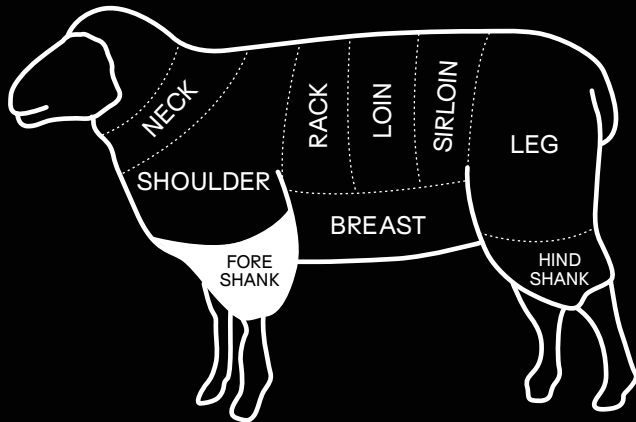
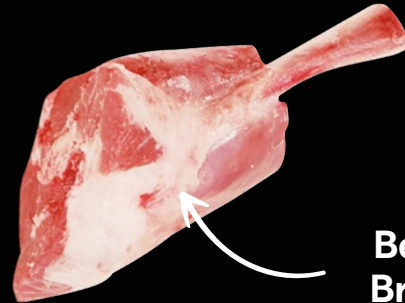


# US: LAMB FORESHANK 210

AU: Lamb Foreshank 5030



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**Best for  
Braising**



**Braising**

Shanks come from the area of meat and bone that sits above the knee joint and below the leg. It's prepared from both a forequarter and a leg by a cut through the joint that connects it to either the shoulder or leg bone.

Lamb shanks are almost always slow cooked in liquid to deliver flavor from the bone and pull-apart tenderness. It's less common here in the US, but trimmed shanks, or drumsticks, have had the end of the shank bone scraped clean of excess fat and meat to expose the bone.

## Dish Inspiration



[Australian lamb foreshank  
with Oaxacan black mole](#)



[Italian lamb shanks with  
soft polenta](#)



[Aussie lamb  
noodle bowl](#)



[Steamed lamb dumplings  
with orange blossom ponzu](#)

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