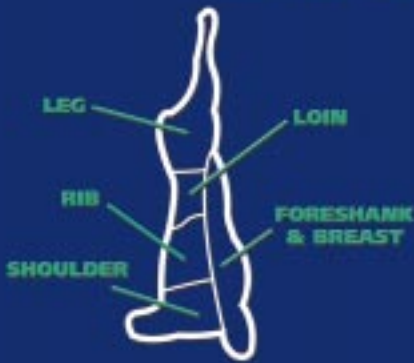


Ontario Lamb



LEG

Whole Leg
Roast



Short
Cut Leg,
Sirloin Off
Roast

Center
Leg Roast
Roast



Center Slice
Broil, Panbroil, Panfry

Shank
Portion Roast
Roast



American
Style Roast
Roast

Hind Shank
Braise, Cook
in Liquid



Boneless Leg
Roast
Roast, Broil if
butterflied

Sirloin Chop
Broil, Panbroil,
Panfry, Braise



Boneless
Sirloin Roast
Roast

SHOULDER

Square-Cut
Shoulder,
Whole
Roast, Braise



Blade Chop
Braise, Broil,
Panbroil, Panfry



Neck Slice
Braise, Cook in Liquid



Arm Chop
Braise, Broil,
Panbroil,
Panfry



Boneless
Shoulder Roast
Roast, Braise

RIB

Rack of
Lamb
Roast, BBQ



Frenched Rib
Chop
Broil, Panbroil,
Panfry, BBQ

Rib Chop
Broil, Panbroil,
Panfry, Roast, BBQ



Rib Roast
Roast



Crown Roast
Roast

FORESHANK & BREAST

Shank
Braise,
Cook in Liquid



Spareribs
Braise,
Broil,
Roast



Boneless Rolled
Shank Roast
Roast, Braise



Riblets
Braise, Cook in
Liquid, Broil



OTHER CUTS

Lamb for Stew
Braise,
Cook in Liquid



Cubes for Kabobs
Broil, Braise, BBQ



Ground Lamb
Broil, Panbroil,
Roast (Bake)



LOIN

Double Loin Chop
Broil, Panbroil,
Panfry, BBQ



Loin
Roast
Roast



Loin Chop
Broil, Panbroil,
Panfry, BBQ

Fresh • Lean • Tender • Mild



Ontario Sheep Marketing Agency

130 Malcolm Road

Guelph, Ont. N1K 1B1

Phone: (519) 836-0043 • Fax: (519) 836-2531

www.ontariosheep.org