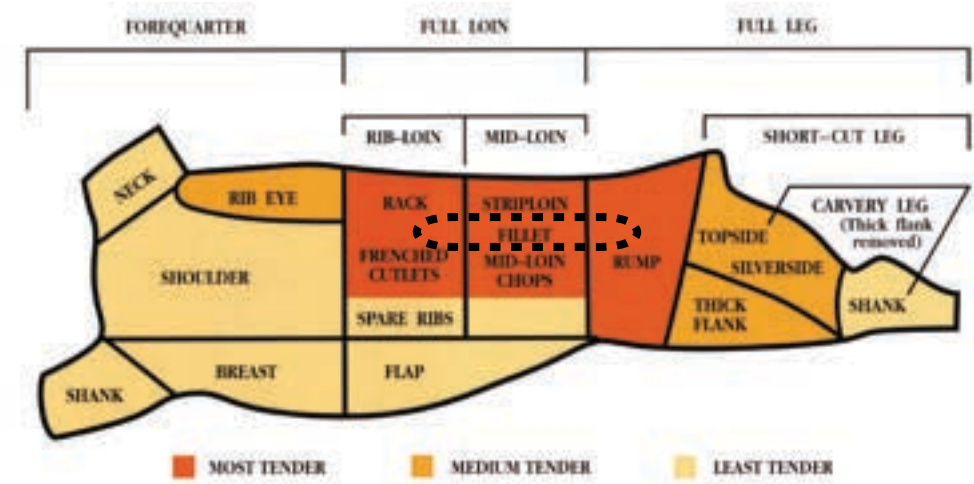


Today's Lamb Cuts



Forequarter



Shoulder Chops



Neck Chops



Boneless Shoulder Roast
(Rib Eye removed)



Rib Eye

Full Loin



Noisettes
(Boned, rolled & sliced loin)



Rack



Striploin

Fillet



Spare Ribs



Mid Loin Chops



Frenched Cutlets

Full Leg



Leg Chops



Shank



Short-Cut Leg



Leg



Silverside



Rump



Topside



Thick Flank



Carvery Leg
(Semi-boned leg: topside,
silverside and shank)

TODAY'S LAMB CUTS



COOKING INSTRUCTIONS

OVEN ROAST

METHOD A: SLOW ROASTING

Suitable cuts: leg (whole or halfcut), rack, shoulder, mid-loin.

- Remove meat from refrigerator about 30 minutes before cooking. Trim excess fat and silverskin if necessary. Weigh meat to calculate cooking time, using table below.
- Preheat oven to 160-170°C.
- Place meat, fat side uppermost, on a rack in a roasting dish.
- Cook for calculated time, basting occasionally. When cooked, remove from the oven and cover meat with foil. Rest in a warm place for 10-20 minutes before carving across the grain.

Cooking Times for roasting

Degree of cooking	Minutes per 500g	Internal temperature of cooked meat
Rare	20-25	50°C
Medium	25-30	65°C
Well done	30-35	75°C

To check a cooked roast for readiness, either use a meat thermometer, or pierce meat with a fine skewer and note the colour of the juices:

Rare = red juices
Medium = pink juices
Well done = clear juices

Note: A large piece of meat requires fewer minutes per 500g than a smaller cut. Roasts with bone-in cook more quickly than boned and rolled roasts.



METHOD B: FAST ROASTING

Suitable cuts: rack, striploin, boneless rump, topside, silverside, thick flank.

- Preheat oven to 220°C. Brush meat with oil and season, then place on a rack in a shallow pan. Place in oven.
- Roast fully trimmed cuts for 15-30 minutes, depending on the thickness of the cut; for those with some fat cover allow a little longer. Stand, covered for 10 minutes in a warm place, before carving across the grain.

METHOD C: SEAL THEN ROAST

Suitable cuts: mini cuts: topside, silverside, thick flank, striploin, boneless rump.

- Brush meat with oil, season. Preheat oven to 160-180°C.
- Brown meat in a heavy dry frypan over a high heat, searing all sides.
- Transfer to oven to complete cooking for 10-20 minutes, depending on thickness, turning once to ensure even cooking. Remove and stand, covered for 10 minutes in a warm place, before carving across the grain.

PAN ROAST

Suitable cuts: boned shoulder or leg, seamed-out leg topside, thick flank, rump.

- Trim excess fat from meat, brush with oil and season. Heat frypan or heavy saucepan and brown oiled meat on all sides.
- Reduce heat to low. Do not add liquid, although root vegetables and herbs can be added. Cover and cook gently, turning meat occasionally. For small cuts, cook 15-20 minutes. For shoulder or leg, cook 1 1/2 - 2 hours.
- Once cooked, stand meat, covered in a warm place for 10-20 minutes, before carving across the grain. Make sauce or gravy with pan drippings.

