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As many large animals go, the different part of an animal will taste the best when made by a particular cooking method. The method of cooking is influenced by several factors like the amount of fat present in the meat, and the amount of exercise or work the area had been put through the animalâ€™s life. For example, the neck part of the animal will be tougher as the animal has to move its neck frequently while grazing. There are various cuts to lamb that taste best when cooked in a particular method.

The neck is a cut that contains the tough meat. This part of the meat is generally used for stewing or to make mince meat. The meat can be used for a cooking that requires a slow method of cooking like a hot pot. Though the meat is tough, it has an excellent taste. The scrag cut is the meat that comes at the end of the neck. The meat here is again tough and this cut is cheap to get. This cut has lot more fat than the other cuts and are usually sold chopped finely or diced to be used in stews or casseroles. The shoulder part is usually cut in to two separate parts or joints, the blade and arm. The meat in this cut is tender and filled with flavor, because of this it is expensive. The best way to cook this is through a dry form of heat like grilling and roasting. The shoulder cut is also sold by trimming the fat which can be used for curries and kebabs.

The next cut is called the rack; it is the meat present next to the upper part of the shoulder. This part of meat is tender with a lot of flavor and comes among the expensive cuts of meat. This cut again has fat which when left while roasting, melts and adds flavor to the meat. The upper bone of the meat is often scraped to expose the meat and this is called as â€œFrenchingâ€•. Racks are not large chunks of meat; a rack in one lamb can cater to three people sufficiently.

Next is the breast of the lamb. This cut is again one of the cheapest cuts in lamb and it is priced similar to that of a scrag. But the methods of cooking can be much more versatile with the breast. The breasts are also sliced in to thin strips and sold for barbeques. The breast can be used for roast, stuffed and rolled, make kebabs, patties and can be minced. Flank is a cut from the loin area; the meat of a flank is most often tough and is commonly sold in the form of mince.

Foreshank which is commonly known as lamb shanks are the best meat suitable for slow cooking. This cut can be used for a roast or a stew or for braising; the meat can be used for both dry heat cooking and moist cooking. Leg can be called as the prime cut in a lamb. This cut has a little fat which makes it the best choice of cut for roasting as a joint. This cut is usually used as steaks which are best for frying or grilling. This meat can also be used for making kebabs. And the final cut is the loin. The tenderest part of a lamb is the loin. This is the part which produces medallions, noisettes, other roasting cuts and the famous loin chops. This cut is suitable for frying, grilling and roasting which can be done with double loin. I have now sharpened my culinary skills by learning about cuts of various animals through my CenturyLink High Speed Internet.

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Samantha Kirk is a freelance writer. She loves to cook and often tries different recipes on her hapless relatives! She also watches a lot of un-interrupted videos in her a Centurylink high speed

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