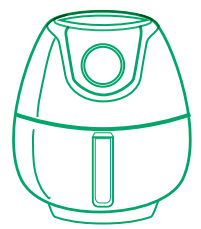


LAMB CUTS and cooking methods



Roast



Airfry



Pan Fry

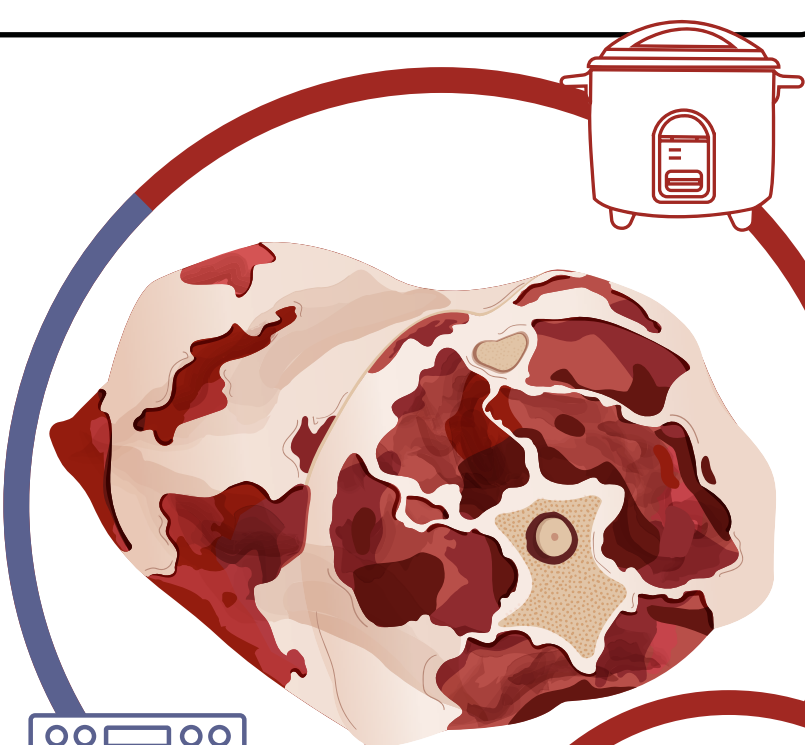


Braai

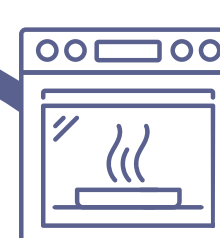
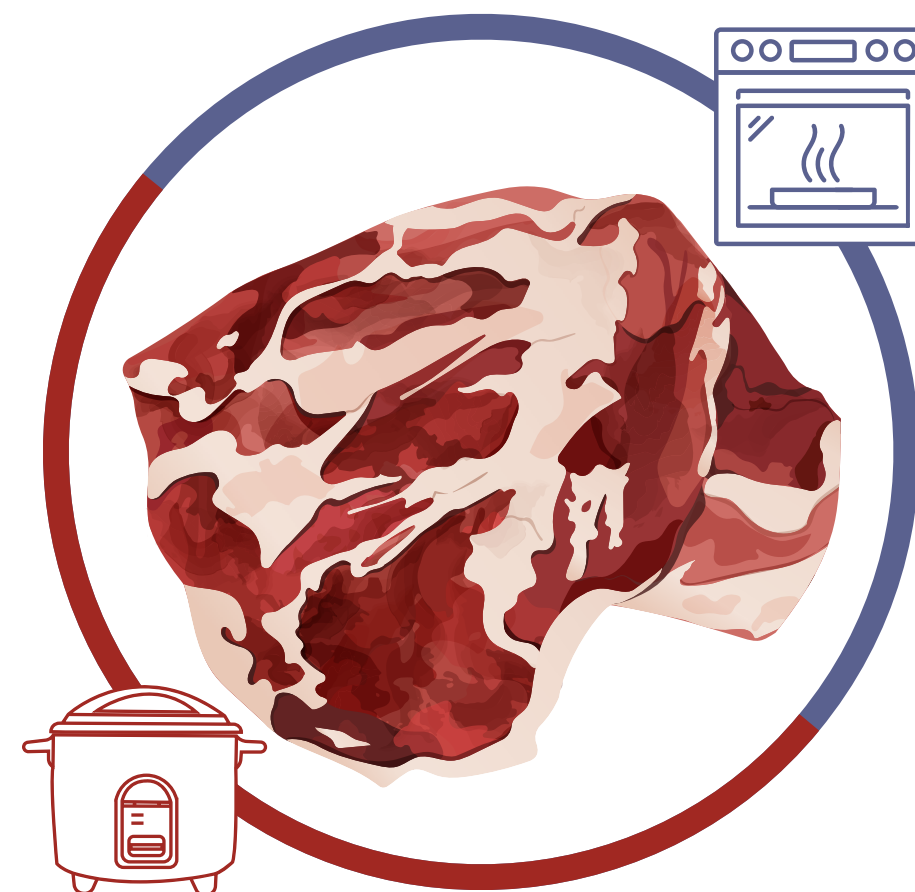
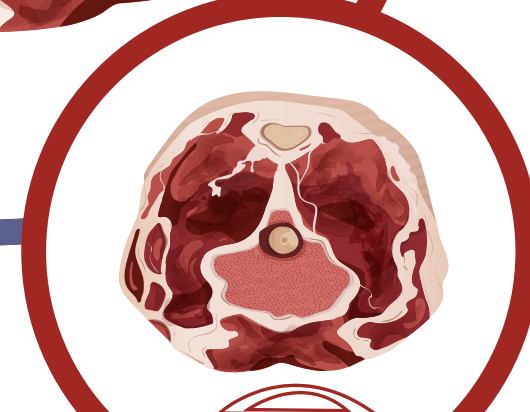


