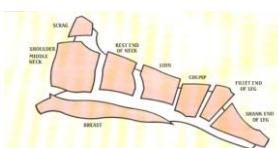
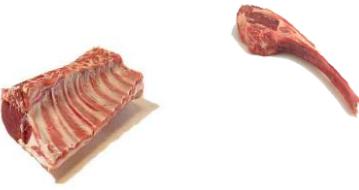


Back-to-Basics

Lamb – Common a-la-carte cuts

Subject	Details:
1. What is a Lamb shank	<p>LAMB Shank is the name given to the meat of lambs; mutton, to the meat of sheep. Lamb, coming as it does from the young creature, is immature, and less nutritious than mutton. The flesh of lamb shank with the flesh in nutritive value and digestibility. : Shanks are fairly lean and if they're braised slowly, the meat pulls apart into delicious, juicy strands. You can also cube the meat for stews or grind it. Lamb shanks can also stand in for veal shanks in osso bucco.</p> 
2. What is a Lamb chop	<p>These exquisite lamb chops are cut from a rack of lamb. A full rack contains eight ribs, which are usually cut into small and tender rib chops. They usually contain one rib per chop, but you'll get a thicker and juicier steak with double cut lamb rib chop, which includes two ribs. If the meat at the tip is cut away to expose the bone, it's called a Frenched lamb chop (shown in the picture). and it's big enough to serve three. If the meat at the tips is cut away to expose the bones, it's called a Frenched rack. You can also tie two or three French racks together, bone tips up, to form a crown roast of lamb for an elegant meal.</p> 
3. What is a Lamb leg	<p>The Leg of lamb is one of the most popular cuts. It's usually roasted, but it can be boned and butterflied for grilling. These are sold either with or without bones. Legs are usually roasted, but boneless legs of all sizes can be either rolled and tied or butterflied so that they lie flat for grilling or broiling. If a leg of any size has some meat cut away to expose the bone at the end, it's called a Frenched leg. If the bone at the end is simply lopped off, it's called an American leg. Usually this bone is cut, then either roll and tie it or butterfly it.</p> 
4. What is a Lamb loin chop	<p>They're the tenderest chops on the lamb, and they're usually grilled or broiled. A chop cut from the saddle (incorporating the loin roasts from both sides of the lamb) is called a double loin chop -<i>English chop</i>. Double loin chops include two pieces of tenderloin, two of the eye, and two T-bones, and they're usually formed into a tidy circle. If a single loin chop is boned and rolled, it's called a noisette.</p> <p>Substitutes: Lamb rib chops (more expensive) or lamb sirloin steaks or lamb leg chops (not as tender)</p> 