

Lamb Cuts



Lamb Shoulder Square Cut Whole

Lamb shoulder square cut whole is a square-shaped cut containing arm, blade, and rib bones. The thin, paperlike outside covering is called fell. This cut is usually prepared by roasting.



Lamb Shoulder Blade Chops

Lamb shoulder blade chops are cut from the blade portion of shoulder and contain part of the blade bone and backbone. They are usually prepared by braising, broiling, grilling, panbroiling, or panfrying.



Lamb Shoulder Arm Chops

Lamb shoulder arm chops are cut from the arm portion of shoulder and contain cross-sections of round arm bone and rib bones. They are usually prepared by braising, broiling, grilling, or panbroiling.



Lamb Shoulder Neck Slices

Lamb shoulder neck slices are cross-cuts of the neck portion containing small round bone. Lean meat is interspersed with connective tissue. Neck slices are usually prepared by braising.



Lamb Breast

Lamb breast is part of the forequarter and contains ribs. It is oblong-shaped with layers of fat and lean, with fat usually covering one of the sides. Lamb breast is usually prepared by braising or roasting.



Lamb Breast Riblets

Lamb breast riblets are cut from the breast and contain ribs with meat and fat in layers. The cuts are long and narrow and are usually prepared by braising or by cooking in liquid.



Lamb Shank

Lamb shank is cut from the arm of shoulder, contains leg bone and part of round shoulder bone, and is covered by a thin layer of fat and fell (a thin, paperlike covering). Lamb shank is usually prepared by braising or by cooking in liquid.



Lamb Rib Roast

Lamb rib roast contains rib bones, backbone, and thick, meaty rib eye muscle. The fell (a thin, paperlike covering) is usually removed. Lamb rib roast is usually prepared by roasting.



Lamb Rib Chops

Lamb rib chops contain backbone and, depending on the thickness, a rib bone. The chops have a meaty area consisting of rib eye muscle. The outer surface is covered by fat but with the fell (a thin, paperlike covering) removed. Lamb rib chops are usually prepared by broiling, grilling, panbroiling, panfrying, roasting, or baking.



Lamb Rib Crown Roast

Lamb rib crown roast is cut from half of the rib. The rib bone is trimmed one to two inches from the end. The ribs are curved and secured to resemble a crown when the roast rests on the backbone. This cut of meat is usually prepared by roasting.



Lamb Loin Chops

Lamb loin chops contain part of the backbone. Muscles include the eye of the loin (separated from the tenderloin by T-shaped finger bones) and the flank. Kidney fat is on the top of the tenderloin, and the outer surface is covered with fat, but with the fell (a thin, paperlike covering) removed. Lamb loin chops are usually prepared by broiling, grilling, panbroiling, or panfrying.



Lamb Loin Double Chops

Lamb loin double chops contain top loin (larger muscle) and tenderloin (smaller muscle), but with the flank removed from the cut. They are called double chops since this is a cross-cut of loin containing both sides of the carcass. Double chops are usually prepared by broiling, grilling, panbroiling, or panfrying.



Lamb Loin Double Chops Boneless

Lamb loin double chops boneless are the same as lamb loin double chops but with the bone removed from the loin, which is cut and rolled, pinwheel fashion, and secured to make compact boneless chops. The muscles include top loin (larger muscle) and tenderloin (smaller muscle). Lamb loin double chops boneless are usually prepared by broiling, grilling, panbroiling, or panfrying.



Lamb Leg Sirloin Chops

Lamb leg sirloin chops are cut from the sirloin section of the leg and contain backbone and part of the hip bone, which vary in shape. Muscles include the top sirloin, tenderloin, and flank. There is fat on the outside, but the fell (a thin, paperlike covering) is removed. Sirloin chops are usually prepared by broiling, grilling, panbroiling, or panfrying.



Lamb Leg Whole

Lamb leg whole contains the sirloin section with hip bone and the shank portion with round bone. The outside is covered with fell (a thin, paperlike covering). It is usually prepared by roasting.



Lamb Leg Shank Half

Lamb leg shank half contains the lower half of leg with the round leg included but with the sirloin half removed. It is heavily muscled and covered with fat and fell (a thin, paperlike covering). It is usually prepared by roasting.

Lamb Leg Frenched-Style Roast

Lamb leg Frenched-style roast is the whole leg with the sirloin section removed. It has a small amount of meat trimmed to expose an inch or more of shank bone. It is usually prepared by roasting.



Lamb Leg American-Style Roast

Lamb leg American-style roast is the whole leg with the sirloin section removed. It contains the same muscles and bones as lamb leg French-style roast, but with the shank removed, the meat folded back into a pocket on the inside of the leg, and fastened with skewers. It is usually prepared by roasting.



Lamb For Stew

Lamb for stew consists of meaty pieces of lamb with a small amount of fat, cut into one- to two-inch squares. It is usually prepared by braising or by cooking in liquid.



Ground Lamb

Ground lamb contains lean meat and trimmings from the leg, loin, rib, shoulder, flank, neck, breast, or shank. It is mechanically ground and sold in bulk or in patty form. Ground lamb is usually prepared by braising, broiling, grilling, panbroiling, panfrying, roasting, or baking.

