

CUTS OF LAMB GUIDE



Neck of Lamb - Often known as “**Scrag End**”, this bony part of the neck when cut into thick slice is ideal for slow cooking releasing incredibly tasty flavours. The **Neck Fillet** also come from this section of the lamb but the muscles have been taken **off the bone**, again stew or braise until tender. Both of these cuts are fairly underrated and as a result inexpensive.

Shoulder of Lamb - Lamb shoulder is usually sold **whole** or **halved on the bone**. This part of the animal has worked hard so is better for slow roasting to break down any fibres to be really tender. Shoulder is also sold **boned and rolled** for roasting or **diced** for casseroles, curries or stewing. **Mince** is also taken from this section.

Best End Of Lamb Neck - This area produces some of the most tender cuts of lamb. Best End is the first eight ribs which are known as “**The Rack**”. The Rack can be cut in several ways. If the ends of the bones are exposed after the fat has been trimmed away it is termed “**French Trimmed**”. Two racks roasted together with the bones intertwined are known as a “**Guard of Honour**”. A rack of Lamb can also be trimmed and tied into a circle to form a “**Crown of Lamb**”.

Lamb Cutlets - Cutting between the rib bones produces **Lamb Cutlets**. Meat from this same section taken **off the bone** makes a **Valentine Steak**. Both of these are excellent for pan frying or grilling.

Lamb Loin - This section provides **Loin Chops** for grilling or frying. A **Barnsley Chop** is double the size as it uses **both sides** of the animal. **Off the bone** this cut provides **Noisettes** or in **one piece a Cannon**. These are all very tender and will cook quickly. The **whole loin**, both sides of the Lamb roasted as a piece, is known as a **Saddle of Lamb**, this is a large joint for **8-10 people**.

Lamb Chump – This is on the lower back of the animal where the loin meets the leg. From here you can get **Chump Chops** and **Chump Steaks** and as a whole piece **off the bone**, a **Chump Joint**. All these are good for grilling and BBQ but can also be delicious if baked slowly in the oven.

Leg of Lamb – **Whole**, **half** or **boned** Leg of Lamb will make a delicious roast. For grilling, frying or the BBQ, Leg of lamb is often sold as **Leg Steaks**, **stir-fry strips**, or **diced** for kebabs. A leg of lamb that has been **“Butterflied”** is a boned leg opened up into a large flat piece, this can also be roasted or grilled.

Lamb Shank – A recently popular cut with chefs, the lamb shank comes from the lower leg. As a harder working part of the animal, this needs **slow cooking** or **braising**. When cooked in this manner it will become extremely tender and fall off the bone.

Lamb Breast – This is the belly area of the Lamb. This is usually sold as a **rolled joint** for roasting. It is a quite fatty cut but when **slow cooked** this melts away to leave a tender and very tasty meat. This is one of the best value, least expensive cuts.

Kidneys – Overlooked by many, lamb kidneys are sweet and tasty nuggets, just make sure you buy them extremely fresh and prepare them properly.

To cook: First peel off the white membrane (the butcher may have already done this), then cut the kidney in half (so that you have two, long flat sides). Using a pair of good kitchen scissors or a small sharp knife, remove the fatty white bit in the middle – take your time so that you do not lose too much flesh. You can then cook the kidneys – either sauté them in butter or cut them into small pieces and add to a casserole.