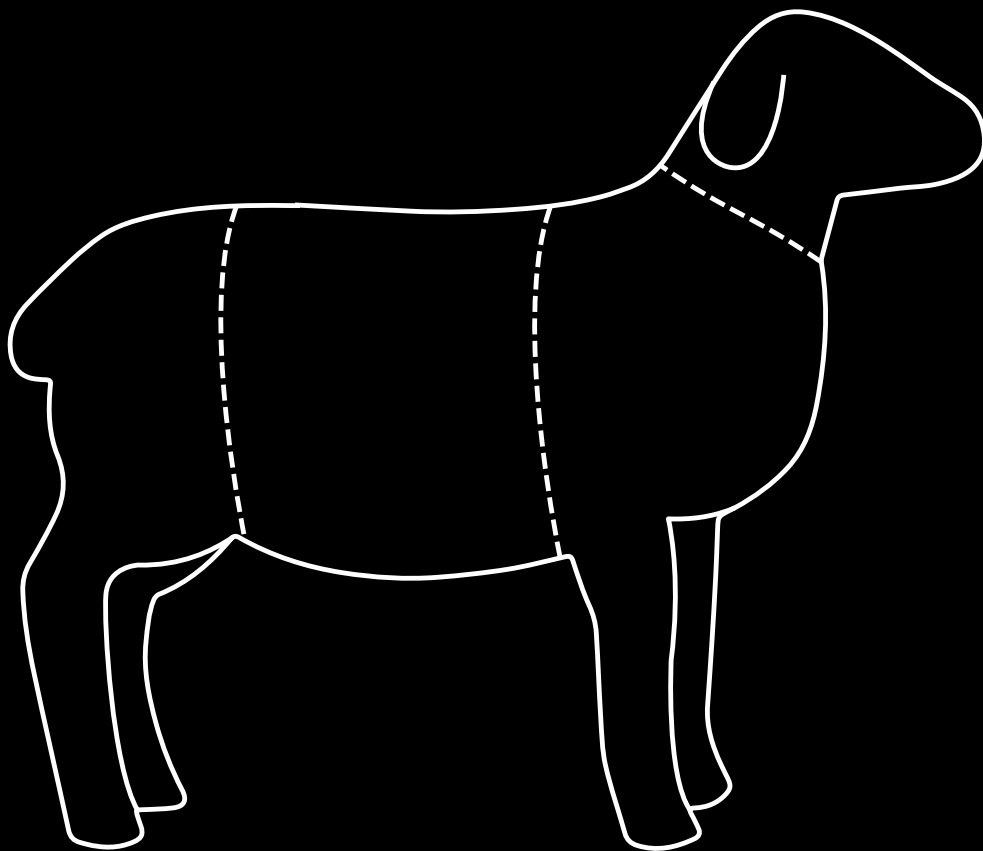




MEET THE EU LAMB

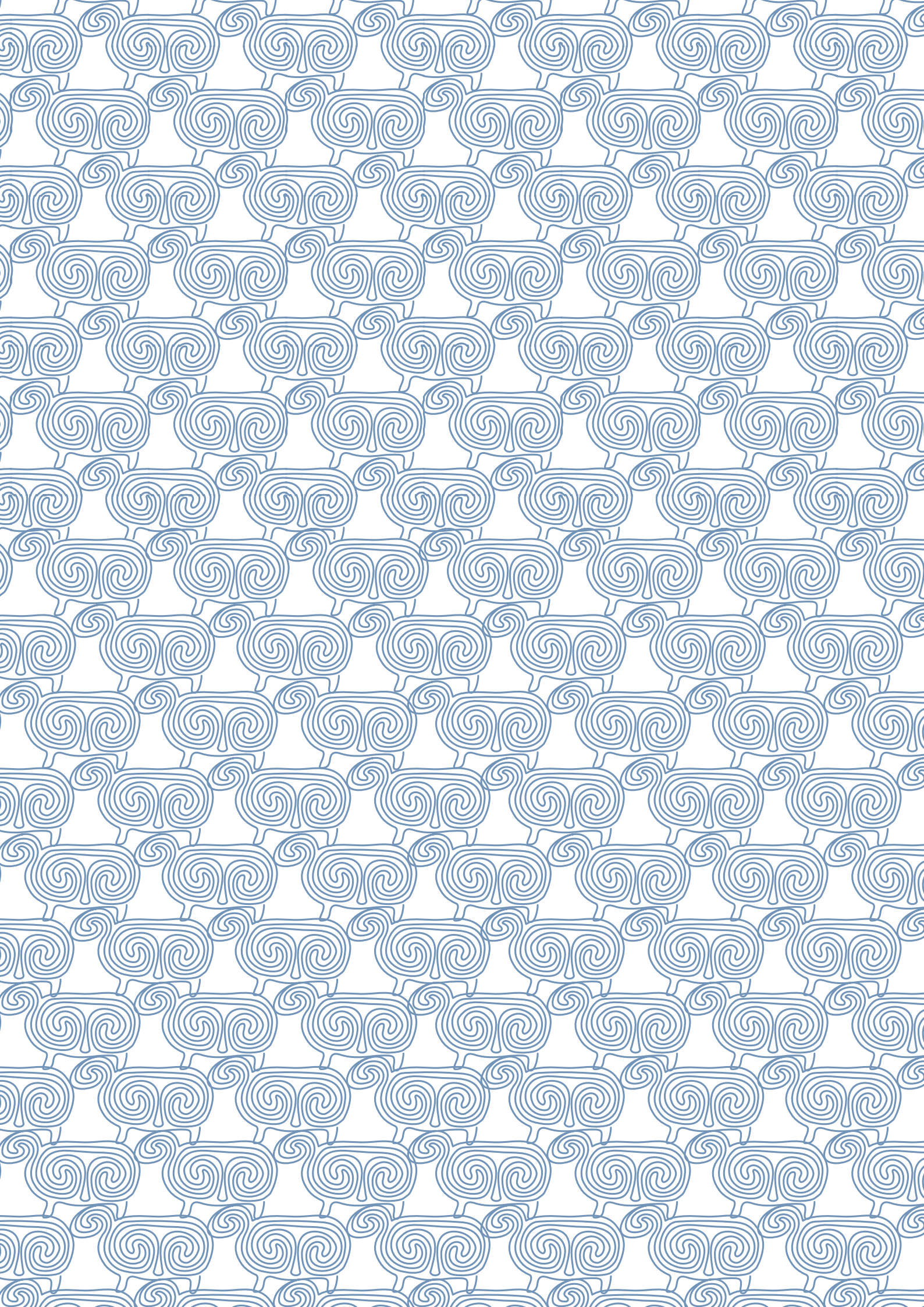
CUTTING | GUIDE



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INTRODUCTION

Lamb meat is an excellent raw material gaining the preference of catering professionals and award-winning chefs of global gastronomy due to its delicate aromatic taste and tenderness and the variety of its preparation method.

Furthermore, lamb breeding and meat production are associated with sustainability and respect for the environment, following the requirements for healthy, tasty, safe food and ethical, sustainable, and responsible consumption.

Its distinct aroma depends on many factors, such as breeding season, altitude, aromatic herbs, area, and water.

Also, lamb meat has a natural sweetness that goes with other flavors without covering them, making it ideal for a more neutral meat choice.

In the oven, roasted, grilled, with sauces or extra virgin olive oil, small or large cuts, leg, shoulder, ribs, carré or minced, cooked in the pot or a casserole, in papillote, boiled or in pies, in all forms, and in countless recipes, it fits everywhere!

That is why worldwide new trends of consuming lamb are increasing with great acceptance by foodies.



The cuts

The Cutting Guide presents the sheep's carcass cuts to get the best out of it and suggests preparations that highlight the superior quality of lamb, proposing slow and fast cooking.

