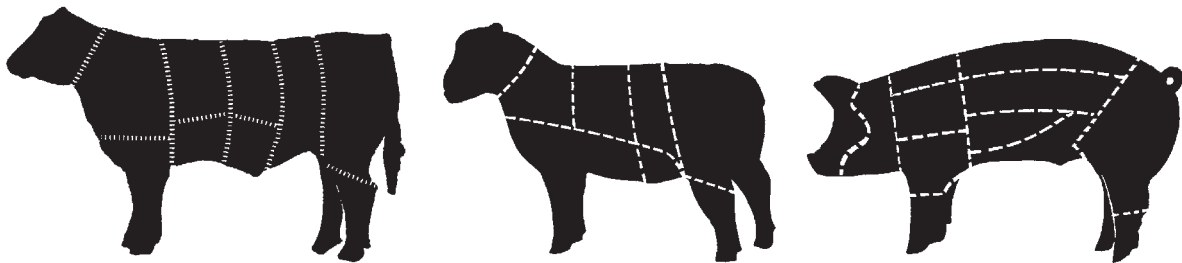


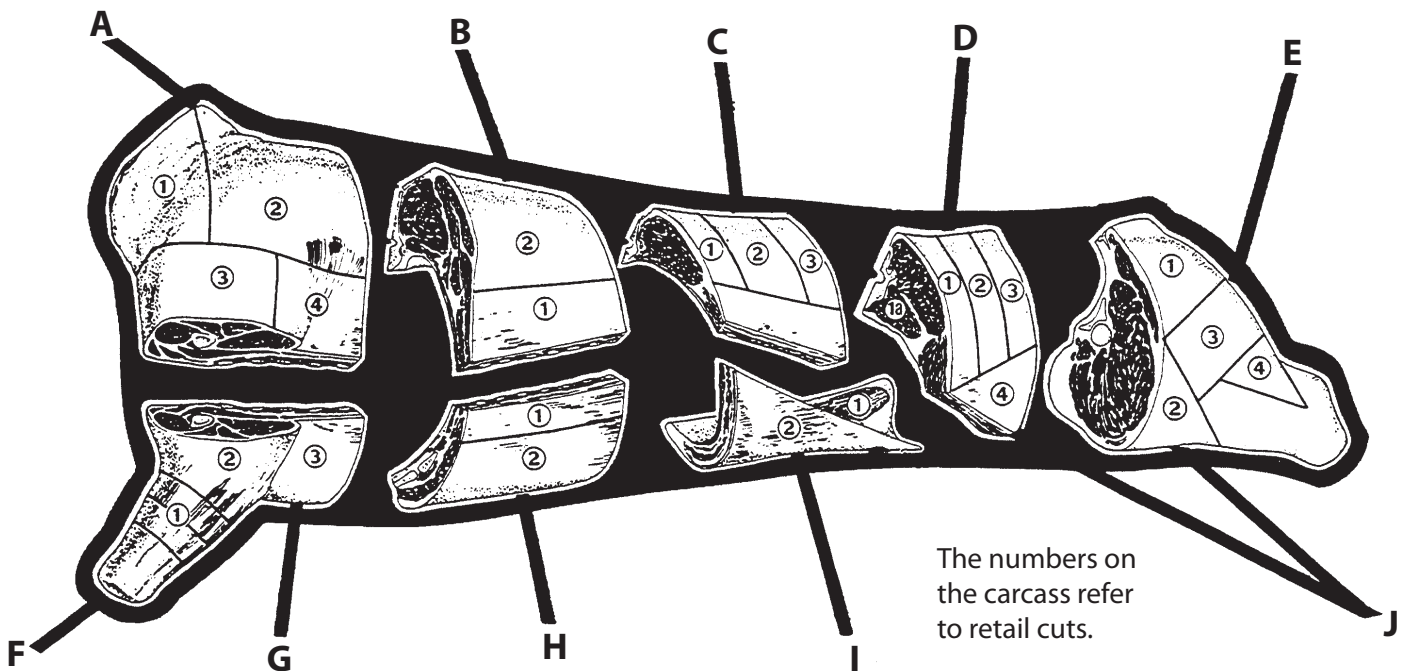
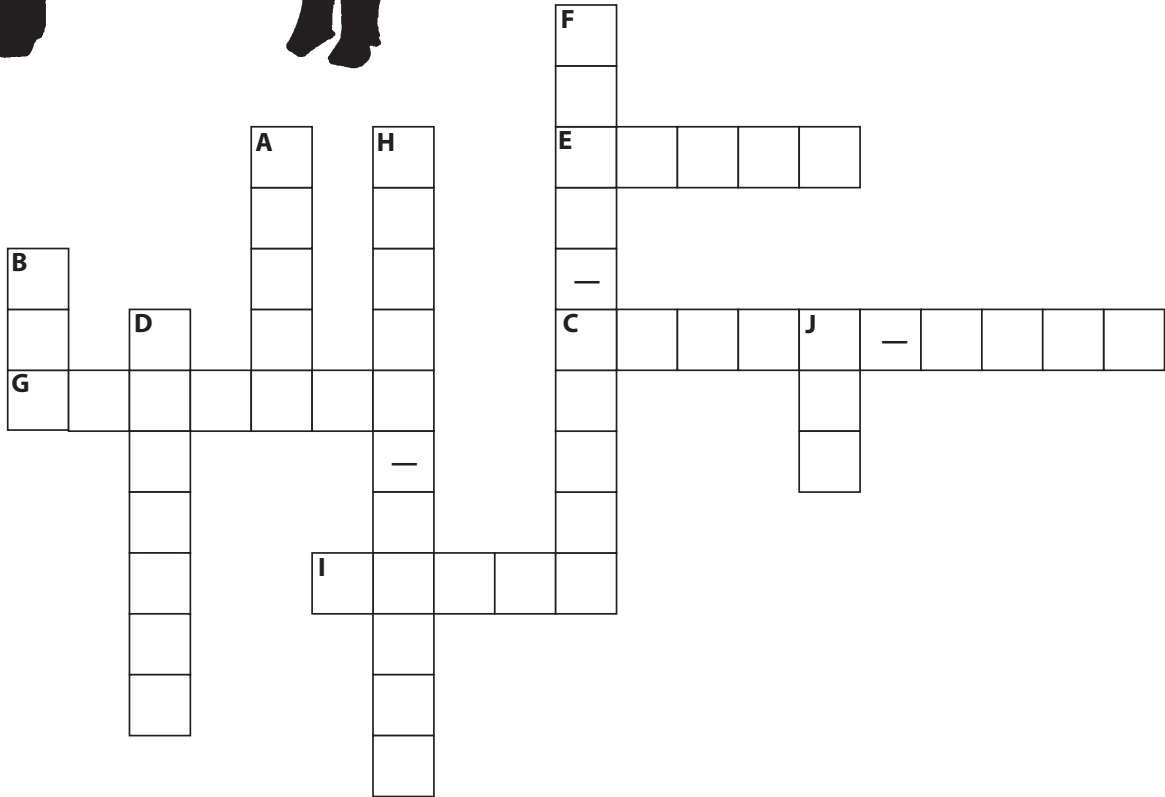
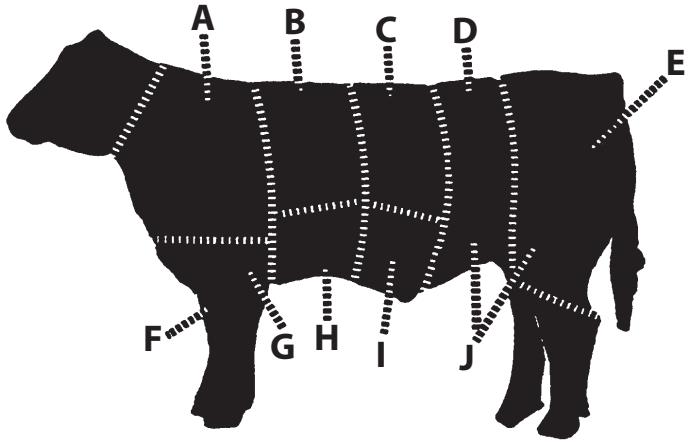


# Oregon 4-H Meat Animal Wholesale Cuts Series



This series of crossword puzzle teaching aids is designed to be used by the 4-H leader when teaching about wholesale cuts from beef, sheep, and swine. Leaders are encouraged to make copies of the puzzles when teaching youth.

# Wholesale Cuts of Beef



The numbers on the carcass refer to retail cuts.

