

## Local Food Connection, 2010 Workshop Notes

Workshop Title  Rm#  Estimate # of Attendees in Rm

Panelist Names

### Notes of Proceedings

Moderator Name

Note Taker Name

#### Notes:

James fabricated a 50 pound lamb purchased from Anderson Ranches. The lamb was gutted and hung for 7 days prior to the workshop.

- 1) The hip was removed first. James followed the bone connection in the hip with a handsaw. The flaps were removed before breaking down the leg.
- 2) The hip was divided into two halves by finding the dead center of the spine and using the saw to separate the hip into two parts; each with a leg. Some fat was removed, which can be used for ground meat.
- 3) Leg of lamb steak: cut sirloin end off lamb leg. Debone the sirloin by following the leg bone. The sirloin can be tied for a roast or it can be butterflied and grilled.
- 4) Shoulder: count inside rib cage – 7 ribs from where the shoulder starts. Use the saw and cut through the back of the 7<sup>th</sup> rib. This yields two pieces: the brisket and the shank. Remove brisket. Trim foreshanks. They are best used for braising. The brisket is best used for stewing or braising.
- 5) Loin: Remove the inside skirt. This is used for trim or lamb lollipops. Break the loin down to the rack and the loin chops.

Separate the two loins. The tendon should be exposed. Cut chops 1 ½ inches thick. These are best roasted or grilled. Separate the rack. Saw through the spine and remove tendon. Take off chime bone and French the rack. Cut off the riblets.

Frenching: Trim fat off the ribs. Follow bones closely. Cut between ribs and remove meat. Scrap the rib bones and clean. Remove fat cap and tendon.

- 6) For the shoulder, remove neck. Cut through spine to separate the two halves. Remove lamb shoulder chops. Debone shoulder and remove tendon.