

# CUTS OF LAMB

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This guide is here to help you understand more about the different cuts of lamb available and the sort of cooking method each cut is best suited to.

## 1. **SHOULDER**

This part of the animal works hard, so it's full of muscle. This means it takes longer to become tender but is a brilliant choice for stewing, and fantastic for slow-roasting.

## 2. **CHOP**

When a few chops are kept together in one piece, they make a 'rack of lamb', which is beautiful roasted then cut into chops to serve. Also lovely grilled or barbecued.

## 3. **LOIN CHOP**

These are mini T-bone steaks cut from the waist of the lamb. Just like chops, they're great for grilling or barbecuing. A few loin chops kept together in one piece, then boned and rolled, make a lovely little roasting joint.

## 4. **CHUMP CHOP**

A really meaty chop with great flavour and texture cut from the rump of the lamb. Great for grilling or barbecuing.

## 5. **LEG**

Great roasted whole, or boned and barbecued. Like a shoulder, lamb leg can also be slow-roasted for hours until it becomes really tender and the meat falls apart.

## 6. **SHANK**

This is a really cheap cut, usually taken from one of the back legs. It is perfect for stews and slow cooking.



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