Slow cook/ Braising/
Stewing (S/B/S)

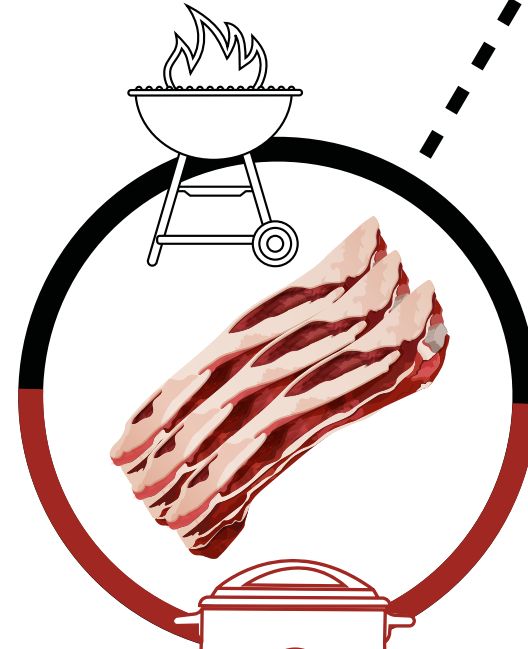
WHOLE LAMB NECK



LAMB NECK SLICES



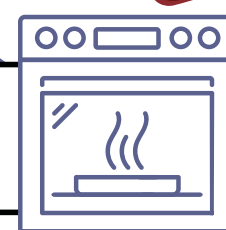
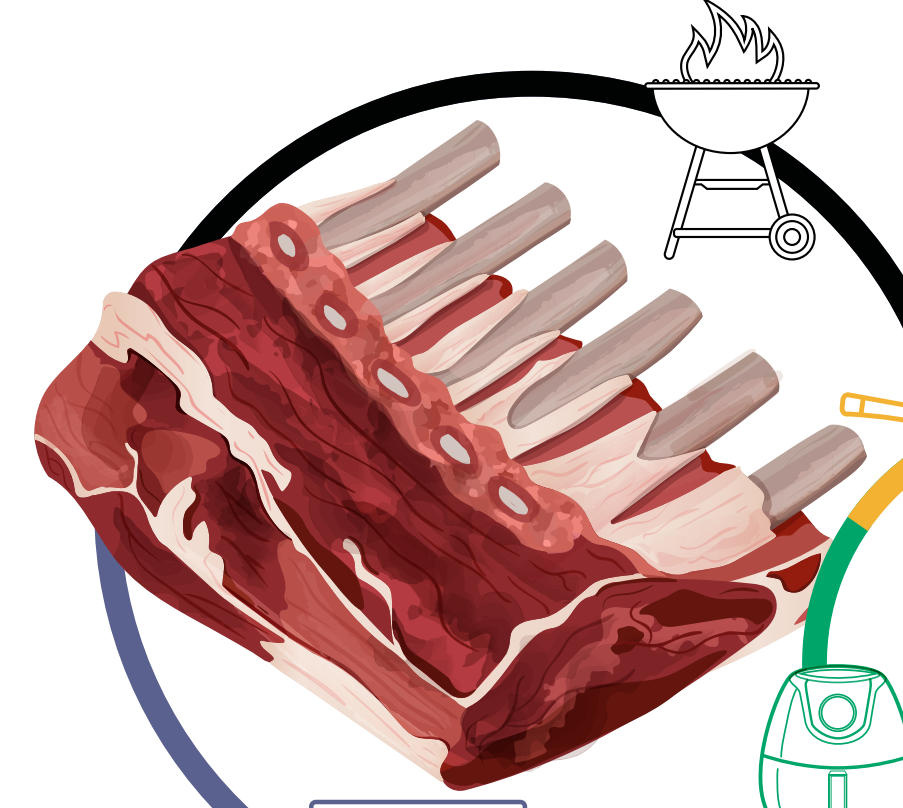
LAMB SHOULDER