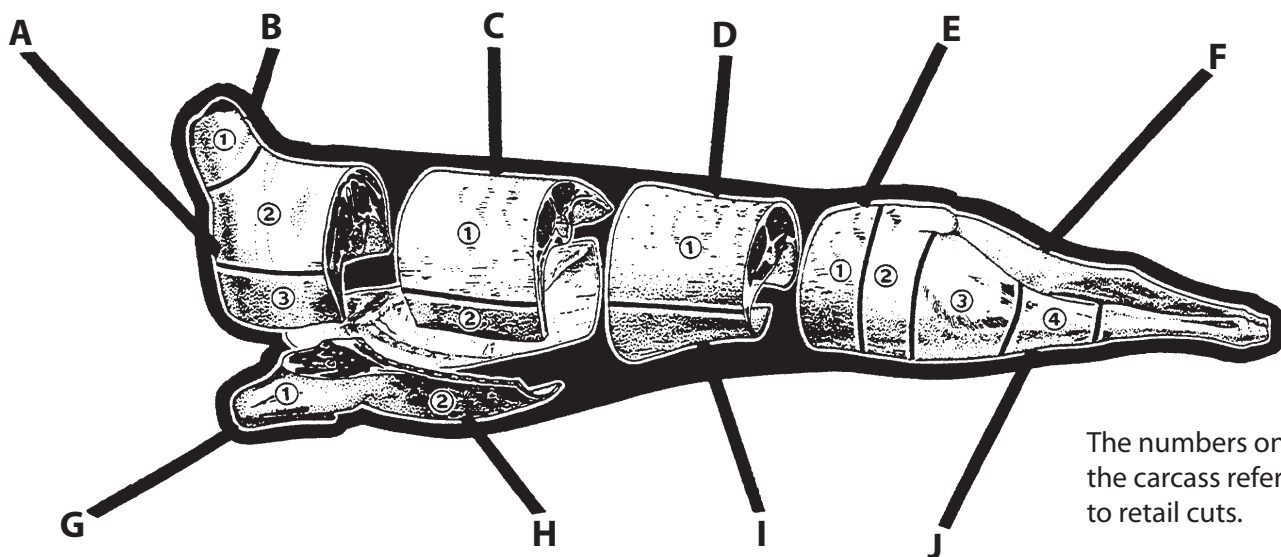
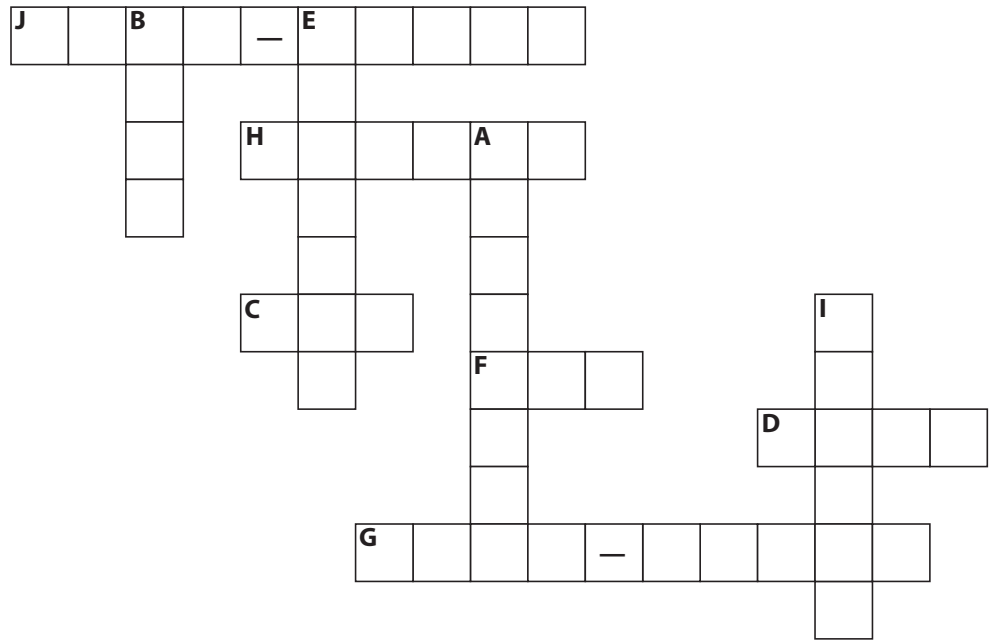
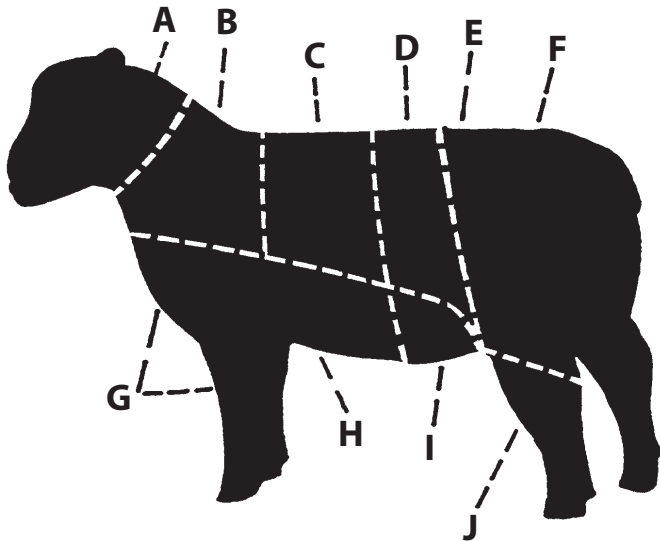
# Retail Cuts of Beef—Where they come from and how to cook them