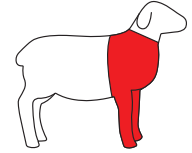
Sheep meat can be combined with original, easy ways of cooking, integrated into modern cuisine and gastronomic trends, meeting the requirements of contemporary lifestyle.

The carcass is divided into three parts: front, middle, and rear.





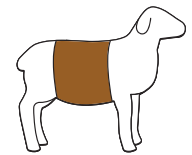
1 Front Section



The front part consists of the arm, chest, and neck. It gives cuts of fast and slow cooking.



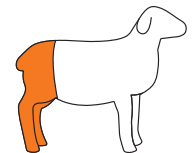
2 Middle Section



The middle section consists of loin and rib. It gives cuts of rapid cooking.



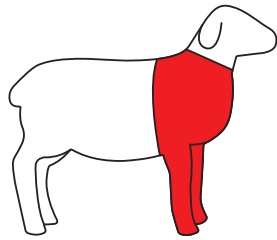
3 Rear Section



The rear part consists of the leg. It gives cuts of rapid and slow cooking.



Front Section



Neck Whole - Boneless Neck



This cut is one of the animal's most tender and delicious parts and can be cooked in various ways, both rapid and slow, while the neck can come out whole with or without bone. The piece with the bone can be baked whole in the oven or rolled and stuffed with various ingredients. It can also become minced meat, delicious thanks to its intramuscular fat.



Oven



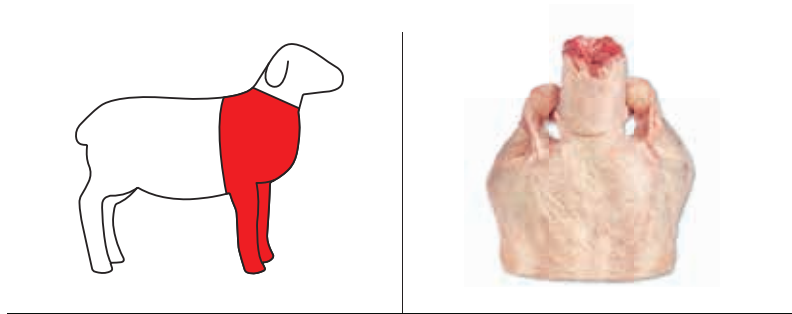
Pan



Grill



Front Section



Neck Chops



With bone or in medallion (without bone). Suitable for quick grilling or in the pan. It can also be the basis for various easy recipes, such as bone-in or bone-out steaks, in the oven in multiple preparations.



Oven



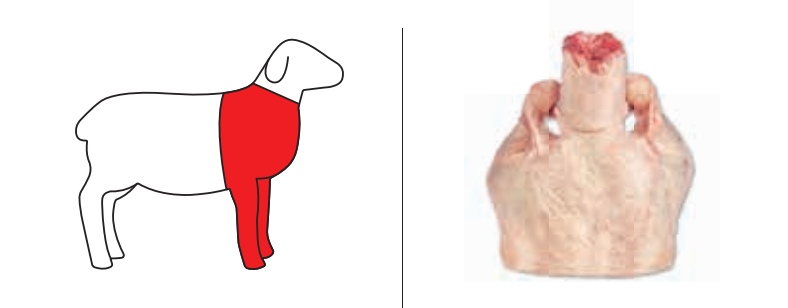
Pan



Grill



Front Section



Lamb Shoulder Arm Chop



This piece is from the front part of the animal. We can have cuts that contain part of the ribs, thicker than the classic ribs, with a higher content of juices, and, therefore, more palatable.

They can be cooked in the oven or grilled with a dry marinade.

Boneless arm

This piece is exceptionally tender. Suitable for many variations of preparations and recipes. It can be prepared in the oven with slow baking, braisé, whole or portioned, or cut into thin slices for grilling.

