American Lamb Makes the Plate
Student Guide

Developed by
The Culinary Institute of America
and the
American Lamb Board

Americanlamb.com

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LEARNING OBJECTIVES

By the end of this training session the participants should be able to:

♦ Understand the advantages of Fresh American Lamb

♦ List the classes of sheep from youngest to oldest

♦ Identify the quality grades and criteria used for purchasing lamb

♦ List and identify the primal cuts of lamb

♦ Identify a variety of market cuts fabricated from the lamb carcass

♦ Identify associated cooking methods with primal cuts and foodservice cuts
FRESH AMERICAN LAMB VS. IMPORTED LAMB

Fresh American Lamb is a popular menu item thanks to the larger cut sizes, its unique flavor profile, freshness and tenderness of the meat and its profitability to the operator.

American Lamb offers a higher meat-to-bone ratio than that of its foreign competitors. Operators and customers also recognize the great value of meaty, fresh American Lamb.

American Lamb has a milder flavor than that of imported lamb. Thanks to excellent feed programs in the United States, domestically raised lamb is primarily grain fed versus the grass fed imported lamb counterparts. A grain-based diet helps produce a clean, mild flavor.

Available year round, American Lamb is up to 10,000 miles fresher than imported lamb. There’s a lamb dish for every season.

A recent study showed that consumers prefer American Lamb to imported lamb. They ranked it superior in terms of quality, taste and healthfulness. (Source: Synovate Study 2004)
CLASSES OF AMERICAN LAMB

There are different classes of American Lamb:

- Hothouse
- Lamb
- Yearling
- Mutton/Mature

As sheep age, their meat becomes stronger in taste and firmer in texture. Of the lamb available on the market, the type considered to have the most delicate flavor and tender texture is baby lamb, also known as milk lamb or hothouse lamb. These animals, produced all year round by controlled breeding, are processed when they are 6-10 weeks old, before weaning. They are sold in specialty stores and are expensive.

The largest supply of meat by far comes from animals born in the spring lambing season, which may be as early as January in the warm states of the Southwest and as late as May in colder northern areas. These lambs are processed when they are between the ages of six months and one year. After that age, physiological changes occur that intensify the flavor of the meat. Currently the national average dress weight is almost 70 pounds. Meat from a lamb older than one year cannot legally be labeled “genuine lamb.” Animals that are processed between the ages of a year and 20 months are sometimes called “yearling lamb”; the meat they produce is firmer in texture and stronger in flavor. For culinary purposes, that meat should be considered mutton rather than lamb.

A general rule of thumb is that sheep more than a year old is considered mutton. Mutton is undeservedly unpopular and is rarely found in American markets but has figured prominently in the cooking of all sheep-raising countries, and is well worth experimenting with when it is available. It has a strong, rich flavor (enthusiasts claim that not even the best beef can match fine mutton) that marries well with the intense seasonings that are found in Middle Eastern, Indian and Chinese dishes.
WHAT TO LOOK FOR WHEN BUYING LAMB

When purchasing American Lamb, it is helpful to be aware of USDA grading guidelines. The grade indicates the quality level of the meat. For American Lamb, five quality grades have been set:

- Prime
- Choice
- Good
- Utility
- Cull

These grading classifications are based on the following factors:

- Age
- Degree of fat streaks in meat between ribs and on the flank muscle
- Conformation:
  - The thickness and fullness of the carcass, musculature and skeletal development, and ratio of meat to bone
  - Texture, firmness and color of lean muscle tissue (marbling) in relation to the maturity of the carcass

Yield Grades in American Lamb

The USDA has also established yield grades that reflect the quantity of cuts that can be expected from a lamb carcass. Yield grades 1, 2, 3, 4 and 5 are measured on the following factors:

- Conformation of Carcass: Consideration of the proportion of each cut to the carcass weight and also the general desirability of each cut as compared with other cuts.
- Thickness of Fat: Thickness of subcutaneous fat in the rib area of the 12th and 13th rib, measured 5 inches from the backbone.

Yield Grade 1 denotes the highest yielding carcass and Yield Grade 5, the lowest.
LAMB CARCASS BREAKDOWN

Knowing where the various lamb cuts originate will help you understand the variety available and facilitate ordering the right cuts to fit your menu needs.

The four primal cuts (major sections of the carcass) of American Lamb are:

- Shoulder Square Cut
- Hotel Rack
- Loin
- Leg

Chef Ready or RTC (Ready to Cook) Cuts:

Various roasts, steaks, chops, stew cubes and ground lamb fabricated from primal or subprimal parts.