|  |                                      |  |                                     |   |                                     |   |                                      |  |                                      |   |  |  |  |   |
|--|--------------------------------------|--|-------------------------------------|---|-------------------------------------|---|--------------------------------------|--|--------------------------------------|---|--|--|--|---|
| <p><b>Chuck</b><br/>Braise, cook in liquid</p> | <p><b>A</b><br/>(25% of carcass)</p> | <p><b>Rib</b><br/>Roast, broil, panbroil, panfry</p> | <p><b>B</b><br/>(9% of carcass)</p> | <p><b>Short loin</b><br/>Roast, broil, panbroil, panfry</p> | <p><b>C</b><br/>(9% of carcass)</p> | <p><b>Sirloin</b><br/>Broil, panbroil, panfry</p> | <p><b>D</b><br/>(10% of carcass)</p> | <p><b>Round</b><br/>Braise, cook in liquid</p> | <p><b>E</b><br/>(26% of carcass)</p> | <p><b>F</b><br/>(3% of carcass)</p> <p><b>Fore shank</b><br/>Braise, cook in liquid</p> | <p><b>G</b><br/>(4% of carcass)</p> <p><b>Brisket</b><br/>Braise, cook in liquid</p> | <p><b>H</b><br/>(7% of carcass)</p> <p><b>Short plate</b><br/>Braise, cook in liquid</p> | <p><b>I</b><br/>(5% of carcass)</p> <p><b>Flank</b><br/>Braise, cook in liquid</p> | <p><b>J</b><br/>(from Round &amp; Sirloin)</p> <p><b>Tip</b><br/>Braise</p> |
|--|--------------------------------------|--|-------------------------------------|---|-------------------------------------|---|--------------------------------------|--|--------------------------------------|---|--|--|--|---|

\*May be roasted, broiled, panbroiled, or panfried from high-quality beef.  
\*\*May be roasted, (baked), broiled, panbroiled, or panfried.

