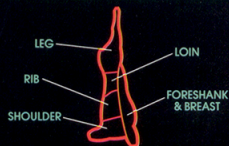


Lamb

• RETAIL CUTS •
WHERE THEY COME FROM
HOW TO COOK THEM



Whole Leg
Roast

Short
Cut Leg,
Sirloin Off
Roast

Shank
Portion Roast
Roast

Center Leg
Roast
Roast

Center Slice
Broil, Panbroil, Panfry

American-
Style Roast
Roast

Frenched-
Style Roast
Roast

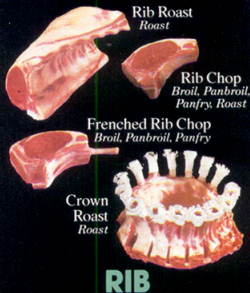
Boneless
Leg Roast
Roast, Broil if butterflied

Hind Shank
Braise, Cook in Liquid

Sirloin Chop
Broil, Panbroil,
Panfry, Braise

Boneless
Sirloin
Roast
Roast

LEG



RIB

Loin Roast
Roast

Loin Chop
Broil,
Panbroil,
Panfry

Double Loin Chop
Broil, Panbroil, Panfry

LOIN

Shank
Braise,
Cook in Liquid

Spareribs
Braise, Broil,
Roast

Boneless
Rolled Breast
Roast, Braise

Riblets
Braise, Cook in Liquid,
Broil

FORESHANK & BREAST

Square-Cut
Shoulder,
Whole
Roast, Braise

Pre-Sliced
Shoulder
Roast, Braise

Boneless
Shoulder
Roast,
Braise

Neck Slice
Braise, Cook in Liquid

Blade Chop
Braise, Broil,
Panbroil, Panfry

Arm Chop
Braise, Broil,
Panbroil, Panfry

SHOULDER

Lamb for Stew
Braise, Cook
in Liquid

Cubes
for Kabobs
Broil, Braise

Ground
Lamb
Broil,
Panbroil,
Roast (Bake)

OTHER CUTS

THIS CHART APPROVED BY
NATIONAL LIVE STOCK & MEAT BOARD