Variety Meats (Offal):

Various organs include heart, intestine, kidney, liver and tongue.
The following chart details each cut and common cooking methods associated with each:

<table>
<thead>
<tr>
<th>Carcass</th>
<th>Primal</th>
<th>Sub Primal</th>
<th>Food Service Items</th>
<th>Recommended Preparations</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hind Saddle</strong> (49%)</td>
<td><strong>Leg</strong> (34%)</td>
<td>Shank</td>
<td>Stew (Bone-in, Boneless)</td>
<td>Braise</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Heel</td>
<td>Leg of Lamb, Roast (Bone-in, B.R.T., Oven Ready, Frenched, Semi-boneless)</td>
<td>Roast</td>
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<td></td>
<td></td>
<td>Knuckle</td>
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<td></td>
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<td>Eye Round</td>
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<td>Bottom Round</td>
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<td>Sirloin</td>
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<td>Top Round</td>
<td>Steaks, Scalloped, Batterfried</td>
<td>Roast, Sauté, Broil, Grill</td>
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<td></td>
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<tr>
<td><strong>Loin</strong> (11%)</td>
<td></td>
<td>Eye Muscle</td>
<td>Roast (Bone-in, Boneless), Chops</td>
<td>Roast, Sauté, Broil, Grill</td>
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<td></td>
<td></td>
<td>Tenderloin</td>
<td>Medallions, Noisettes</td>
<td>Sauté, Broil, Grill</td>
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<tr>
<td></td>
<td></td>
<td>Plank</td>
<td>Grind</td>
<td></td>
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<tr>
<td><strong>Fore Saddle</strong> (51%)</td>
<td><strong>Hotel Rack – 8 ribs</strong> (10%)</td>
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<tr>
<td><strong>Shoulder Square Cut</strong> (26%)</td>
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</tbody>
</table>

Market Forms:
- **Rack**
  - Roast (Bone-in, Crown Roast)
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  - Roast (Bone-in, Crown Roast)
BREAKDOWN OF AMERICAN LAMB INTO CHEF-READY/RTC FOODSERVICE AND PORTION CUTS

Shank

Rack

Loin

French Rib Chops  Rack for One  Double French Rack

Rack Roast  Rib Chops

Loin Chop  Loin Roast

Double Loin Chop  Medallion  Boneless Loin

Breast

Sirloin

Lamb Patties  Riblets

Sirloin Roast  Sirloin Chop

Sirloin Shank Half  Cubes for Kabob  Boneless Sirloin

Shoulder

Leg

Square Cut Shoulder  Shoulder Arm Chop  Shoulder Blade Chop

Pre-sliced Shoulder  Boneless Rolled Shoulder  Neck Slices

Whole Leg  Center Leg Steak  Boneless Leg

¾ Frenched-style Leg  Shank Half  Butterflied Leg

Student Guide
NUTRITIONAL FACTS

Nutrition has become important for many consumers as they develop their meal plans.

American lamb is an excellent source of high-quality protein. A 3-ounce serving of lean lamb provides 48% of an average adult’s Daily Reference Value for protein.

Lamb is an excellent source of vitamin B12, niacin and zinc and a good source of riboflavin and iron.

Compared to other meats, lamb contains little fat marbling throughout the meat. With much of the fat limited to outside edges, it’s easily trimmed. That means fewer calories – only 175 calories in an average 3-ounce serving or 9% of the average caloric intake recommended for an average adult’s diet.

The numbers below reflect the percentages of U. S. Recommended Daily Reference Values provided by a 3-ounce serving of cooked lean lamb:

- Protein 48%
- Vitamin B12 37%
- Niacin 27%
- Zinc 30%
- Riboflavin 14%
- Iron 10%
- Calories 9%


FAST FACTS

- Fresh American Lamb is an excellent source of high-quality protein.
- Lamb is an excellent source of Vitamin B-12, niacin, zinc and a good source of riboflavin and iron.
- Compared to other meats, lamb contains very little fat marbling throughout the meat.
- With most of the fat limited to the outside edges, it's easily trimmed. That means fewer calories -- only 175 in an average 3-ounce serving.
- A recent study also shows that only about 36% of the fat in lamb is saturated. The rest is mono or polyunsaturated, the “good” fat in one’s diet.
# NUTRITIONAL INFORMATION OF AMERICAN LAMB SELECTED CUTS

