

Alberta Lamb

FRONT & FLANK

Shank
Braise,
Cook in Liquid



Flank
Braise,
Broil,
Roast



Boneless Rolled Shank Roast
Roast, Braise



Riblets
Braise, Cook in Liquid, Broil

SHOULDER

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

LEG

Whole Leg
Roast



Short Cut Leg, Sirloin Off
Roast

Center Leg Roast
Roast



Center Slice, Leg Steak
Broil, Panbroil,
Panfry



Shank Portion 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

OTHER CUTS



Lamb for Stew
Braise,
Cook in Liquid

Cubes for Kabobs
Broil, Braise, BBQ



Ground Lamb
Broil, Panbroil,
Roast (Bake)

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

LOIN

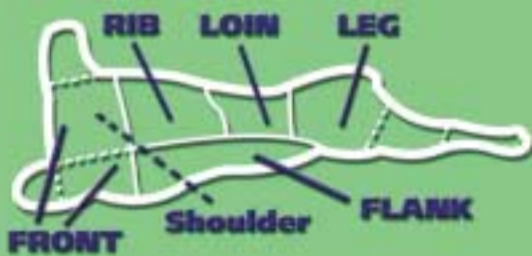
Double Loin Chop
Broil, Panbroil,
Panfry, BBQ



Loin Roast
Roast



Loin Chop
Broil, Panbroil,
Panfry, BBQ



NUTRITION INFORMATION

Based on a 100 gram serving of cooked lamb*

	Average amount per 100 gram serving	Percent of Recommended Daily Intake**
Energy	266 kcal	12%
Vitamin B12	2.65 mcg	88%
Niacin (Vitamin B3)	11.48 NE	74%
Zinc	5.49 mg	55%
Protein	26.37 grams	40%
Riboflavin (Vitamin B2)	0.25 mg	23%
Iron	2.12 mg	22%
Vitamin B6	0.13 mg	13%
Magnesium	25 mg	11%
Folate (Folic Acid)	20 mcg	10%
Thiamin (Vitamin B1)	0.09 mg	10%

* These values are based on the average of 60 cuts (American Lamb) including a mix of lean and non-lean cuts and various cooking methods to reflect actual consumption.

** The values are expressed as a percentage of the average daily-recommended nutrient intake of an adult male and female across all (adult) ages.

Lean, Tender, Mild - you've got great taste!



Alberta Lamb

Agriculture Centre

909 Irricana Road, Airdrie, Alberta T4A 2G6

Tel: 403 948 8533 • Fax: 403 912 1455 • website: albertalamb.com