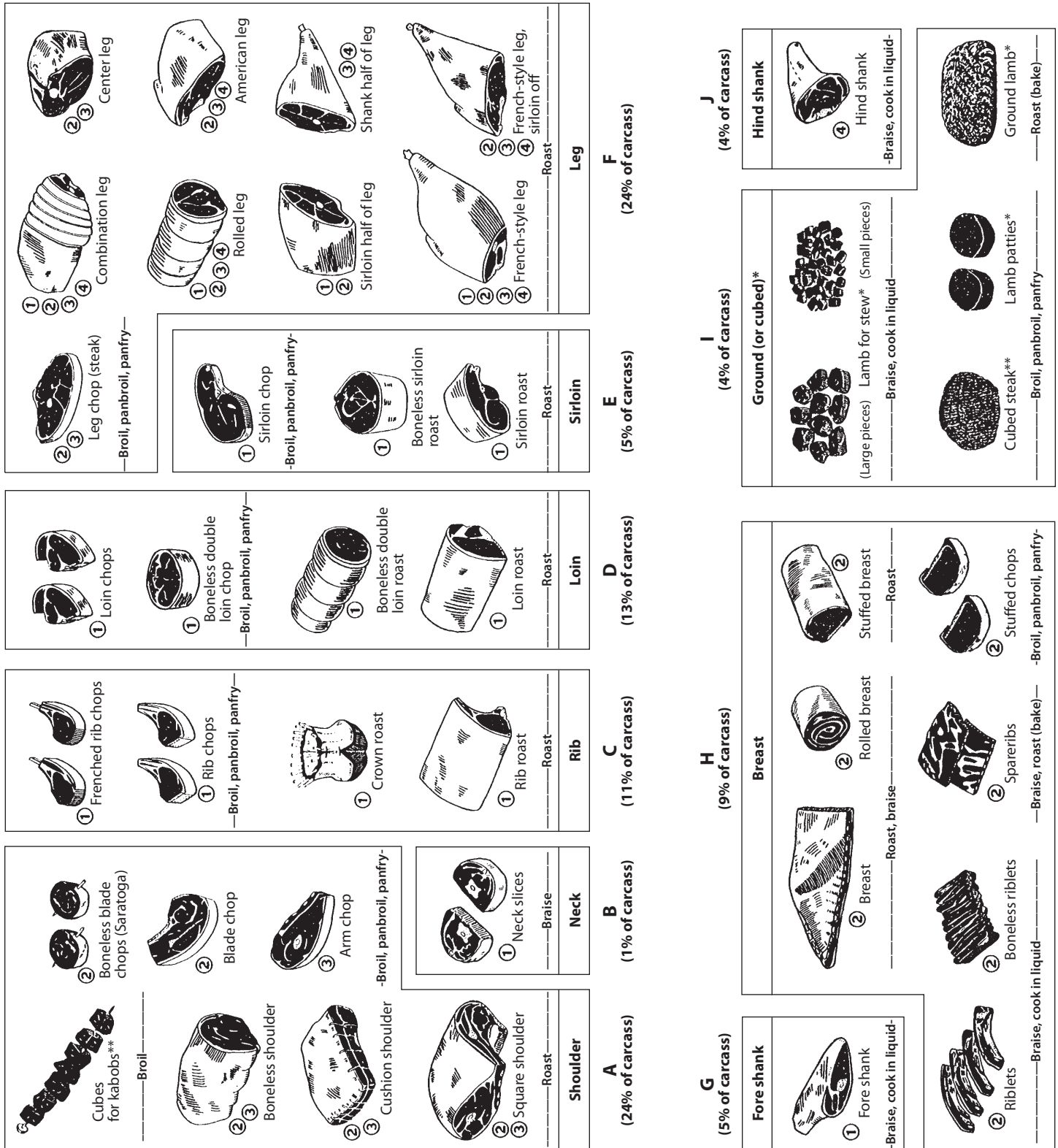
2% of carcass is waste.