Suggestions for preparations:

Meatballs, Handmade Gyros, Skewers



Oven



Pan



Grill



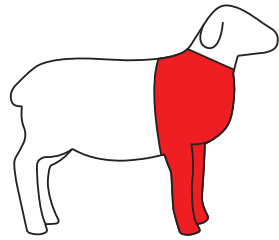
Pot







Front Section



Front Shank



Extremely tasteful due to the high concentration of collagen. Great for slow cooking. It can be cooked in the oven, braisé, in a clay pot in the oven.



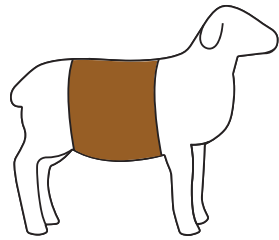
Oven



Pot



Middle Section



Carré d'Agneau- Rack of Lamb



Famous cut for its beautiful presentation, perhaps the most luxurious part of the lamb.

Carré can be cooked using a pan and oven or grilled if portioned. An alternative suggestion is boneless, stuffed, and rolled in the oven.



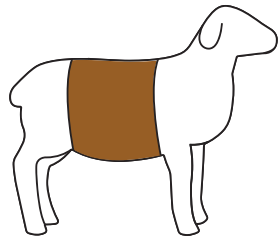
Oven



Pan



Middle Section



Saddle



It is a cut from the central part of the animal, where the ribs end to the pelvis. The saddle is mainly known for its tenderness and low-fat content and is suitable for fast grilling.



Oven



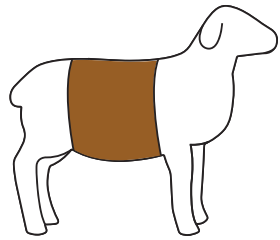
Grill



Pan



Middle Section



Lamb Breast Riblets



These cuts come from the chest. These are pieces known for their superior taste while grilled, caramelized or even slow cooked.



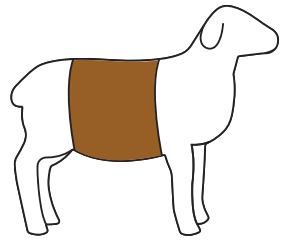
Oven



Grill



Middle Section



Lamb Pancetta



This cut comes from the bottom of the saddle. It is a delicious and tender piece due to its high-fat content. Suitable for quick grilling or in the pan.

Double Steak

When cut into steaks, it is a unique cut from the saddle with the bone. Suitable for quick grilling or in the pan and has a lovely presentation.



Oven



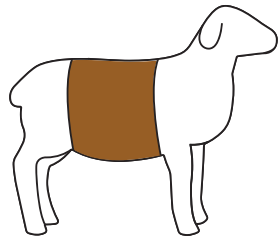
Grill



Pan



Middle Section



Ribs



It is the most widespread way of cutting. Ribs are mainly destined to be grilled, but they can also be cooked in the pan for faster results. They are tender and juicy.

T-bone

It is a breast riblet cut, thicker than the rib, that contains the fillet, has more juices, has an excellent presentation, and is recommended for grilling.



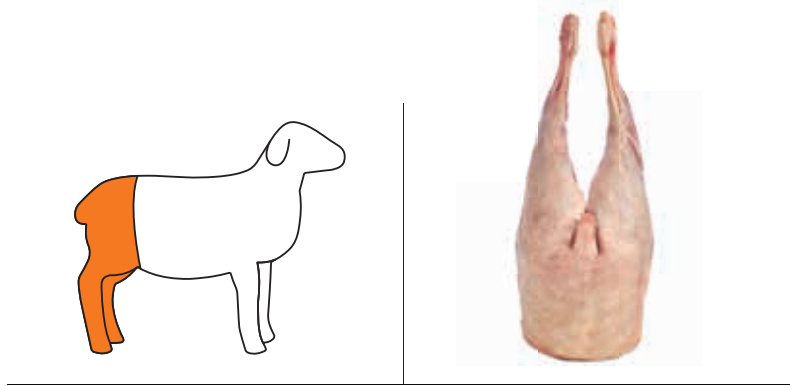
Pan



Grill



Rear Section



Lamb's Leg



This muscle is very tender. The leg can be roasted in the oven whole, diced in cubes for slow cooking in the pot, or grilled in chops. The leg can also give minced meat used in various recipes.



