

Lamb cuts and cooking suggestions

Below are images of a few cuts you may have chosen in your Lamb pack. This is a guide if you need some pointers with regards to the various cuts and suggested cooking methods. There is a tone more information available from the [Australian Lamb web page](#). They have heaps of recipes and other information on their page to give you hints and tips as to how to cook which cuts and what you may like to try out next time.

Neck rosette

Neck rosettes are cut with the central bone left in. This cut is best suited to moist, low and slow cooking methods to break down the connective tissue and allow the bone to impart flavour resulting in pull-apart tenderness.



Soup bones and pieces

These are provided in your pack for creating a nourishing soups or stews by cooked slow over low heat, which breaks down the connective tissue, imparting a flavour and tenderness. Adding vegetables, water and/or curry part way through cooking.



Forequarter chop

The forequarter chop is prepared from the side of the lamb. It's made up of many cuts including the neck, shank and shoulder rack. This economical cut is best slow cooked using either a moist method, such as braising or stewing, or by slow roasting. Forequarter chops are the largest lamb chops available.



Cutlet

Cutlets are simply cut from the rack - versatile and easy to cook, cutlets are tender and suit high temperature cooking methods such as pan-fry and grill.



Loin chop

Also known as the lamb 'T-bone', this chop is portioned from the short loin that sits towards the back of the lamb, between the leg and the rack. With their tenderness, loin chops are ideal for barbecuing and best suited to high heat cooking methods.



Chump chop

Chump chops are equivalent to a beef rump steak left on the bone and are slightly bigger than cutlets or loin chops. These cuts are suited for barbecue and pan-fry cook methods and are tender with extra flavour imparted from the bone.



Leg bone-in

A thin layer of fat is generally left on top of the leg to keep it moist and juicy during cooking. Roasting with the bone in adds flavour and delivers tender meat. For the best result sear in a hot pan or grill first, then transfer to the oven and finish cooking. These can be cut in 2 pieces.



Shank

Lamb shanks are almost always slow cooked in liquid to deliver flavour from the bone and pull-apart tenderness. Although shank takes longer to prepare, its unique flavour and texture is definitely worth it. Trimmed shanks, or drumsticks, have had the end of the shank bone scraped clean of excess fat and meat to expose the bone.