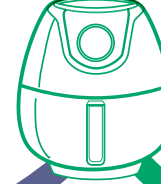
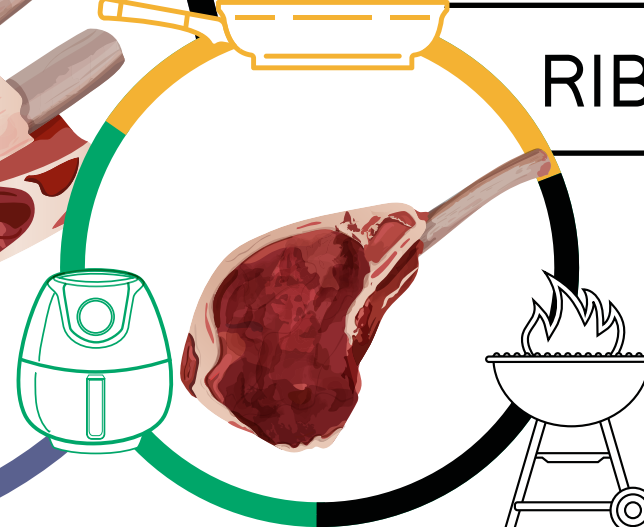
RIBLETS



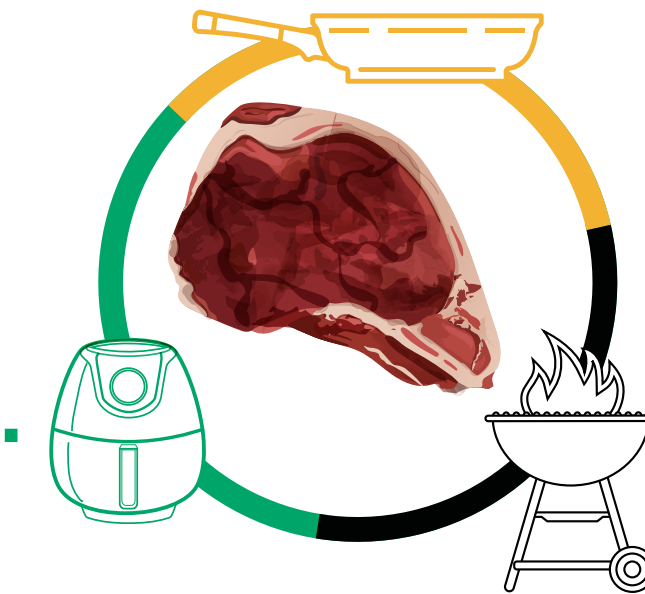
RACK OF LAMB



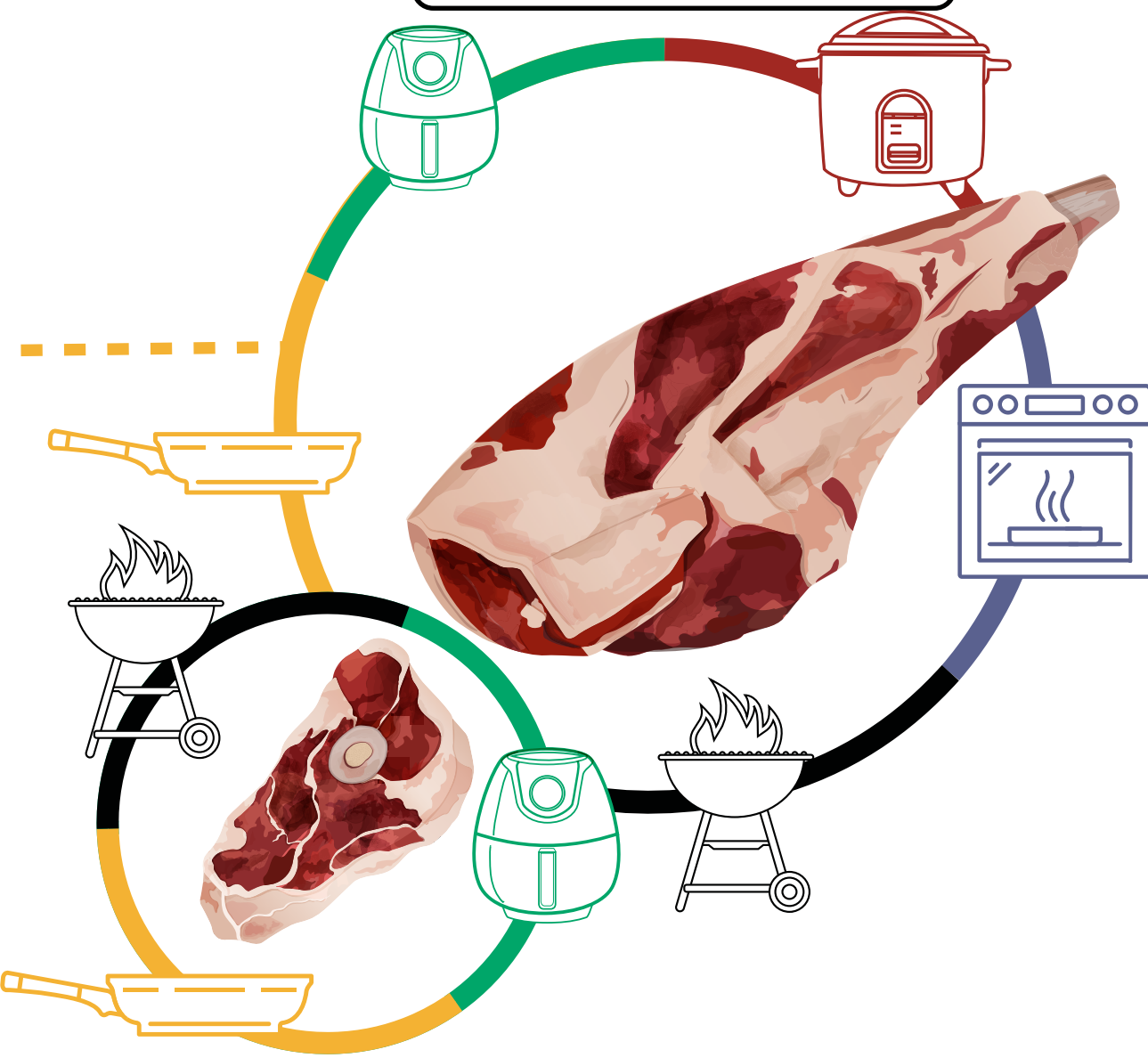
