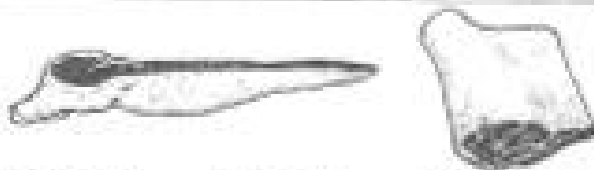


# LAMB CUTS AND HOW TO COOK THEM

WHOLESALE

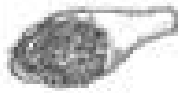
RETAIL



SHANK

BREAST

SHOULDER



Shank  
(bone)



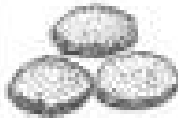
Riblets  
(bone, grill)



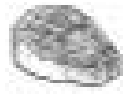
Square Cut  
Shoulder  
(bone)



Slow Cook  
(broast to split)



Lamb Patties  
(broast, grill)



Arm Chop  
(broast, grill)



Shoulder Rack  
Chop  
(broast, grill)



Server Rib  
(broast, grill, broast)



Pre-sliced Shoulder  
(broast, broast)



Boneless Rolled  
Shoulder  
(broast, broast)



Neck Steaks  
(broast)



RACK

LOIN

SIRLOIN

LEG



Rack (bone)



Loin Chop  
(broast, grill)



Sirloin Broast  
(broast)



Whole Leg  
(broast)



Rib Chops  
(broast, grill)



Loin Broast  
(broast)



Sirloin Steaks  
(broast, grill)



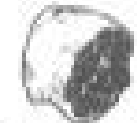
Broast Leg Shank  
(broast, broast, grill)



French Rib Chops  
(broast, grill)



Double Loin Chop  
(broast, grill)



Sirloin Shank Half  
(broast)



Boneless Leg  
(broast, broast, top, broast)



Rack for Cro  
(broast)



Medallions  
(broast)



Cubes for Steak  
Kabob  
(broast, grill)



1/4 French Style  
Leg  
(broast)



Double French Rack  
(broast)



Boneless Loin  
(broast)



Boneless Sirloin  
(broast, broast, grill)



Shank Half  
(broast)



Buttered Leg  
(broast, grill)

Amounts are for 10 persons:  
1 Loin Chop  
2 Rib Chops  
1 Sirloin Chop  
1 Shoulder Chop  
1 broast bone or broast  
4 Spareribs or Riblets  
1 Shank  
1 Fatleg  
leg (bone-in, Broast, Rolled or Buttery/Salt)  
Server 6 to 8

# Methods for Cooking Fresh American Lamb

BRAISE	GRILL	BROIL	ROAST	SIMMER									
<b>SHANKS</b> Shanks  <b>BREAST</b> Riblets Denver Ribs  <b>SHOULDER</b> Pre-sliced Shoulder Boneless Rolled Shoulder Neck Slices  <b>LEG</b> Round Leg Steak	<b>BREAST</b> Riblets Lamb Patties (Ground) Denver Ribs  <b>SHOULDER</b> Arm Chop Shoulder Blade Chop  <b>RACK</b> Rib Chops French Rib Chops  <b>LOIN</b> Loin Chop Double Loin Chop	<b>BREAST</b> Lamb Patties (Ground) Denver Ribs  <b>SHOULDER</b> Arm Chop Shoulder Blade Chop  <b>RACK</b> Rib Chops French Rib Chops  <b>LOIN</b> Loin Chop Double Loin Chop Medallion  <b>SIRLOIN</b> Sirloin Chop Kebab Cubes Boneless Sirloin  <b>LEG</b> Round Leg Steak Butterflied Leg	<b>SHOULDER</b> Square Cut Shoulder Pre-sliced Shoulder Boneless Rolled Shoulder  <b>RACK</b> Rack Roast Rack for One Double French Rack  <b>LOIN</b> Loin Roast Boneless Loin  <b>SIRLOIN</b> Sirloin Roast Sirloin Shank Half Boneless Sirloin  <b>LEG</b> Whole Leg Boneless Leg 3/4 French Style Leg Shank Half	<b>SHANK</b> Shanks Sew Meat  <p>Lamb's flavor can be enhanced by:</p> <table> <tr> <td> <b>Herbs</b> Basil Bay Leaf Caraway Cilantro Coriander Marjoram Mint Mustard Oregano Paprika Parsley Rosemary Thyme                 </td> <td> <b>Spices</b> Allspice Cinnamon Cloves Curry Powder Garlic Ginger Lemon Pepper                 </td> </tr> </table>	<b>Herbs</b> Basil Bay Leaf Caraway Cilantro Coriander Marjoram Mint Mustard Oregano Paprika Parsley Rosemary Thyme	<b>Spices</b> Allspice Cinnamon Cloves Curry Powder Garlic Ginger Lemon Pepper							
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<p><b>CARE OF LAMB</b> Use within two to three days of purchase. Leave in original wrapping in coldest part of refrigerator. If meat is to be frozen, place in freezer wrap. Mark and date. Ground lamb (as other ground meats) should be used within one to two days or frozen.</p>													
<p><b>Lamb's Nutrition</b> Lamb is a good source of protein, B vitamins, iron and zinc. 3-ounce serving cooked lean lamb, on average = 176 calories</p>		<p><b>Recommended Degrees of Doneness (Internal Temperature)</b></p> <table> <tr> <td>Rare</td> <td>140</td> <td>F</td> </tr> <tr> <td>Medium</td> <td>150</td> <td>F</td> </tr> <tr> <td>Medium-well</td> <td>160</td> <td>F</td> </tr> </table>			Rare	140	F	Medium	150	F	Medium-well	160	F
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		<p><b>AMERICAN LAMB COUNCIL</b> Division of American Sheep Industry Association, Inc. 6911 South Yosemite Street Eaglewood, Colorado 80112-1414 (303) 771-3500 FAX (303) 771-8200</p>											

