

Fabricating an American Lamb Shoulder



A square-cut whole shoulder is one of the most economical cuts of lamb. Further fabrication can create kabob and stew meats as well as boneless (BRT) shoulder roasts.

Equipment Needed:

Butcher's knife, cutting board, plastic gloves, sharp boning knife

Ingredient:

Square-cut American Lamb Shoulder



Remove fell and excess fat.



Cut up underneath the rib cage and around the neck bone structure and remove bone. The shoulder is then split into two pieces.



Remove elastin from the rib cage/neck piece.



Trim remaining meat for use in kabobs and stew.



Split the second piece along the natural seam.



Remove the arm bone through the socket joint.



Outline the blade bone (scapula) and peel it out.



Trim the inside meat of fat and connective tissues and roll the pieces of meat firmly. If desired, add a stuffing before rolling.



Using butcher's twine, tie the BRT roasts.



The American Lamb shoulder can be fabricated to create boneless roasts, shoulder arm or blade chops, shoulder ribs, kabob or stew meat, grind and more.

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