(Per 3-ounce cooked serving)

<table>
<thead>
<tr>
<th>Cut</th>
<th>Calories</th>
<th>Carbohydrates</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Protein</th>
<th>Iron</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foreshank (separable lean only, trimmed to 1/4&quot; fat, choice, braised)</td>
<td>159</td>
<td>0 g</td>
<td>5.12 g</td>
<td>1.83 g</td>
<td>88 mg</td>
<td>26.36 g</td>
<td>1.93 mg</td>
<td>63 mg</td>
</tr>
<tr>
<td>Leg (shank and sirloin, separable lean only, trimmed to 1/4&quot; fat, choice, roasted)</td>
<td>162</td>
<td>0 g</td>
<td>6.58 g</td>
<td>2.35 g</td>
<td>76 mg</td>
<td>24.05 g</td>
<td>1.80 mg</td>
<td>58 mg</td>
</tr>
<tr>
<td>Loin (separable lean only, trimmed to 1/4&quot; fat, choice, roasted)</td>
<td>172</td>
<td>0 g</td>
<td>8.30 g</td>
<td>3.16 g</td>
<td>74 mg</td>
<td>22.60 g</td>
<td>2.07 mg</td>
<td>56 mg</td>
</tr>
<tr>
<td>Rib (separable lean only, trimmed to 1/4&quot; fat, choice, roasted)</td>
<td>197</td>
<td>0 g</td>
<td>11.31 g</td>
<td>4.05 g</td>
<td>75 mg</td>
<td>22.24 g</td>
<td>1.50 mg</td>
<td>69 mg</td>
</tr>
<tr>
<td>Shoulder (arm and blade, separable lean only, trimmed to 1/4&quot; fat, choice, roasted)</td>
<td>173</td>
<td>0 g</td>
<td>9.15 g</td>
<td>3.47 g</td>
<td>74 mg</td>
<td>21.20 g</td>
<td>1.81 mg</td>
<td>58 mg</td>
</tr>
</tbody>
</table>

THE COOKING METHODS

Dry-Heat Cooking: A method in which heat is conducted to foods without the use of moisture.

Baking – To cook meat at moderate temperatures for extended periods of time.

Process:

- Cooking temperatures typically range from 300° to 350° for most cuts.
- Cut should be placed on a rack in a shallow pan, fat side up, with a thermometer in the thickest portion.
- Do not cover or add water.
- Cook until temperature reaches 5°F to 10°F of desired doneness; remove from oven, cover for 5 to 10 minutes before carving.

Barbecue – To cook with dry heat created by the burning of hardwood or by the hot coals of the wood, with a seasoned marinade, basting sauce or rub.

Process:

- Barbecue is technically a roasting/grilling technique that requires a wood fire.
- For practicality reasons, foodservice operations barbecue in specially designed smoke ovens or cookers.
- Cooking in smoke ovens or cookers cannot be called true “barbecue” since the heat is not created by hardwood or coals; however, because of the wood smoke, the ultimate results are nearly identical.

Broiling – To cook at high temperatures for short periods of time.

Process:

- Set oven regulator for broiling; high temperatures with direct heat.
- Place cut directly on broiling rack and adjust rack according to meat thickness.
- Broil to preferred degree of doneness.
**Deep-Frying** – To cook a food submerged in hot fat.

*Process:*

- Most foods are fried at 350°F to 375°F; frying at too low a temperature will result in an excessively greasy final product.
- Use a good-quality fat with a high smoke point and do not overload the frying basket.
- Avoid frying strong and mild-flavored food in the same fat.
- Fry as close to service as possible to achieve the highest quality finished product.
- Discard used fat to avoid excessive browning and imparting of flavors.

**Grilling** – To cook at moderate temperatures over a natural heat source (charcoal or gas).

*Process:*

- Prepare grill or charcoal to a medium heating temperature.
- Place cuts directly on cooking grid, over heat source.
- Grill to preferred degree of doneness, turning to achieve desired grill markings.

**Pan-Broiling** – To cook at a moderate temperature in a skillet.

*Process:*

- Heat a heavy skillet over medium heat.
- Place cuts directly in a preheated skillet; do not crowd meat.
- Do not cover or add water.
- Cook to desired degree of doneness, turning occasionally, and remove excess drippings.

