

FABRICATING A LEG OF AMERICAN LAMB



> A whole leg of American lamb is a perfect roasted item for buffet tables and catered events. Further fabrication of a leg of lamb can be done to create interesting, versatile and profitable menu items.

> Keep in mind that American lamb legs are larger than imported lamb legs. Whole American lamb legs usually weigh between 8 and 10 pounds. Because domestically raised lamb are often finished on a grain diet, the meat has a mild yet distinctive flavor and is available fresh year round.

Equipment Needed:

Band saw or NSF approved meat saw, butcher's knife, cutting board, plastic gloves, sharp boning knife

Ingredient:

Whole leg of American lamb



1
Remove flank meat.
Set aside for grind.



2
Saw through tip of the hip joint separating the sirloin end from the shank half of the leg.



3
Remove hip and tail bone.
Trim for sirloin roast or cutlets.



4
Cut up and butterfly the meat away from the shank bone, working your way over the joint.



5
Remove the meat away from the femur bone with your knife tip. Remove the entire femur and shank bone.



6
Remove the aitch portion of the hip and set aside.



7
Cut the shank portion of meat away from the leg.



8
Dice shank meat for stewing.



9
Follow the natural seams of the leg muscles. Be sure to remove the fatty pocket containing the popliteal gland. Separate the top round from the bottom round.



10
Trim and slice the top round across the grain to make cutlets.



11
Follow the natural seams, and separate the bottom sirloin from the bottom round. Separate the bottom round flat from the eye of the round.



12
Trim off silver skin and slice to make cutlets or large dice the bottom round and bottom sirloin for skewers.



13
Thinly slice the eye of the round meat for use in appetizers or sandwiches.



14
Meat from leg can make cutlets, roasts, skewer meat, stew meat, grind and more.

Note: Save the trimmings for use in grind and the bones for use in stock.