GRILL/BBQ

Suitable cuts: mid-loin chops, leg steaks and chops, frenched cutlets, striploin, fillets, spare ribs, butterflied leg.

- Trim excess fat from meat. Nick edges of leg steaks or chops to prevent curling during cooking. Brush meat with oil and season, or marinate.
- Preheat grill or BBQ. For thin cuts, 1 to 1.5cm thick, cook 2-3 minutes each side for **rare** or 4-6 minutes each side for **medium**. For **well done** and for thicker cuts, sear over a high heat and cook till medium, then move the meat to a cooler part of the grill or BBQ to complete cooking.
- For kebabs, thread meat onto oiled metal skewers or soaked bamboo skewers before cooking under the grill or on the BBQ, until well browned and cooked to your liking. Rest 1 minute per 100g of meat before serving.

PAN FRY

Suitable cuts: rib-loin chops, frenched cutlets, mid-loin chops, noisettes, leg steaks, leg chops.

- Nick edges of chops to prevent curling during cooking. Pat meat dry.
- Heat a little oil or fat in a frying pan on medium/high heat. When hot, add the meat and cook quickly, turning once, until well browned.
- For cuts 1.5 to 2cm thick, cook 2-4 minutes each side for **rare**, 4-6 minutes each side for **medium**. For **well done** and thicker cuts, cook 2-4 minutes each side then reduce heat and cook a further 4-6 minutes. Rest 1 minute per 100g of meat before serving.

MICROWAVE

A microwave can be used to roast, braise, pot roast, simmer and casserole. Grilling cuts can be cooked on a microwave browning dish. Tender cuts cook well in the microwave on full power, whilst less tender cuts are best cooked on low or medium. Follow cooking instructions in the oven manufacturer's guide or a microwave cookery book.

STEW/CASSEROLE

Suitable cuts: neck chops, shoulder chops, leg chops, shanks.

- Trim excess fat from meat. Cut meat into cubes or leave as whole cuts. Optional: coat meat in seasoned flour before cooking.
- Heat a little oil in a heavy-based pan on high heat and brown the meat, a little at a time. Transfer to casserole dish.
- Sauté chopped vegetables for a few minutes then add to the meat. Remove excess fat from pan.
- Add stock or liquid to pan, stir well then pour over meat. Liquid should almost cover meat.
- Cover casserole tightly and cook in preheated oven on 150-180°C, for 1 1/2 - 3 hours until tender, depending on the cut used. Optional: thicken with cornflour or flour mixed to a paste with water, in the last half hour of cooking, and season to taste.

Stove-top stew

- Brown as above in a heavy-based pan, then add vegetables and liquid. Cover tightly and cook on stove top on a very low heat until tender. Stir occasionally, adding extra liquid if needed.

BRAISE

This is a moist heat cooking method for less tender cuts, usually cooked in larger sized or whole pieces. The meat is not cooked in liquid as when stewed, rather it is browned then cooked on top of softened vegetables with minimal liquid.

Suitable cuts: shoulder/neck chops, shank, leg chops.

- Heat 2 Tbsp oil in a heavy-based pan on high heat and brown the meat well all over. Remove meat.
- Add roughly chopped vegetables to the pan, cover and cook gently for 5 minutes. Place meat on top of vegetables with herbs and seasonings. Add a small amount of liquid, approx 1/2 - 1 cup.
- Cover with a tight-fitting lid. Cook in a preheated oven at 160°C for 1 1/2 to 2 hours or until tender, according to the size of the meat.

SIMMER

This cooking method is suited to larger, less tender cuts, cooked in liquid or stock.

Suitable cuts: hogget/mutton: shoulder, leg (boned & tied), mutton ham.

- Trim excess fat. If cooking mutton ham, rinse thoroughly. Tie boned meat in compact shape and weigh to calculate cooking time (see below).
- Bring a large pot of water to almost simmering, then place meat in pot. (For mutton ham, place in cold water then bring to a simmer.) Add flavourings, eg vegetables, herbs, spices and seasonings. Bring to a simmer but do not boil, then reduce heat to low.
- Skim. Cover and cook gently until tender when tested with a skewer.
- If serving hot, remove pot from heat, leaving meat in liquid for 15 minutes before carving. If serving cold, leave meat covered in liquid until cool.

Cooking times

Hogget	30 minutes per 500g
Mutton	35-45 minutes per 500g
Mutton ham	20-30 minutes per 500g

PRESSURE COOKER

Suitable cuts: neck, shoulder or lamb chops, shanks, boned shoulder or leg.

When using a pressure cooker, allow for one third of the normal cooking time for simmering or stewing.



For more information and recipes, contact Beef + Lamb New Zealand
 Freephone 0800 733 466 or visit www.recipes.co.nz