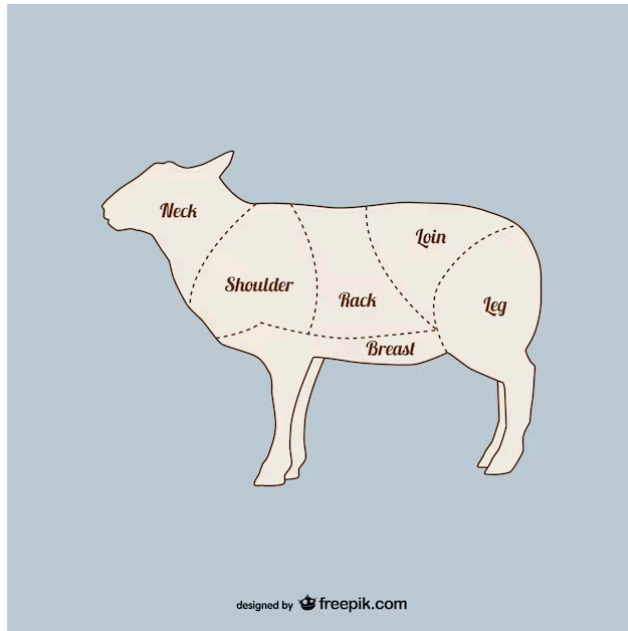


## The Basics of Buying Lamb



Lamb comes in six “primal” cuts: neck, shoulder, breast, rack, loin, and leg.

Each of these can then be divided multiple ways. You will decide how you want each primal cut divided, depending on how you like to cook and eat. You’ll give your instructions over the phone to Jason, my butcher. He will prepare your animal however you like.

If freezer space is tight, ask Jason for boneless roasts. You will lose a little bit of the flavor that comes from cooking the bone, but you’ll be able to fit it in your space.

**Neck:** The neck makes an excellent small roast or meat for stew.

**Shoulder:** The shoulder bears most of the animal’s weight and movement and thus has a lot of connective tissue. It tastes best with slow cooking at low temperature and moist heat.

**Breast:** The breast is very flavorful but somewhat fatty. It produces very tasty spareribs or a good roast if cooked low and slow.

**Rack:** This meat is tender and mild. It requires delicate cooking. You can select one beautiful delicate rack of lamb for a special occasion, or a set of “lollipop” rib chops which cook best with a dry heat option such as grilling or broiling.

**Loin:** This is the most tender part of the lamb. It can dry out if not cooked carefully, and should be served medium rare.

**Leg:** This is the largest primal cut and has many uses. You can have one large leg roast that will feed a crowd, or have it cut into steaks that will feed you for weeks. It cooks well with dry heat methods. Ask for this cut to be deboned if you don’t have much freezer space.

For more information, visit these helpful sites:

For pictures of the various cuts: <https://americanlamb.com/cuts-of-lamb/>

For some basic recipes and photos: <https://www.foodandwine.com/meat-poultry/lamb/lamb>

For even more recipes <https://americanlamb.com/recipes/>