Oven



Grill



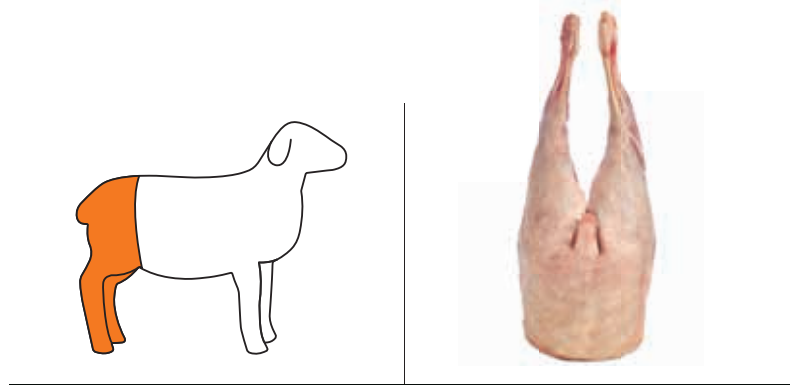
Pan



Pot



Rear Section



Round Lamb



This piece comes from the leg. It is tender, low in fat, and while cut in escalope can be grilled or bread crumbed. Can also be cubed and skewer grilled or striped cut for stir-fry.



Oven



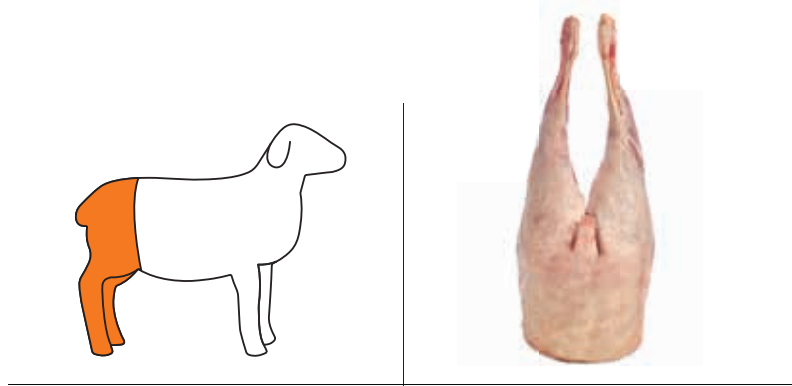
Pot



Pan



Rear Section



Steaks with Bone



This piece comes from the leg, with or without bone; it is mainly for rapid cooking and can also give good results on the grill, the pan, and the oven.



Oven



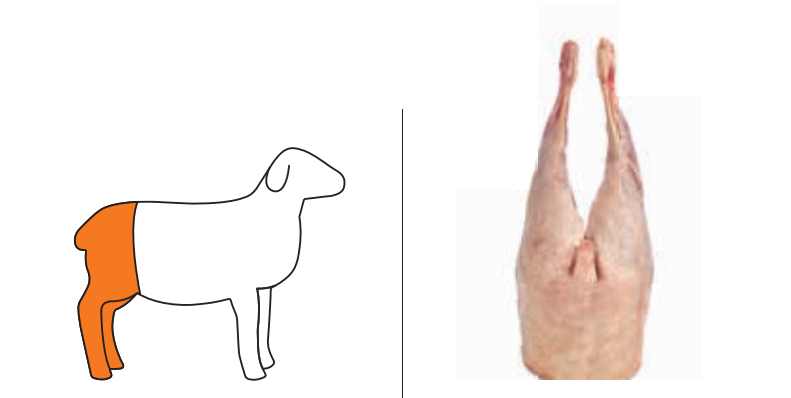
Grill



Pan



Rear Section



Hind Shank



Like the fore shank, the hind shank is extremely tasteful due to the high concentration of collagen. Great for slow cooking. It can be cooked in the oven, braisé, in a clay pot in the oven.