**Pan-Frying** – To cook at a moderate temperature in an oil-based skillet.

*Process:*

- Heat a small amount of oil in a heavy skillet over medium heat.
- Place cuts directly into preheated skillet; do not crowd meat.
- Do not cover or add water.
- Cook to desired degree of doneness, turning occasionally.
Roasting – To cook meat at moderate temperatures for extended periods of time.

Process:

- Cooking temperatures typically range from 300°F to 350°F for most cuts.
- Cut should be placed on a rack in a shallow pan, fat side up, with a thermometer in the thickest portion.
- Do not cover or add water.
- Cook until temperature reaches 5°F to 10°F of desired doneness; remove from oven, cover for 5 to 10 minutes before carving.

Sautéing – To cook quickly in a small amount of fat.

Process:

- Preheat the pan before adding the food to be sautéd. The food must begin the cooking process at a high heat in order to avoid simmering in its own juices.
- Dust meat with flour to prevent sticking and to achieve uniform browning.
- Do not overcrowd the pan; overcrowding will lower the cooking temperature.
- When the food has finished cooking, remove from pan and deglaze the pan with a liquid such as wine or stock in order to dissolve the browned bits of food remaining in the pan.

Stir-Frying – To cook at a medium-high temperature in an oil-based skillet or wok.

Process:

- Cut meat into thin, uniform strips. Marinate to add flavor or tenderize, if desired.
- Heat skillet or wok with a small amount of oil over a medium-high temperature.
- Continually turn meat in a scooping motion.
Moist-Heat Cooking: Methods in which heat is conducted to foods by water or other liquid or by steam.

**Braising** – To cook at a low temperature in an oil base for browning, then cover and simmer at a low heat in a small amount of liquid.

*Process:*
- Brown meat on all sides in a small amount of oil, pour off drippings.
- Add a small amount of liquid (broth, water, juices, etc.).
- Cover tightly and simmer gently over low heat until meat is fork-tender.

**Steaming** – To cook by direct contact with steam.

*Process:*
- Bring liquid to a full boil in a covered vessel.
- Add the main item to the steamer on a rack in a single-layer.
- Cover and allow the steam to build, avoid removing the lid unnecessarily.
- Steam the main item until desired doneness is achieved.

**Submersion Cooking** – To cook at a low temperature in an oil base for browning, then cover, bring to a boil, and then simmer at a low heat in a liquid.

*Process:*
- Brown all sides of meat in a small amount of oil, pour off drippings.
- Cover meat with liquid (broth, water, juice, etc.) and bring liquid to a boil, reduce heat to low.
- Cover tightly and simmer gently over low heat until meat is fork-tender.

**Stewing** – To cook in an oil base for browning, then cover, bring to a boil, and then simmer at a low heat in a liquid.

*Process:*
- Brown meat on all sides in a small amount of oil, then pour off drippings.
- Cover meat with liquid (broth, water, juices, etc.) and bring liquid to a boil, reduce heat to low.
- Cover tightly and simmer gently over low heat until meat is fork-tender.
HANDLING AND FOOD SAFETY

Avoiding foodborne illness is the responsibility of all segments of the food production chain, from producers to consumers. Authorities estimate that over 2 million cases of food poisoning occur each year due to improper handling of food. The following safety and cooking guidelines help assure that lamb is served at its best.

Keep it Cold!
The temperature at which meat is stored is critical for safety and quality. Decreasing the temperature from 60°F to 40°F triples the time it takes for meat to spoil. Remember:

- Store lamb in a refrigerator at 32°F to 38°F.
- Freeze at 0° or below.

Make it Hot!

- Cook ground lamb to medium (160°F) or until inside is no longer pink.
- Cook other cuts to at least 145°F.
- Never serve raw meat.
- Do not hold foods at temperatures between 41°F and 135°F.
- Reheat any previously cooked lamb products (stews, meat pies, etc.) to minimum internal temperature of 165°F.

Be Clean!

- Wash your hands in hot soapy water before preparing foods and after handling raw meats.
- Utensils, plates and cutting boards must be washed in hot soapy water after being used for raw meat. Occasionally sanitize surfaces with bleach.
- Keep the storage areas clean. Sanitize the refrigerator interior where meat juices may have dripped.
GLOSSARY

Terms and definitions prepared to answer the most commonly asked questions about lamb.

**Baby lamb** – animals produced all year-round by controlled breeding are marketed at 6 to 10 weeks old before weaning. Don’t confuse with small foreign carcasses that are frequently older.

