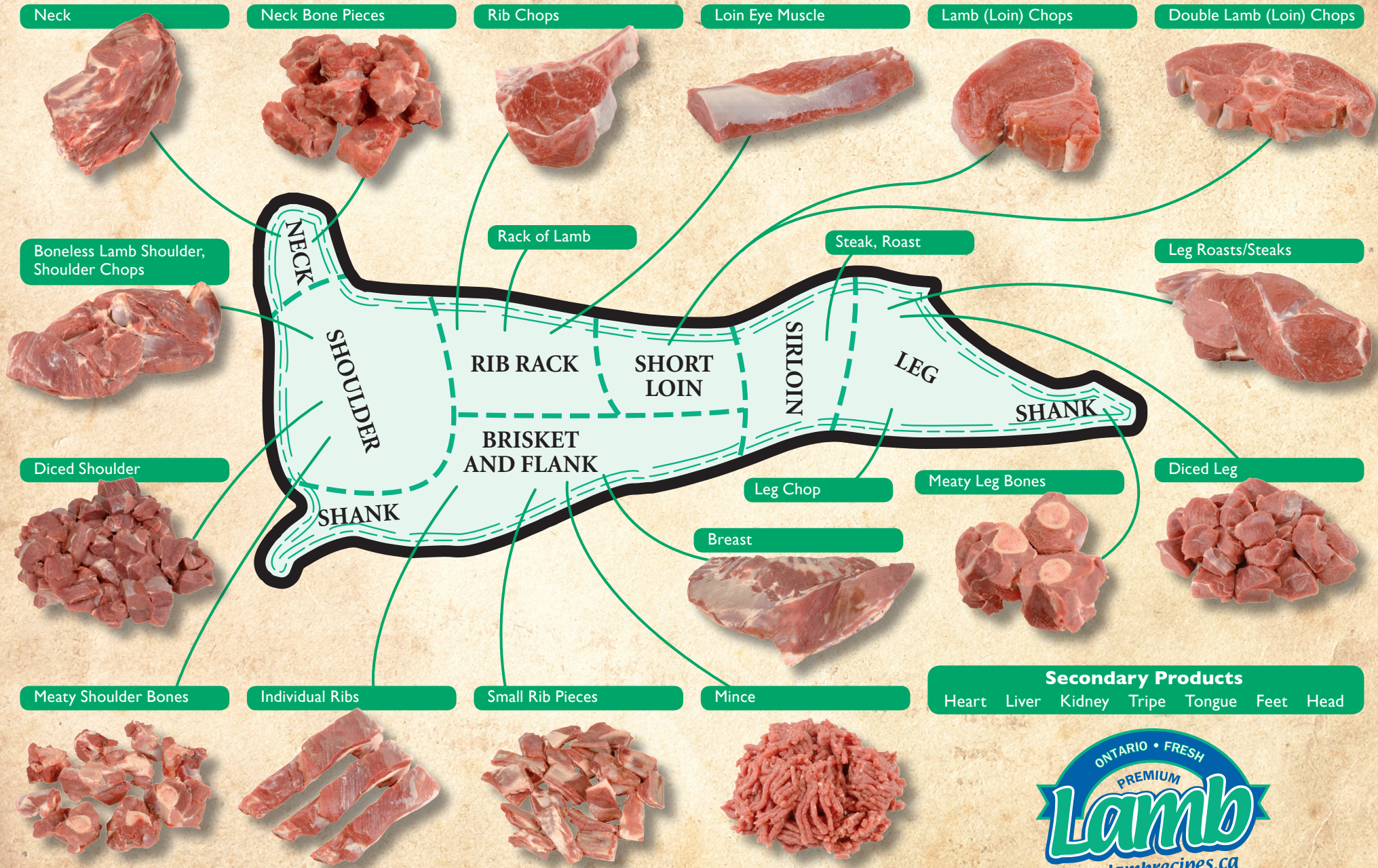


MARKET LAMB CUTS



Today's Ontario consumer of lamb comes from many international backgrounds. Most cuisines share meat cut product preferences with their main difference arising in the preferred cooking method, seasonings used, and cut sizes.

These are examples of some of the lamb cuts and cuisines favoured by different cuisines:

African often large diced cubes are preferred for stews and soups. Secondary products are an important part of the cuisine. Secondary products are often used in soups and stews.

Mediterranean chops, roasts, small cube cuts are used from leg, loin and shoulder meats for stews, sauces, kabob, and barbeque cooking. Spiedini sticks and shawerma are a popular use of shoulder meats.

East Indian (Afghanistan/Pakistan region) there is a focus on shoulder and leg meats which are diced into larger bone-in cubes for stews. Cuts are often used for chops, kabobs, and ground meat.

Caribbean cuisine favours smaller cube cuts for soups, stews, and curries. Secondary products are often used in soups and stews.

Northern Europe/British Isles/Ireland recipes favour heavier lambs and mutton for roasts, oven-cooked shanks, stews, and casseroles.

Chinese cuisine favours diced lamb for soup, kabobs and stews, and barbeque chops.

Talk to your local butcher about the availability of the lamb cuts as shown on this cut chart.



For recipe and meal ideas visit www.LambRecipes.ca.



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