Today's Lamb Cuts

Forequarter
- Shoulder Chops
- Neck Chops
- Boneless Shoulder Roast (Rib Eye removed)
- Forequarter

Full Loin
- Noisettes (Boned, rolled & sliced loin)
- Rack
- Striploin
- Filet
- Mid Loin Chops
- Frenched Cutlets

Full Leg
- Leg Chops
- Short-Cut Leg
- Silverside
- Topside
- Thick Flank
- Carvery Leg (Semi-boned leg: topside, silverside and shank)
- Shank

Full Leg
- Leg
- Rump

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METHOD A: SLOW ROASTING
Suitable cuts: leg (whole or half), 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 150-170°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 with fat or oil. Rest in a warm place for 10-20 minutes before carving across the grain.

METHOD A SLOW ROASTING

Cooking Times for roasting

<table>
<thead>
<tr>
<th>Degree of cooking</th>
<th>Minutes per</th>
<th>Internal temperature</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rare</td>
<td>20-25</td>
<td>50°C</td>
</tr>
<tr>
<td>Medium</td>
<td>25-30</td>
<td>65°C</td>
</tr>
<tr>
<td>Well done</td>
<td>30-35</td>
<td>75°C</td>
</tr>
</tbody>
</table>

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:
- 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.

METHOD B: FAST ROASTING
Suitable cuts: rack, striploin, boneless rump, topside, sidesveld, thick flank, striploin, flintknock, sirloin, 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 to medium, 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 thick meat, cook until 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.

METHOD C: SEAL THEN ROAST
Suitable cuts: mini cuts: topside, sidesveld, thick flank, striploin, boneless rump.
- Brush meat with oil. Preheat oven to 160-180°C.
- Brown 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.

METHOD D: PAN ROAST
Suitable cuts: boned shoulder or leg, seam-out leg topside, thick flank, rump.
- Trim excess fat from meat, brush with oil and season. Heat frypan or heavy saucepan and brown meat all over on all sides.
- Reduce heat to low. Do not add liquid, although root vegetables, herbs, spices and seasonings. Bring to the boil, cover and simmer gently for 5 minutes. Place meat on top of softened vegetables with minimal liquid.

METHOD D: PAN ROAST

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

METHOD E: STEW/CASSEROLE
Suitable cuts: neck chops, shoulder chops, leg chops, shanks.
- Heat 2 Tbsp oil 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, 3-4 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.

METHOD D: PAN ROAST

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; thicker cuts, and less tender cuts are best cooked on low or medium. Follow cooking instructions on the manufacturer’s guide or a microwave cookery book.