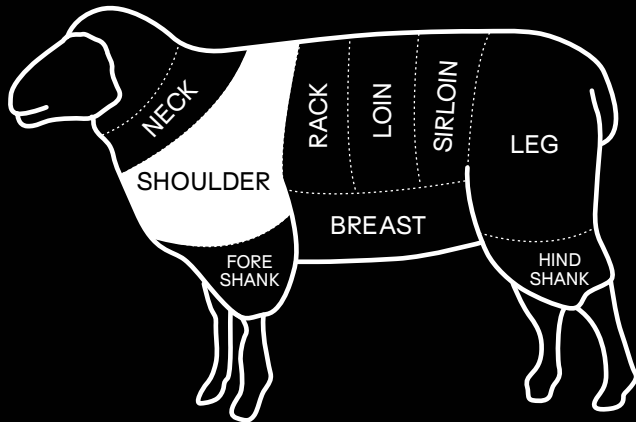


US: LAMB SHOULDER 207/208

AU: Lamb Shoulder 4990/5050



Best for
Braising and
Roasting



Slow Braise



Sous Vide



Roast



Grill

Shoulders come from the forequarter, below the neck and above the breast and foreshank. Square cut shoulders are bone-in, and can be ordered with a few ribs attached as a shoulder rack. Cut across the bone, shoulder chops are an underutilized and flavorful way to deliver a steak-style experience. Shoulder is also widely available boned, rolled and netted for easy preparation.

Shoulder typically contains a good bit of connective tissue and intramuscular fat, making slow braises, sous vide or slow roasts a best cooking option. Boneless shoulder is excellent butterflied, stuffed and rolled, then roasted in the oven. Shoulder chops are the exception, as a quicker-cooking cut that's suited for the grill or broiler.

Down in Miami, our mate **Chef Aaron Brooks** makes some pretty #aussome tacos with Aussie lamb shoulder, cooking it slow in a heady mix of herbs and warming spices, sour orange and lime juice. An avocado puree, salsa verde, and radish slaw complete the build. Nice one!

Dish Inspiration



Lamb tacos with salsa verde and avocado



Slow roasted Australian lamb with roasted potatoes, rapini & gremolata



Turkish manti Australian lamb shoulder, creamed corn, shishitos

Learn More



Braising a bolder shoulder