

# AMERICAN LAMB

After you read through this month's Ingredient of the Month, take this quiz to test your knowledge. In order to earn continuing education hours (CEHs) from the American Culinary Federation (ACF), the test must be completed through the ACF's online learning center. Seventy-five-percent accuracy is required to earn one hour of continuing education credits toward professional certification.



**1. What term describes the tough, rubbery, silver-white connective tissue that does not break down when heated?**

- a. Muscle fibers
- b. Collagen
- c. Silverskin
- d. Bone marrow

**2. What term describes the soft, white connective tissue that breaks into gelatin when heated?**

- a. Muscle fibers
- b. Collagen
- c. Silverskin
- d. Bone marrow

**3. What percentage of fat in lean lamb is monounsaturated fat?**

- a. 25 percent
- b. 30 percent
- c. 35 percent
- d. 40 percent

**4. What omega - 3 fatty acid does American lamb provide nearly five times the amount compared to beef?**

- a. Linoleic acid
- b. Oleic acid
- c. Erucic acid
- d. Alpha linolenic acid

**5. What primal cut contains the last portion of the backbone, hip bone, aitchbone, round bone, hindshank and tail bone?**

- a. Shoulder
- b. Rack
- c. Loin
- d. Leg

**6. What primal cut includes the first four rib bones on each side and the arm and neck bones?**

- a. Shoulder
- b. Rack
- c. Loin
- d. Leg

**7. What popular fabricated cut is sometimes called Lamb T-bone and is one of the most readily available cuts at the grocery store and butcher shop?**

- a. Shoulder chops
- b. Loin chops
- c. Lamb shanks
- d. Lamb leg

**8. What is another name for lamb spareribs?**

- a. Denver Ribs
- b. St Louis Ribs
- c. Kansas Ribs
- d. California Ribs
- e. What internal temperature should cooked ground lamb have?
- f. 145°F
- g. 160°F
- h. 165°F
- i. 170°F

**9. What internal temperature should lamb have for medium-rare doneness?**

- a. 145°F
- b. 160°F
- c. 165°F
- d. 170°F