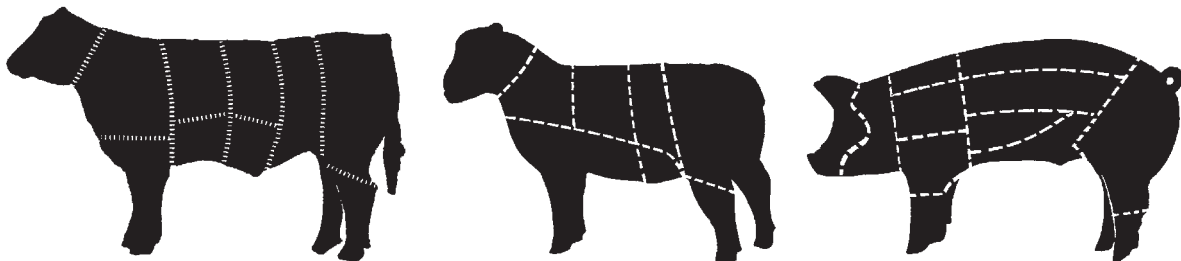




Oregon 4-H Meat Animal Wholesale Cuts Series



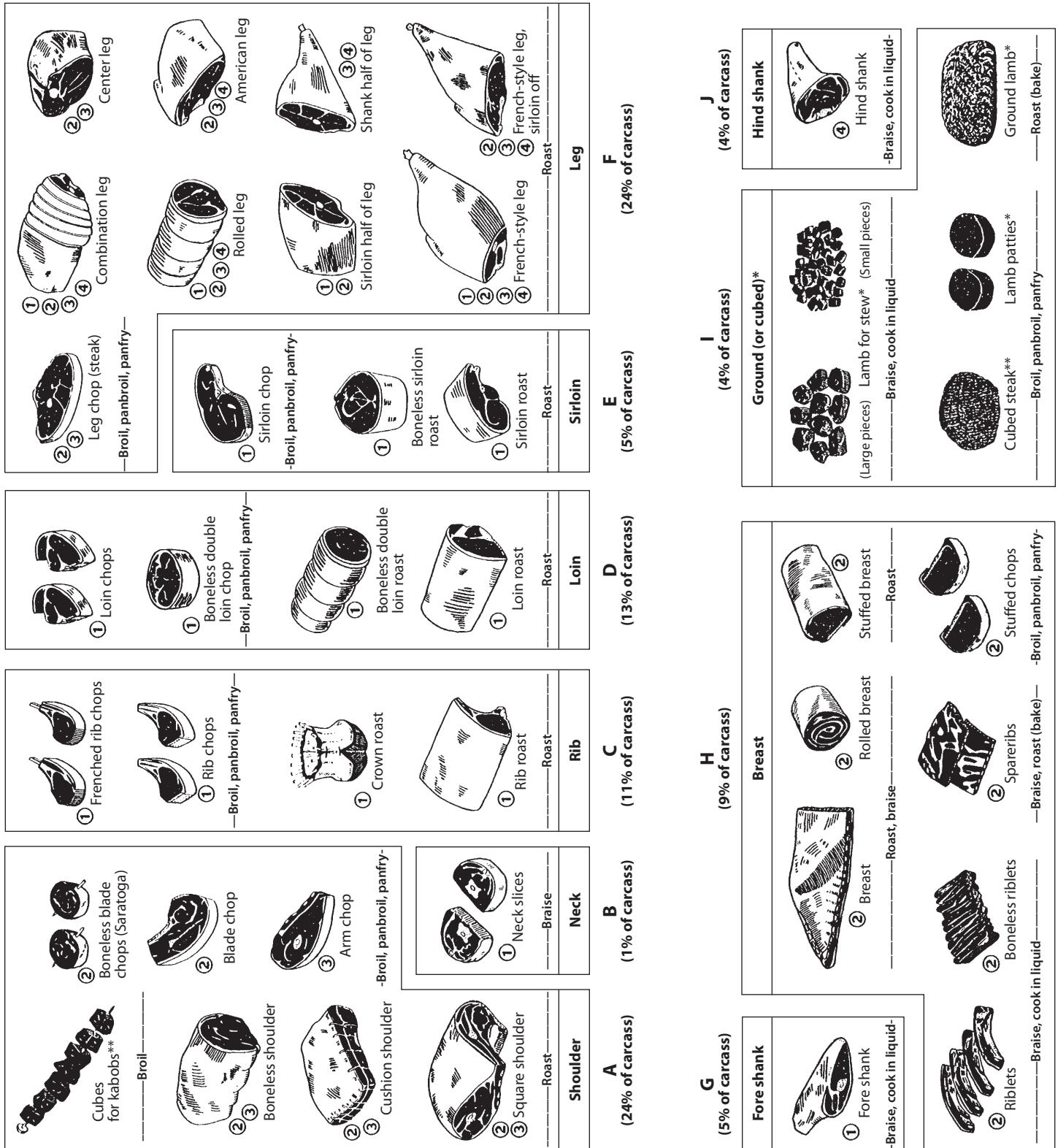
This series of crossword puzzle teaching aids is designed to be used by the 4-H leader when teaching about wholesale cuts from beef, sheep, and swine. Leaders are encouraged to make copies of the puzzles when teaching youth.