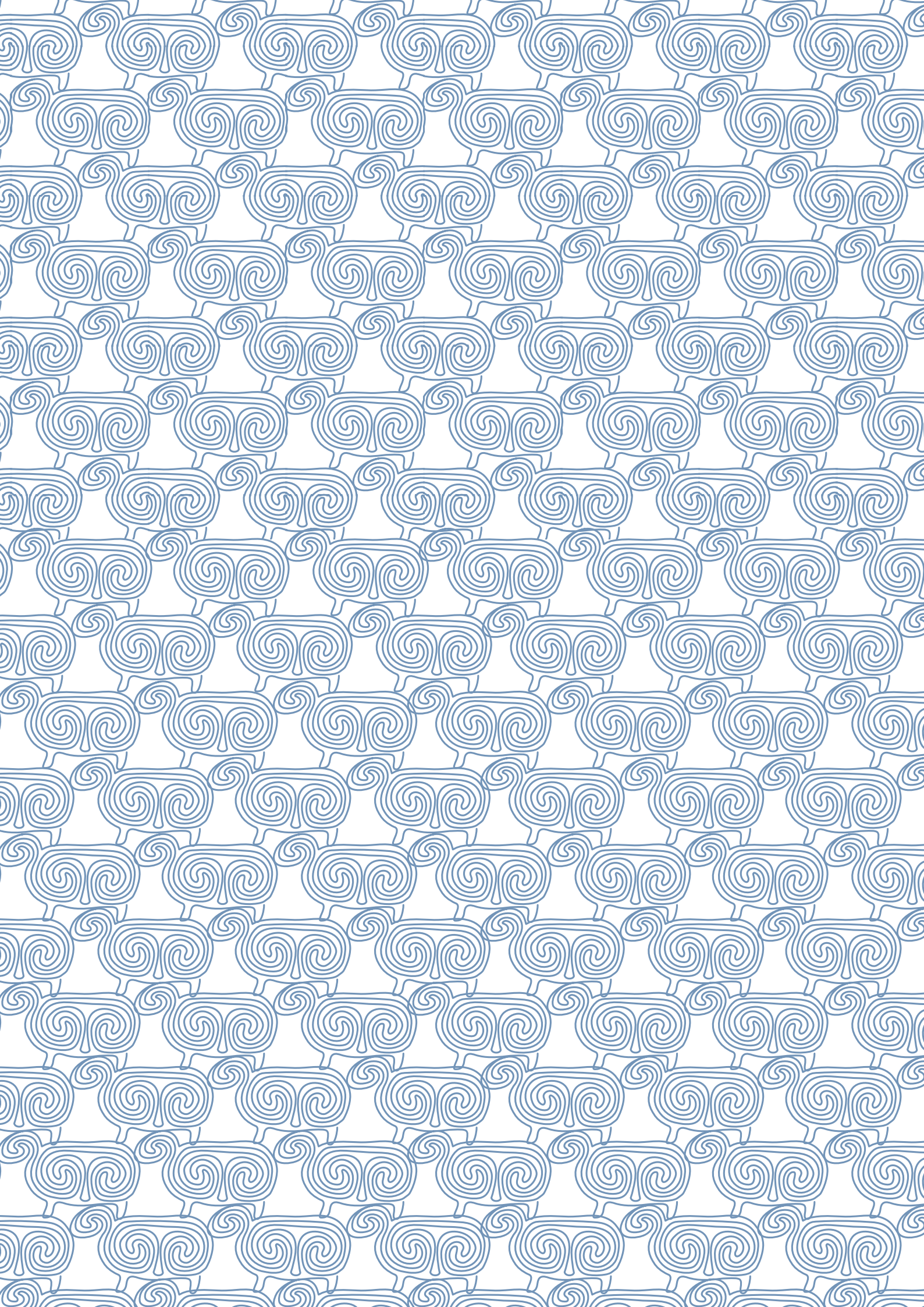


Oven



Pot





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