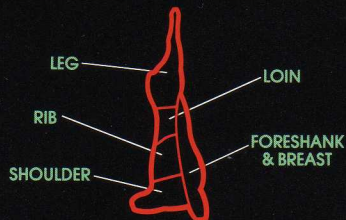


Lamb

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



Whole Leg
Roast



Short
Cut Leg,
Sirloin Off
Roast



Shank
Portion Roast



Center Leg
Roast



Center Slice
Broil, Panbroil, Panfry



American-
Style Roast



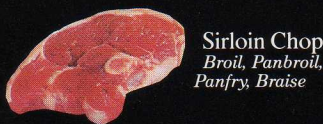
Frenched-
Style Roast



Boneless
Leg Roast
Roast,
Broil if butterflied



Hind Shank
Braise, Cook in Liquid

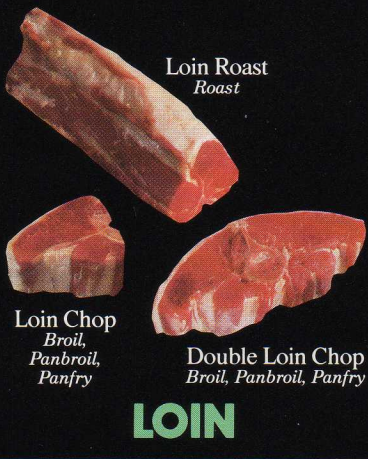


Sirloin Chop
Broil, Panbroil,
Panfry, Braise



Boneless
Sirloin
Roast

LEG



Loin Roast
Roast

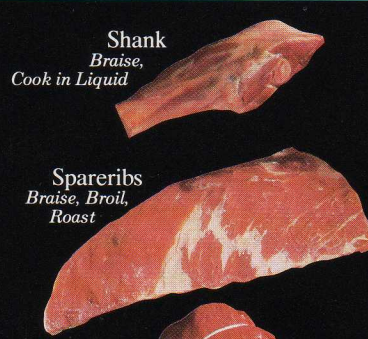


Loin Chop
Broil,
Panbroil,
Panfry

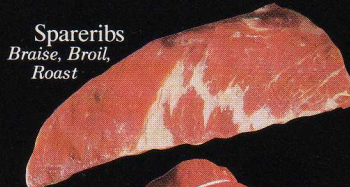


Double Loin Chop
Broil, Panbroil, Panfry

LOIN



Shank
Braise,
Cook in Liquid



Spareribs
Braise, Broil,
Roast

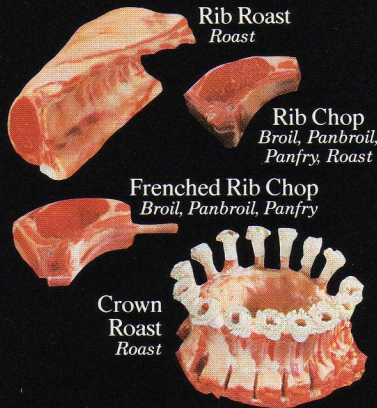


Boneless
Rolled Breast
Roast, Braise

Riblets
Braise, Cook in Liquid,
Broil

FORESHANK & BREAST

THIS CHART APPROVED BY
 NATIONAL LIVE STOCK & MEAT BOARD



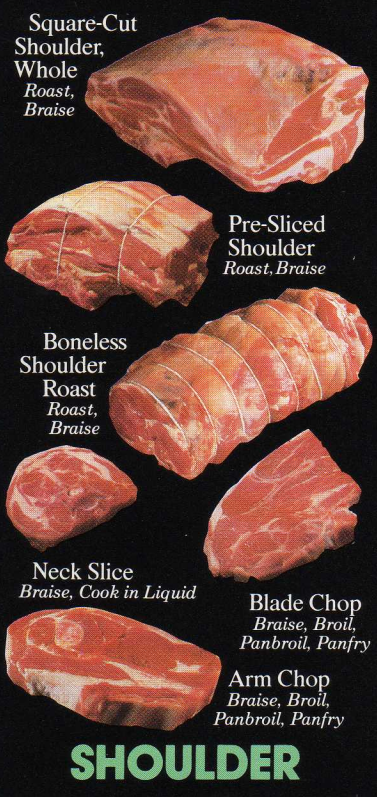
Rib Roast
Roast

Rib Chop
Broil, Panbroil,
Panfry, Roast

Frenched Rib Chop
Broil, Panbroil, Panfry

Crown
Roast
Roast

RIB



Square-Cut
Shoulder,
Whole
Roast,
Braise

Pre-Sliced
Shoulder
Roast, Braise

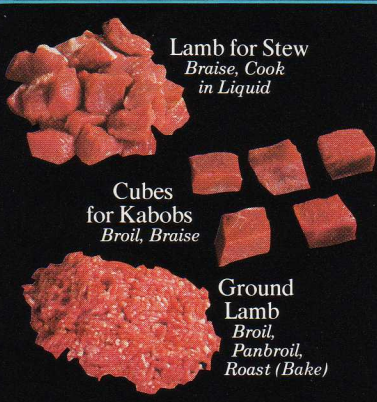
Boneless
Shoulder
Roast,
Braise

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