# Wholesale Cuts of Lamb



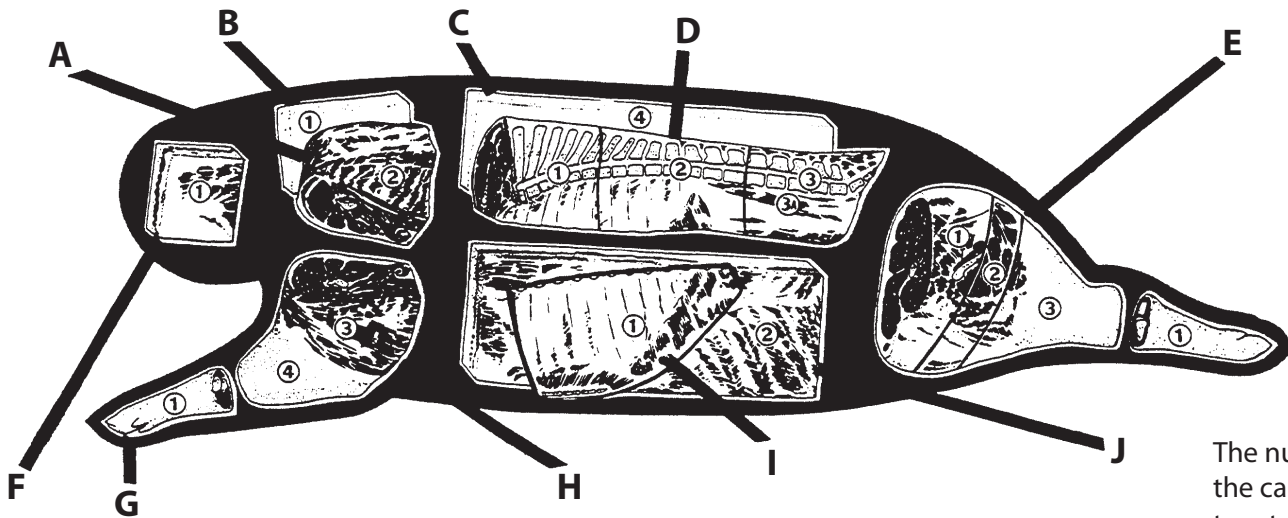
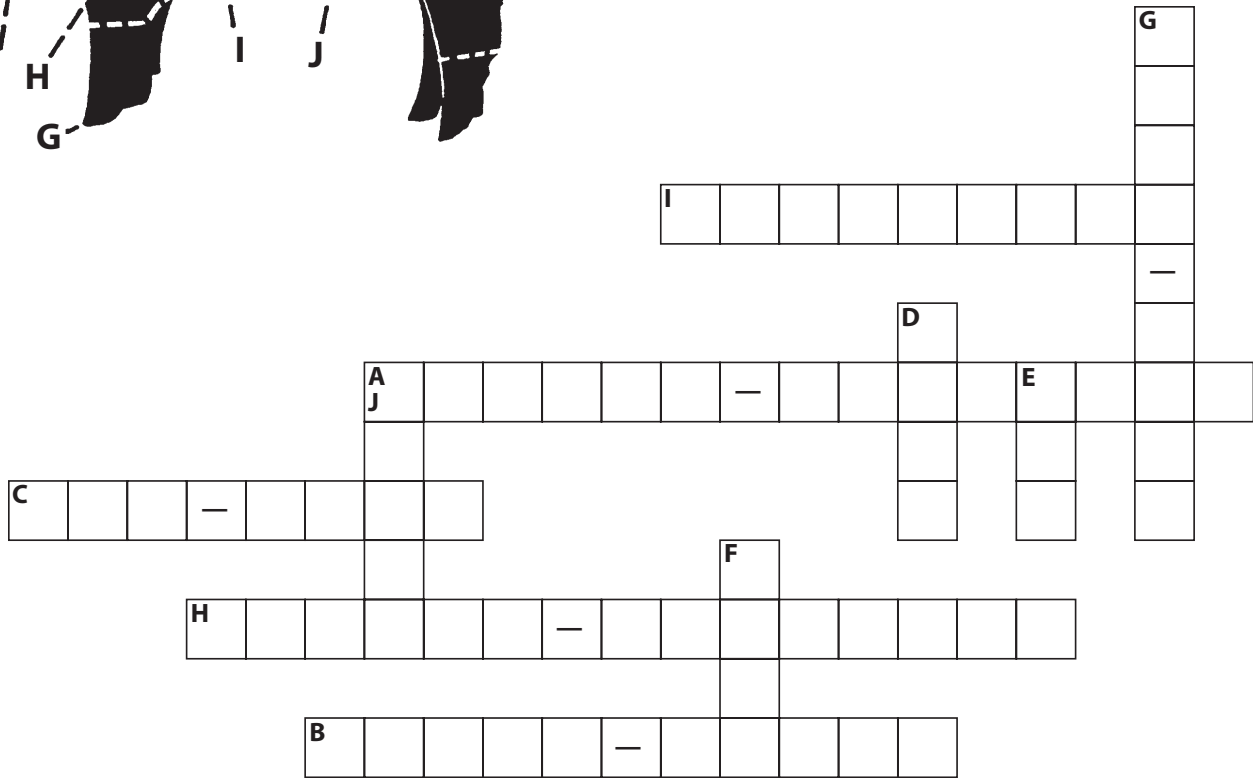
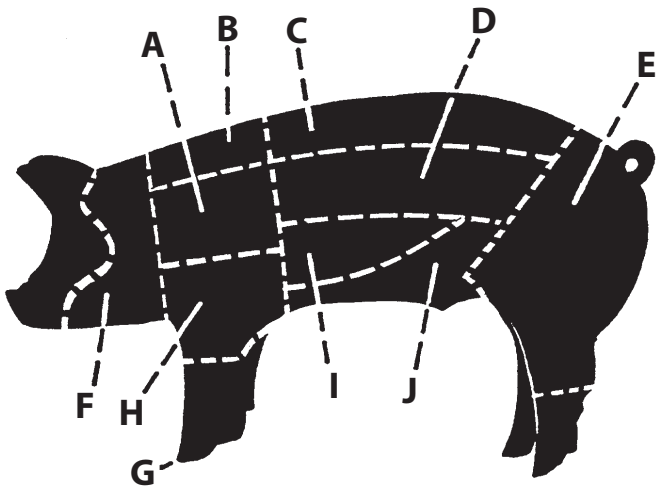
The numbers on the carcass refer to retail cuts.

