



Curriculamb

ACF Members Test For Continuing Education Credit

The Curriculamb has been approved by the American Culinary Federation for 4.5 continuing education hours.

To receive the continuing education credits, you should:

- Review the five lesson plans, watch videos (cooking techniques, carcass and cuts and fabrication) and complete labs.
- Open this form in Adobe Reader. Complete quiz and evaluation form. (Note if you do not have the latest version of Adobe Reader, please download it at <https://get.adobe.com/reader/>)
- After completing the quiz and evaluation form, save the document to your hard drive. Send the completed and saved document (.PDF) as email attachment to **humann@att.net**.
- If you are unable to open, complete and save form as PDF, you are welcome to print out and complete form by hand and return scanned document to **humann@att.net**.

Upon receipt of the quiz/evaluation form, you will receive a certificate listing your ACF continuing education credits.

Name: _____

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LESSON 1 - U.S. SHEEP INDUSTRY AND THE BENEFITS OF AMERICAN LAMB

1. The term for a female sheep is:

- a. Ewe
- b. Mutton
- c. Ram

2. Sheep provide:

- a. Meat
- b. Milk
- c. Wool
- d. All of the above

3. American sheep are larger than imported lamb because:

- a. They are processed at an older age
- b. They have heavy wool which makes them look larger
- c. They are meat breeds, typically larger in size than wool breeds

4. Per capita consumption of lamb in the United States is _____ than per capita world consumption of lamb.

- a. Higher
- b. Lower

5. What percentage of fine dining operators menu lamb?

- a. 15 to 25 percent
- b. 25 to 35 percent
- c. 45 to 55 percent
- d. 65 to 75 percent

6. What is one benefit of purchasing American Lamb over imported product?

LESSON 2 - BUYING AND HANDLING LAMB

7. Sheep in the United States are most commonly processed at what age?

- a. 1 to 3 months
- b. 4 to 6 months
- c. 7 to 9 months
- d. After one year

8. The average weight of a market lamb in the United States is about:

- a. 45 pounds
- b. 90 pounds
- c. 135 pounds
- d. 200 pounds

9. Meat from older sheep is called?

- a. Ewe
- b. Mutton
- c. Ram

10. More than 90 percent of American Lamb will grade as USDA _____ or _____.

11. Yield Grade 1 would be the _____ yielding carcass.

- a. Highest
- b. Lowest

12. Like other ground meats, ground lamb should be cooked to an internal temperature of:

- a. 120°F
- b. 140°F
- c. 160°F
- d. 180°F

LESSON 3 - LAMB CARCASS AND CUTS

13. The four primals (or major carcass sections) of lamb are:

1. _____
2. _____
3. _____
4. _____

14. Give two examples of offal: _____ and _____

15. An American Lamb Leg will weigh about 7 to 10 pounds:

- True
- False

16. The shank comes from what primal? _____

17. A rack of lamb has how many rib bones?

- a. 4 bones
- b. 6 bones
- c. 8 bones
- d. 12 bones

18. Which cut is the most common on fine dining menus?

- a. Loin chops
- b. Lamb neck
- c. Rack of lamb
- d. Shanks

19. Which of the following is NOT a cut from the lamb leg?

- a. Sirloin
- b. Tenderloin
- c. Bottom Round
- d. Top Round

20. A saddle is term for large cut from what primal?

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

21. Another name for lamb spareribs is:

- a. Carolina Ribs
- b. Denver Ribs
- c. St Louis Ribs
- d. Western Ribs

LESSON 4 - LAMB NUTRITION

22. Most fat on sheep is:

- a. Marbled throughout the rack and loin
- b. In the legs and shoulder
- c. On the outside of the carcass

23. A typical 3-ounce serving of a lean lamb cut has how many calories?

- a. 100 calories
- b. 175 calories
- c. 250 calories
- d. 500 calories

24. Lamb is an excellent source of:

- a. Protein
- b. Vitamin B12
- c. Niacin
- d. Selenium
- e. Zinc
- f. All of the above

25. A 3-ounce serving of lamb provides nearly _____ times the amount of the essential omega-3 fatty acid, alpha-linolenic acid (ALA) as compared to 3-ounce serving of beef.

- a. 3
- b. 5
- c. 20

LESSON 5 - COOKING METHODS FOR AMERICAN LAMB

26. Which is a growing use of lamb on menus?

- a. Appetizers and small plates
- b. Pasta dishes
- c. Use in sausages such as merguez
- d. All of the above

27. Meat from working muscles of the lamb have _____ connective tissue than less active muscles.

- a. More
- b. Less

28. Tender cuts of lamb such as rack and loin are best prepared using what type of cooking methods?

- a. Dry heat cooking methods
- b. Moist heat cooking methods

29. Silverskin should be trimmed from lamb prior to cooking.

- True
- False

30. The recommended cooking method for a lamb shank is:

- a. Broiling or grilling
- b. Panfrying
- c. Braising

31. Shepherd's Pie is a lamb pie with a crust made of:

- a. Hazelnuts
- b. Mashed Potatoes
- c. Pastry Dough

32. Provide two examples of how leftover roasted lamb leg could be menued.

1. _____
2. _____

33. Provide two specific examples of how you could menu lamb beyond center of the plate.

1. _____
2. _____

CURRICULAMB EVALUATION FORM

On a scale of **1=poor** and **5=excellent**, how would you rate the following:

Overall Curriculamb

1 2 3 4 5

Lesson Plans

1 2 3 4 5

Slide Show

1 2 3 4 5

Videos

1 2 3 4 5

Support Materials (cut images/step-by-step fabrication sheets)

1 2 3 4 5

What were the most beneficial parts of Curriculamb?

How could Curriculamb be improved?

Do you currently menu/use lamb?

Yes

No

If yes, do you purchase:

American Lamb

Imported Lamb

Both

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