

LAMB CUTS and cooking methods



Roast



Airfry



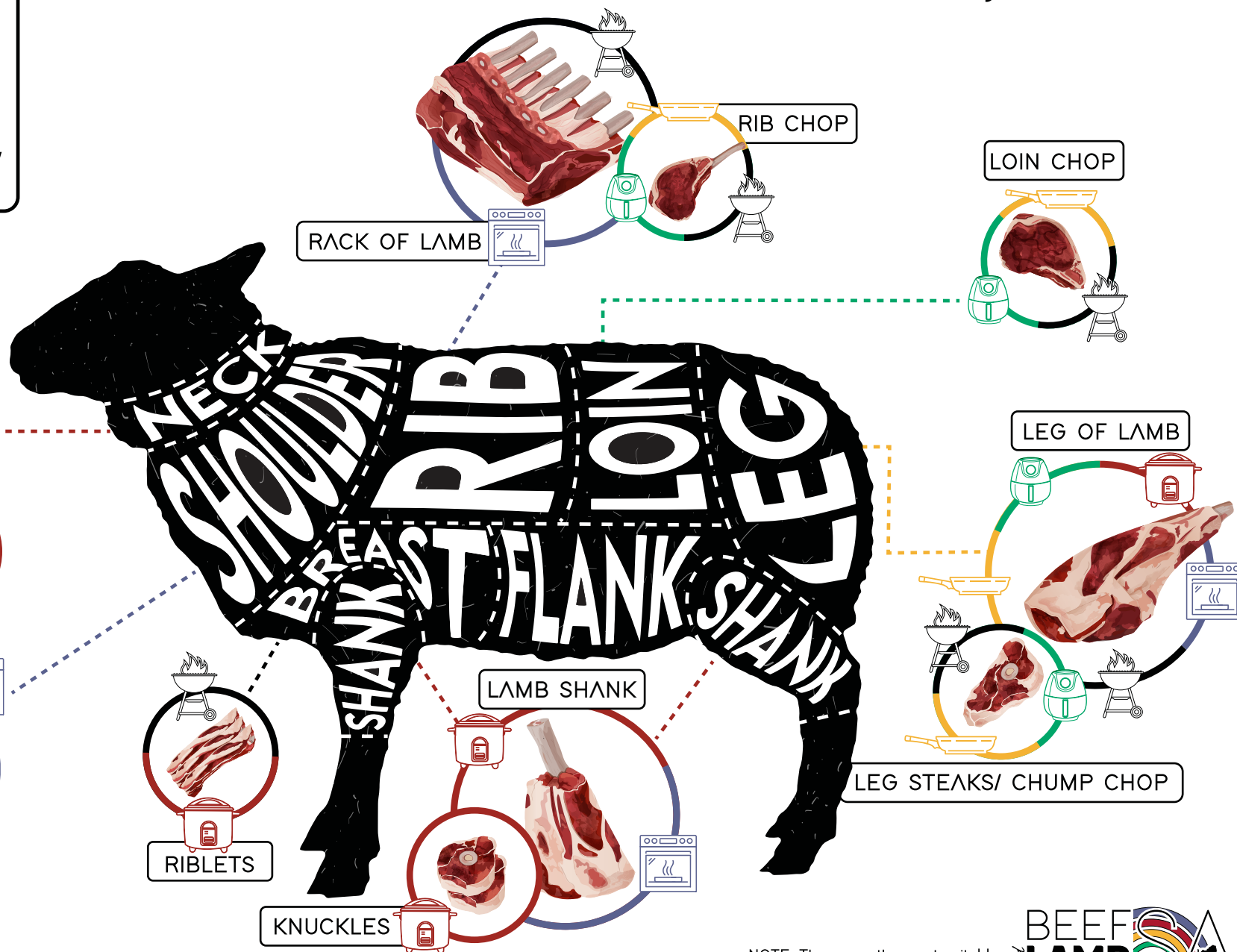
Pan Fry



Braai



Slow cook/ Braising/
Stewing (S/B/S)



NOTE: These are the most suitable
and recommended cooking methods