RIB CHOP



LOIN CHOP



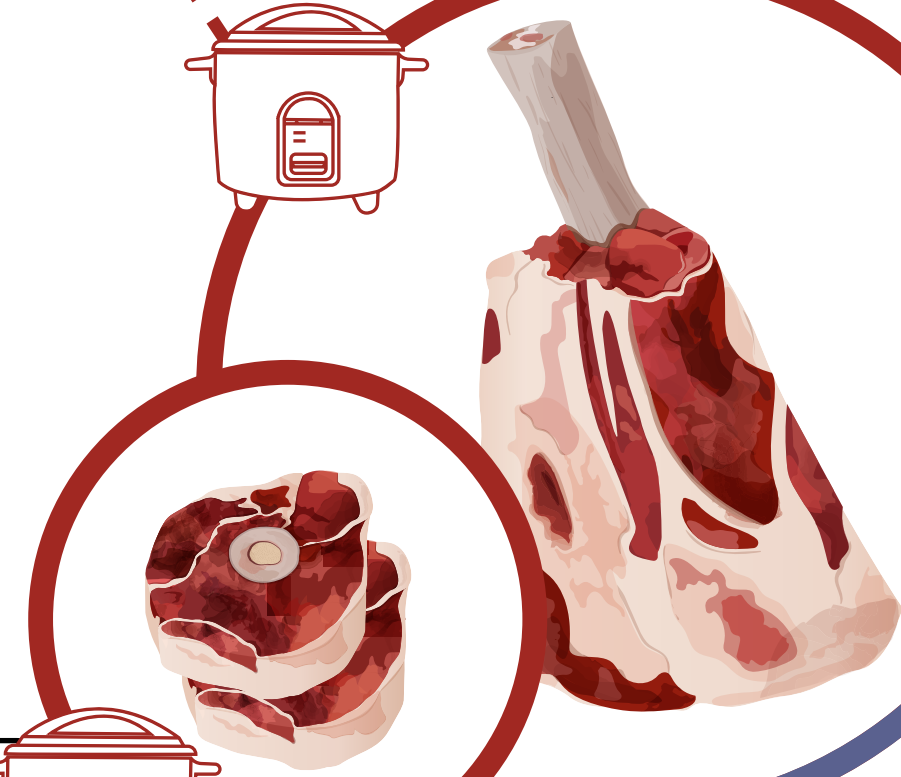
LEG OF LAMB



LEG STEAKS/ CHUMP CHOP



LAMB SHANK



NUCKLES



NOTE: These are the most suitable and recommended cooking methods