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

<p>Chuck Braise, cook in liquid</p>	<p>A (25% of carcass)</p>	<p>Rib Roast, broil, panbroil, panfry</p>	<p>B (9% of carcass)</p>	<p>Short loin Roast, broil, panbroil, panfry</p>	<p>C (9% of carcass)</p>	<p>Sirloin Broil, panbroil, panfry</p>	<p>D (10% of carcass)</p>	<p>Round Braise, cook in liquid</p>	<p>E (26% of carcass)</p>	<p>F (3% of carcass)</p> <p>G (4% of carcass)</p> <p>H (7% of carcass)</p> <p>I (5% of carcass)</p> <p>J (from Round & Sirloin)</p>	<p>Fore shank Braise, cook in liquid</p>	<p>Brisket Braise, cook in liquid</p>	<p>Short plate Braise, cook in liquid</p>	<p>Flank Braise, cook in liquid</p>	<p>Tip Braise</p>
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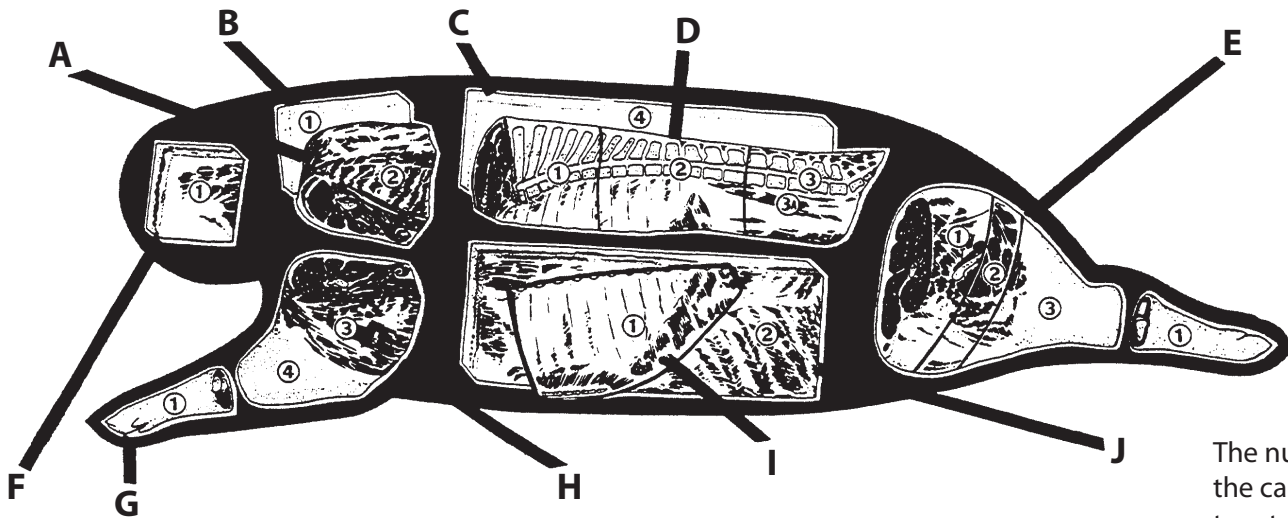
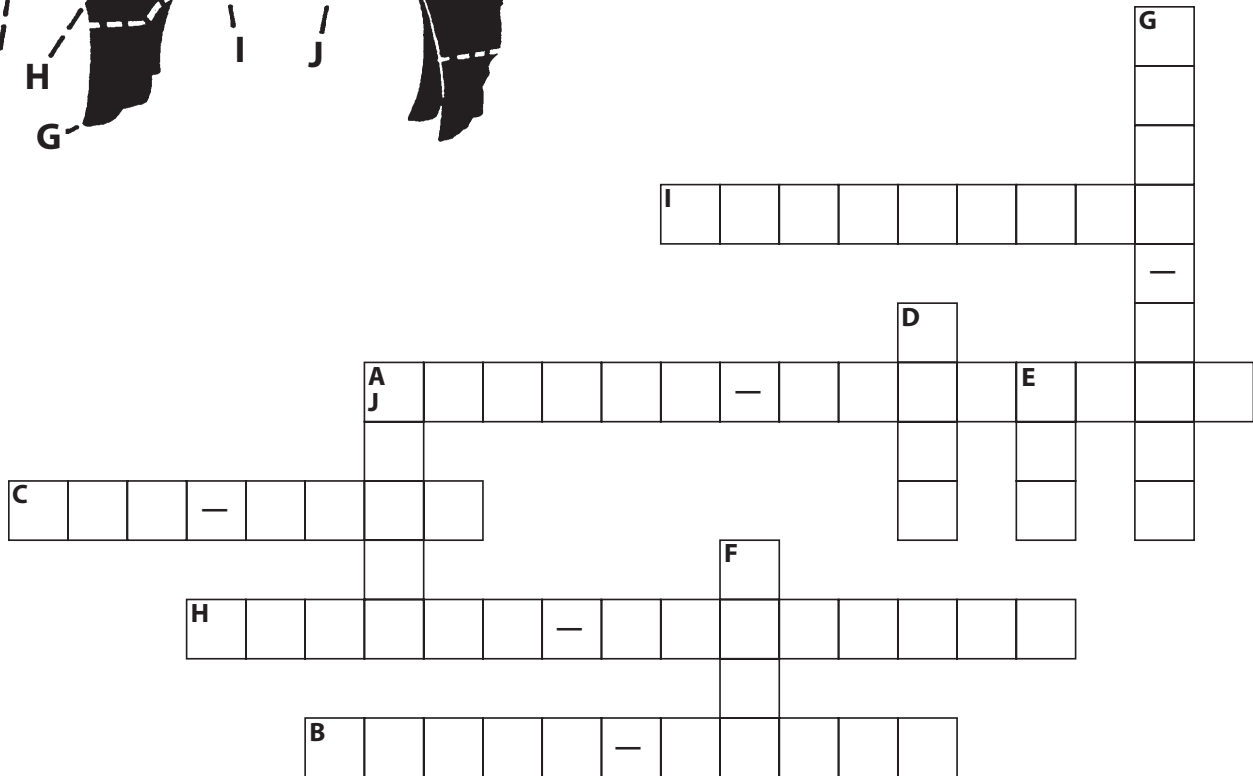
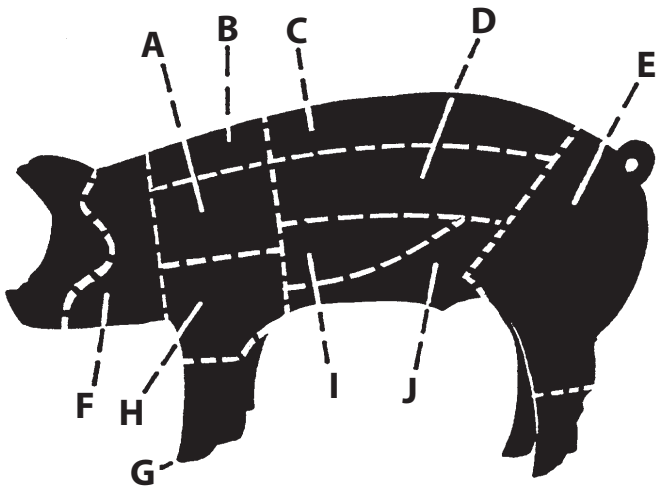
*May be roasted, broiled, panbroiled, or panfried from high-quality beef.
