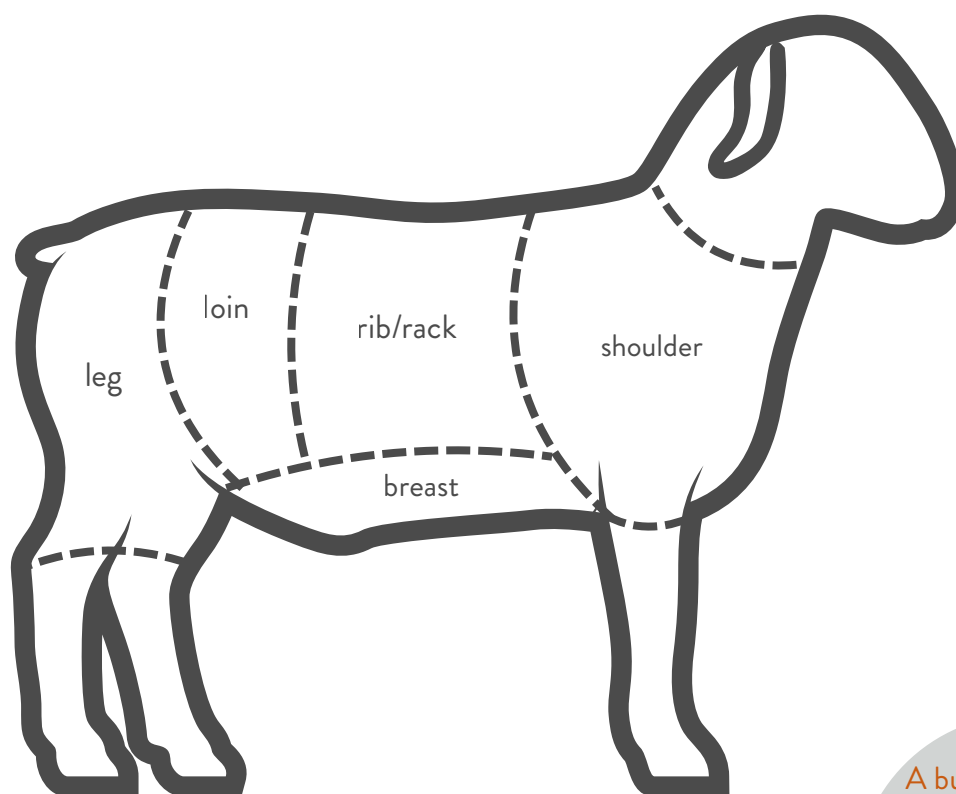




PRIMAL CUTS OF LAMB



Let's examine the primal cuts of lamb.



Fun Facts

A butterflied leg of lamb (with the bone removed and flattened) is perfect for marinating and grilling.

A “frenched” rack has the bones cleaned for a dramatic presentation.

The leg is a versatile and lean cut, perfect for roasting, grilling or butterflying.

A full rack usually includes 8 ribs and can be roasted whole or cut into individual rib chops.

The breast is one of the most affordable cuts and can be turned into delicious ribs or ground lamb.