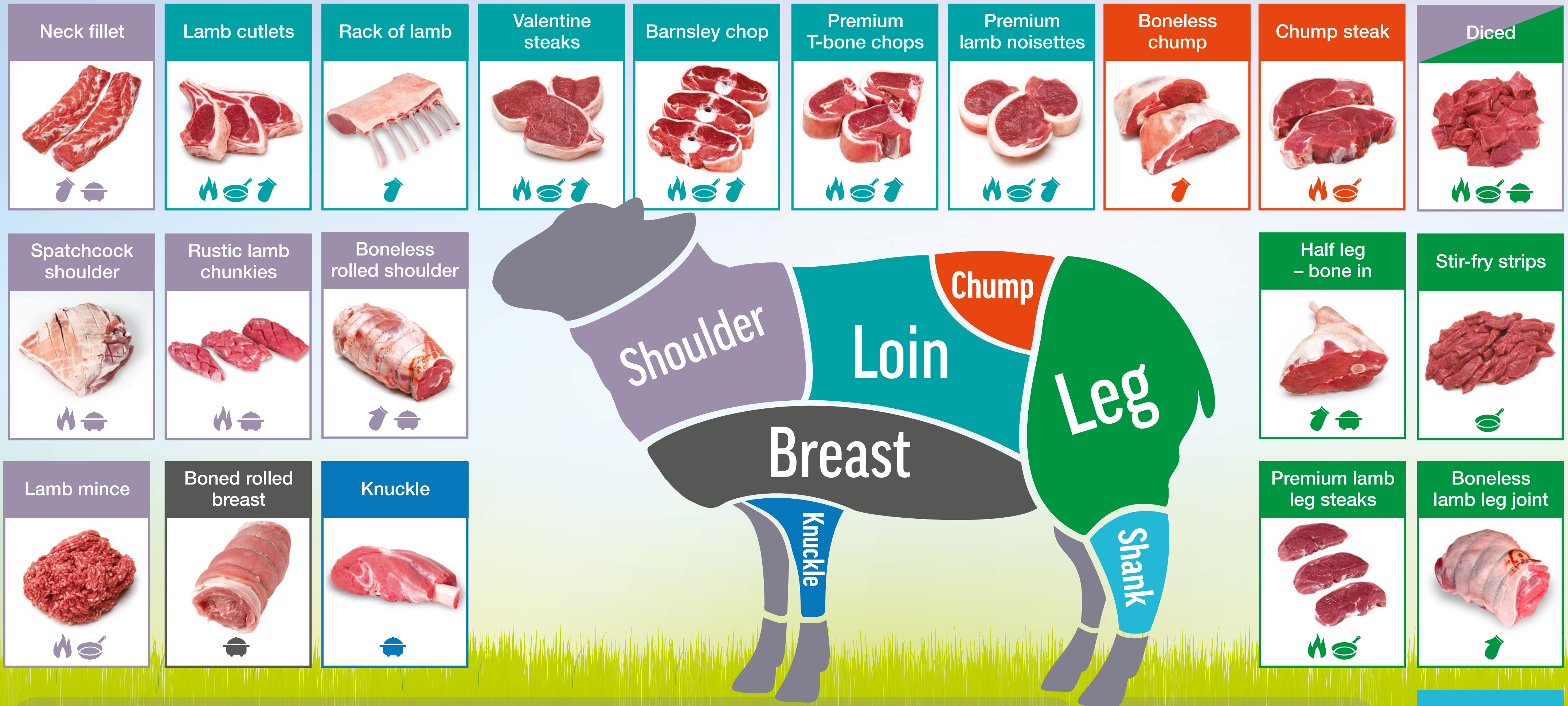


Know your lamb cuts



Different cuts of lamb

Shoulder

The shoulder produces succulent and tender roasting joints with good flavour, available either on the bone, or boned and rolled.

Shoulder meat is commonly used to produce mince, diced lamb and shoulder steaks. Neck fillets, which are boneless and well trimmed, can be cooked at higher temperatures for a shorter cooking time.

Loin

Rack of lamb comes from the first seven ribs of the loin. This can also be cut into lamb cutlets. Meat from the loin provides T-bone chops, Barnsley chops, Valentine steaks and Noisettes. The loin can also be boned completely, stuffed and rolled to produce roasting joints.

Knuckle and shank

The knuckle describes a cut from the fore leg; lamb shank is produced from the rear leg. In both cases, the meat is lean with a high proportion of connective tissue, which requires lengthy cooking at low temperature.

Chump

The chump can be divided into chops or steaks and can be used for both quick and slow cooking methods.

Leg

The leg produces an excellent roasting joint either on the bone, or boned and rolled.

The leg is often cut into a range of leg steaks and stir-fry strips for quick cooking.

Breast

Breast is from the belly section of the carcase. This can be boned and rolled and is ideal for slow cooking.

Cooking techniques



Barbecuing and grilling



Roasting



Frying and stir-frying



Slow cooking

Shank