 **May be roasted, (baked), broiled, panbroiled, or panfried.
2% of carcass is waste.

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

<p>Cubed steak* —Braise, panfry—</p> <p>Blade steak ② —Braise, panfry—</p>	<p>Pork cubes —Braise, cook in liquid, broil—</p> <p>Smoked shoulder roll ② —Roast (bake), cook in liquid—</p>	<p>Fat back ④ —Panfry, cook in liquid—</p> <p>Lard ① ④ —Pastry, cookies, quick breads, cakes, frying—</p>	<p>① Clear plate ④ Fat back</p>
<p>Blade chop ①</p> <p>Country-style ribs ①</p> <p>Smoked top loin roast ① ② ③</p>	<p>Rib chop ②</p> <p>Butterfly chop ② ③</p> <p>Back ribs ① ②</p> <p>Boneless top loin roast (double) ① ② ③</p> <p>Center loin roast ②</p>	<p>Loin chop ②</p> <p>Top loin chop ②</p> <p>Smoked loin chop ②</p> <p>Boneless top loin roast ① ② ③</p> <p>Blade loin ①</p>	<p>Sirloin chop ③</p> <p>Sirloin cutlet ③</p> <p>Canadian-style bacon ① ② ③</p> <p>Tenderloin ② ③</p> <p>Sirloin ③</p>
<p>Cubed steak* —Braise, broil, panbroil, panfry—</p> <p>Blade steak ②</p> <p>Country-style ribs ① ②</p> <p>Smoked top loin chop ②</p> <p>Boneless top loin roast (double) ① ② ③</p> <p>Center loin roast ②</p>	<p>Rib chop ②</p> <p>Butterfly chop ② ③</p> <p>Back ribs ① ②</p> <p>Boneless top loin roast (double) ① ② ③</p> <p>Center loin roast ②</p>	<p>Boneless leg (fresh ham) —Roast—</p> <p>Boneless smoked ham ① ② ③</p> <p>Boneless smoked ham slices ②</p> <p>Smoked ham, rump (butt) portion ① ②</p>	<p>Sliced cooked "boiled" ham ① ② ③ —Heat or serve cold—</p> <p>Canned ham ① ② ③ —Roast (bake)—</p> <p>Center smoked ham slice ② —Broil, panbroil, panfry—</p> <p>Smoked ham, shank portion ③ —Roast (bake), cook in liquid—</p>
<p>A (9% of carcass) B C (7% of carcass) D (19% of carcass) E (30% of carcass) F (3% of carcass) G (3% of carcass) H (10% of carcass) I (9% of carcass) J (10% of carcass)</p>			
<p>Jowl ①</p> <p>Smoked jowl ① —Cook in liquid, broil, panbroil, panfry—</p> <p>Pig's feet ① —Cook in liquid, braise—</p>	<p>Picnic shoulder ③ ④</p> <p>Fresh arm picnic ③ ④ —Roast—</p> <p>Smoked arm picnic ③ ④ —Roast (bake), cook in liquid—</p> <p>Neck bones ② ③ —Cook in liquid—</p> <p>Smoked hock ① —Braise, cook in liquid—</p> <p>Fresh hock ① —Braise, cook in liquid—</p>	<p>Ground pork* —Roast (bake), panbroil, panfry—</p> <p>Link —Panfry, braise, bake—</p> <p>Sausage* —Panfry, braise, bake—</p>	<p>Arm roast ③ —Roast—</p> <p>Arm steak ③ —Braise, panfry—</p> <p>Roll —Panfry, braise, bake—</p>
<p>Leg (fresh or smoked ham)</p>			