
<td>* H.A.M. NO.</td>
<td>4800</td>
<td>4930</td>
<td>4880</td>
<td>4990</td>
<td>5020</td>
<td>5030</td>
<td>5010</td>
</tr>
<tr>
<td>Carcase %</td>
<td>32.6</td>
<td>9.5</td>
<td>12.1</td>
<td>20.5</td>
<td>3.2</td>
<td>5.8</td>
<td>12.1</td>
</tr>
<tr>
<td>Carcase - Prim</td>
<td>18-20kg</td>
<td>2.9 - 3.3</td>
<td>0.95 - 1.0</td>
<td>1.1 - 1.2</td>
<td>0.6 - 0.7</td>
<td>0.5 - 0.6</td>
<td>1.1 - 1.2</td>
</tr>
<tr>
<td>Carcase - Prim</td>
<td>20-24kg</td>
<td>3.3 - 3.9</td>
<td>1.0 - 1.2</td>
<td>1.2 - 1.5</td>
<td>0.7 - 0.8</td>
<td>0.6 - 0.7</td>
<td>1.2 - 1.5</td>
</tr>
<tr>
<td>Carcase - Prim</td>
<td>24-28kg</td>
<td>3.9 - 4.6</td>
<td>1.2 - 1.3</td>
<td>1.5 - 1.7</td>
<td>0.8 - 0.9</td>
<td>0.7 - 0.8</td>
<td>1.5 - 1.7</td>
</tr>
</tbody>
</table>

* Fat trim on primals maximum 10mm.

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This information is to be used as a **GUIDE ONLY**. * H.A.M. - Handbook of Australian Meat Reference Cut Item and Code Number.
Lamb Rack Cutting Preparation and Yield Guide

**STEP 1**

_**RACK - H.A.M. 4932 (8 rib)**_

- Primal weight: 1.23 kg

**STEP 2**

_**RACK - H.A.M. 4932**_

- Chine / feather bone removed
- Primal weight: 980 grams
- Preparation off cuts: 250 grams
- Total waste (progressive): 250 grams (20.3%)

**STEP 3**

_**Rack - H.A.M. 4938**_

- Cap On - frenched to 50mm tail
- Primal weight: 880 grams
- Preparation off cuts: 100 grams
- Total waste (progressive): 350 grams (28.5%)

**STEP 4**

_**RACK - H.A.M. 4938**_

- Cap Off - frenched 75 mm rib length
- Primal weight: 570 grams
- Preparation off cuts: 310 grams
- Total waste (progressive): 660 grams (53.7%)

**STEP 5**

_**RACK - H.A.M. 4938**_

- Fully denuded to eye muscle - Frenched 75 mm rib length
- Primal weight: 460 grams
- Preparation off cuts: 110 grams
- Total waste (progressive): 770 grams (62.6%)

**EXAMPLE**

- Step 1 - Rack 4932 trimmed to
- Step 5 - Rack 4938
- Waste factor = 770 grams (62.6%)

* Carcase weight for guide 20kg

This information is provided as a **GUIDE ONLY**.
Rack  
H.A.M. Code: 4931

Rack is prepared from the carcase side by the removal of the Forequarter at the specified rib and the Leg at the junction of the 6th lumbar vertebrae and the Shortloin at the specified rib. The Breast is removed at a specified distance from the eye of meat.

Specification Tips:
- Number of ribs required (4 to 9 ribs).
- Breast removal distance from eye of meat.
- Feather bones and chine edge retained or removed.
- Specify fat depth.
- Additional preparations. Frenched - Cap on or off - Chops.

RACK - H.A.M. Code: 4931  
Specification Tip: Chine and feather bones removed.

RACK - CAP ON - FRENCHED - H.A.M. Code: 4754  
Specification Tip: Chine and feather bones removed.

RACK - CAP OFF - FRENCHED - H.A.M. Code: 4762  

RACK - CAP OFF - FRENCHED - CUTLET

RACK - CAP OFF - FRENCHED (SILVER SKIN)  

RACK - CAP OFF - FRENCHED - CUTLET

RACK - FRENCHED - CUTLET