

## Leg



Whole Leg  
(Roast)



Short Cut Leg,  
Sirloin Off  
(Roast)



Shank Portion  
Roast  
(Roast)



Center Leg  
Roast  
(Roast)



Center Slice  
(Broil, Grill, Panbroil,  
Panfry)



American-Style  
Roast  
(Roast)



Frenched-Style  
Leg Roast  
(Roast)



Boneless Leg  
Roast (BRT)  
(Roast)



Frenched  
Hindshank  
(Braise)



Sirloin Chop  
(Braise, Broil, Grill,  
Panbroil, Panfry)



Boneless  
Sirloin Roast  
(Roast)



Top Round  
(Roast)

# American Lamb

## Cuts & How To Cook Them



## Loin



Loin Roast  
(Roast)



Boneless Loin  
Strip (BRT)  
(Roast)



Loin Chop  
(Broil, Grill, Panbroil, Panfry)



Double Loin Chop  
(Broil, Grill, Panbroil,  
Panfry)



Tenderloin  
(Roast)

## Foreshank & Breast



Foreshank  
(Braise)



Spareribs  
(Denver Ribs)  
(Braise, Broil,  
Grill, Roast)



Riblets  
(Braise, Broil, Grill)

## Rack



Crown Roast  
(Roast)



Rib Roast  
(Broil, Grill, Roast)



Rib Chop  
(Broil, Grill,  
Panbroil, Panfry,  
Roast)

Frenched Rib Chop  
(Broil, Grill, Panbroil,  
Panfry, Roast)

## Shoulder



Square Cut  
Shoulder Whole  
(Braise, Roast)



Saratoga Roast  
(Braise, Roast)



Boneless Shoulder  
Roast (BRT)  
(Braise, Roast)



Blade Chop  
(Braise, Broil, Grill,  
Panbroil, Panfry)



Arm Chop  
(Braise, Broil, Grill,  
Panbroil, Panfry)

## Other Cuts



Lamb for Stew  
(Braise)



Ground Lamb  
(Broil, Grill,  
Panbroil)



Cubes for Kabobs  
(Braise, Broil, Grill)



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