

Know your lamb meat cuts



Sections of the carcass

Neck
Meat from the neck contains a high proportion of connective tissue and can require long moist cooking methods. Middle neck chops can be grilled. Neck fillets which are boneless and well trimmed can be cooked at higher temperatures for a shorter cooking time.

Breast
Breast meat requires slow cooking due to high amounts of cartilage and connective tissue. The meat is also used to produce mince.

Best end of Neck
Best end comes from the first eight ribs of the carcass known as a rack of lamb. Cutlets and valentine steaks can also be produced from the best end.

Shoulder
The shoulder produces succulent and tender roasting joints with good flavour; available either on the bone or boned and rolled. Shoulder meat is commonly used to produce mince, diced lamb and shoulder steaks.

Knuckle and Shank
The knuckle describes a cut from the fore leg; lamb shank is produced from the rear leg. In both cases, the meat is lean with a high proportion of connective tissue which requires lengthy cooking at low temperature.

Loin
Meat from the loin provides chops, steaks and noisettes. The loin can also be boned completely, stuffed and rolled to produce roasting joints.

Chump
The chump can be divided into chops or steaks and can be used for both quick cooking methods and slow cooking methods.

Leg
The leg produces an excellent roasting joint either on the bone or boned and rolled. The leg is also often cut into a range of leg steaks and stir-fry strips for quick cooking.

Cooking techniques

-  **Barbecuing and grilling**
-  **Roasting**
-  **Frying and stir-frying**
-  **Slow cooking**