# Retail Cuts of Lamb—Where they come from and how to cook them



\*Lamb for stew or grinding may be made from any cut.  
 \*\*Kabobs or cube steaks may be made from any thick, solid piece of boneless lamb.

# Wholesale Cuts of Pork



The numbers on the carcass refer to retail cuts.



# Retail Cuts of Pork—Where they come from and how to cook them

|  |  |   |  |   |   |                             |                               |                              |                              |                             |                             |                             |                             |                              |                              |                             |                              |
|--|--|---|--|---|---|-----------------------------|-------------------------------|------------------------------|------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|------------------------------|-----------------------------|------------------------------|
| Cubed steak*<br>—Braise, panfry—<br>Blade steak<br>—Braise, panfry—<br>Pork cubes<br>—Braise, cook in liquid, broil—<br>Smoked shoulder roll<br>—Roast (bake), cook in liquid— | Boneless blade Boston roast<br>—Braise, roast—<br><b>Boston shoulder</b><br>Blade Boston roast<br>—Braise, roast—<br>Fat back<br>—Panfry, cook in liquid—<br>Lard<br>—Pastry, cookies, quick breads, cakes, frying—<br><b>Clear plate</b><br><b>Fat back</b> | Blade chop<br>Rib chop<br>Loin chop<br>Sirloin chop<br>Cubed steak*<br>Butterfly chop<br>—Braise, broil, panbroil, panfry—<br>Country-style ribs<br>—Roast (bake), braise, cook in liquid—<br>Back ribs<br>Smoked loin chop<br>—Roast (bake), broil, panbroil, panfry—<br>Tenderloin<br>—Roast (bake), braise, panfry—<br>Sirloin | Blade loin<br>Boneless top loin roast<br>Country-style ribs<br>—Roast (bake), braise, cook in liquid—<br>Smoked loin chop<br>—Roast (bake), broil, panbroil, panfry—<br>Canadian-style bacon<br>Sirloin cutlet<br>Sirloin chop | Boneless leg (fresh ham)<br>—Roast—<br>Sliced cooked "boiled" ham<br>—Heat or serve cold—<br>Boneless smoked ham<br>—Roast (bake)—<br>Canned ham<br>Center smoked ham slice<br>—Broil, panbroil, panfry—<br>Smoked ham, rump (butt) portion<br>—Roast (bake), cook in liquid—<br><b>Leg (fresh or smoked ham)</b> | Smoked ham, rump (butt) portion<br>—Roast (bake), cook in liquid—<br><b>Leg (fresh or smoked ham)</b><br><b>E</b><br>(30% of carcass) | <b>A</b><br>(9% of carcass) | <b>B C</b><br>(7% of carcass) | <b>D</b><br>(19% of carcass) | <b>E</b><br>(30% of carcass) | <b>F</b><br>(3% of carcass) | <b>G</b><br>(3% of carcass) | <b>F</b><br>(3% of carcass) | <b>G</b><br>(3% of carcass) | <b>H</b><br>(10% of carcass) | <b>D</b><br>(19% of carcass) | <b>I</b><br>(9% of carcass) | <b>J</b><br>(10% of carcass) |
|--|--|---|--|---|---|-----------------------------|-------------------------------|------------------------------|------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|------------------------------|------------------------------|-----------------------------|------------------------------|

This chart printed with permission of the National Live Stock and Meat Board.

\*May be made from Boston shoulder, picnic shoulder, loin, or leg.