

# 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**



Rib Roast  
Roast

Rib Chop  
Broil, Panbroil,  
Panfry, Roast



Frenched Rib Chop  
Broil, Panbroil, Panfry

Crown  
Roast



**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  
Roast,  
Braise



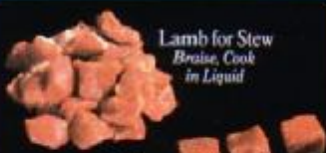
Neck Slice  
Braise, Cook in Liquid



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

