



How to cook different cuts of lamb

Are you feeling uncertain about how best to prepare your lamb? This guide will help to make it all crystal clear.

If you want your lamb to be full of flavour and irresistibly tender, then you need to understand how different cuts of lamb should be prepared. The texture, flavour and best preparation methods will vary from cut to cut. Luckily, we're here to help you understand their differences and how they should be used.



Neck

This is often an inexpensive cut of meat, but is full of flavour due to it sitting quite close to the bone. While it can be quite versatile, it is generally best when cooked low and slow in stews and curries.

Shoulder

This hard-working part of the animal is full of lean, juicy meat. For best results with this cut it should be used in stews or slow roasted until it easily breaks apart with a fork.

Backstrap

Also known as the 'shortloin', this cut is taken from the middle of the loin near the spine and is trimmed of excess fats. Full of flavour, backstraps also happen to be one of the leanest, sweetest and most tender cuts of lamb. It can be cooked to perfection on the grill, pan fried or even on the BBQ.

Rack

The rack of lamb comes from the ribs and is one of the most expensive cuts

you can buy. You get a delicious depth of flavour from the meat thanks to the bones, and an incredible tenderness. Roasting a rack of lamb is the best way to get the most out of the meat – and is an impressive sight for guests too!

Chops and cutlets

These come from a rack of lamb that has been cut into individual pieces prior to cooking. Best served pink, they can be French trimmed before use – where the meat is scraped from the bones for a neater appearance. Chops and cutlets cook quickly and taste best when cooked on a grill or BBQ.

Breast

Due to the high fat content of the breast of lamb, it can get a bit tough when cooked incorrectly. For best results, you should treat it like you would pork belly and use the layer of fat to help add flavour and tenderise the meat. Slow roasting is your best bet with this cut!

Loin

Taken from the top of the back, this is a tender and versatile cut of lamb. Available in loin chops (like mini T-bone steaks without the bone) or noisettes (small medallions of lamb with a thin layer of fat), they can be grilled or roasted for intense flavours.

Rump

As the name suggests, the rump comes from the back of the lamb. Lean and tender, the delicious flavours can be brought out when pan fried whole and finished in the oven.

Leg

While carving might seem tricky, it is recommended that you roast this cut whole to get the best flavour out of it. Rather than marinating, a dry spice rub will deliver a punch of rich flavours during a nice long roasting session.

Shank

This cheap and cheerful cut is taken from the lower part of the legs. When slow cooked it will give you a texture that practically melts off the bone.