**Boned, rolled, and tied (BRT)** – a leg or shoulder that is completely boned, internal fat removed and excessive outside fat trimmed off. Properly rolled, will be cylindrical in shape and ideal for a rotisserie or as an oven roast.

**Carcass weight** – the weight of the animal after it has been dressed. It represents approximately 50% of the live weight. The average carcass weight of an American lamb is almost 70 pounds.

**Case ready** – product centrally pre-packed, sometimes pre-priced, ready to be placed in case by retailer without further processing or packaging.

**Chef ready or RTC (Ready to Cook)** – cuts are portioned and trimmed to foodservice specifications, so that the chef only needs to season, cook and serve.

**Chop, Block-ready or Steak-ready** – lamb closely trimmed to retail specifications. The product may require simply cutting with a knife or hand saw into portion cuts prior to traying and/or packaging by retailer or meat distributor.

**Crown roast** – made by curving around two rib halves, 8 ribs each (racks), and tying them to resemble a crown. French ends of rib bones.

**Denver ribs** – lamb sparerib, which is cut from the breast and trimmed of all fat and connective tissue.
Fell – the thin silver parchment-like membrane (tissue or skin) that covers lamb. Remove fell on all cuts.

Foresaddle – consist of shoulder, rib (rack), shank, breast, and neck.

Frenching – removal of at least one and one-half inches of meat from the bone ends of a rib roasts, rib chops and/or shanks.

French searing method – preheat oven to 450°F and roast for 15 to 20 minutes to brown, then reduce heat to 325°F and continue roasting to desired degree of internal doneness. The searing method, when properly used, produces an excellent roast, but it does result in more shrinkage, more oven splattering and sometimes smoke and excessive cooking odors.

Gas-flushed – the process of removing air from a food package and replacing it with another gas such as CO2 or Nitrogen to minimize spoilage, extend shelf life and minimize flavor deterioration.

Genuine Lamb/Lamb/Spring Lamb – meat labeled “genuine” lamb or simply “lamb” comes from an animal less than 1 year old. This is specified by the U.S. Department of Agriculture regulation. Spring lamb identifies lamb processed between the first Monday in March through the first Monday in October. Years ago, lamb production peaked in spring and at other times, consumers may have been limited to frozen lamb. Now, spread over 12 months, the “spring lamb” identity has lost some of its importance.

Glands – the prescapular gland is in the shoulder and the popliteal gland is in the leg. They do cause a strong flavor or odor, but usually are removed when making boneless roasts.
**Grade** – U.S. Department of Agriculture name that indicates quality of meat. Maturity, color, firmness and texture of the meat are evaluated. Conformation is the term used to evaluate the carcass’s general shape, form and outline. USDA lamb grades are Prime, Choice, Good, Utility, and Cull. Almost all lamb in the retail meat case grades Choice or Prime.

**Hindsaddle** – consist of full leg or three-quarter leg plus sirloin and flank.

**Hothouse lamb** – meat from a young lamb, which has been entirely milk-fed. It is known for its tenderness and delicate flavor. Roasted whole by some ethnic groups.

**Interlaced roast (Double french rack)** – two or more rib sections together, joined or tied. Usually filled with stuffing before roasting. When the ends are tied together it is called a Crown Rib Roast.

**Internal temperature** – lamb can be served medium-rare (145°F) or medium (160°F) or well done (170°F). Ground lamb should be cooked to 160°F minimum.

**Lamb** – see “Genuine Lamb” listing.

**Mutton** – meat from an adult sheep that is more than one year old.

**Oven ready leg** – shank, sirloin, and hip bone have been removed, so it is ready for oven with no further preparation.

**Processed lamb** – lamb that has been transformed from the raw state by macerating, chopping, cooking and/or the addition of spices and seasonings.
**Purchaser Specified Option (PSO)** – A specification used by a purchaser to clearly identify state of refrigeration, weight or size, thickness, fat trim, peeled/denuded and other fabrication to a particular product. It is recommended that a purchaser order portion cut steaks or chops either by weight or by thickness only, not a combination of both, unless in an instance where an item is mechanically pressed and/or sliced (cubed).

**Rack of lamb (rib roast)** – contains rib bones, back bone, and thick, meaty rib eye muscle. Outside fat cover is usually removed.

**Saddle** – large cut of lamb, which includes the loin section. The foresaddle is the front of the lamb up to the 12th rib. The hindsaddle is the rear half of the lamb from the 13th rib back.

**Lamb shoulder eye – roast** – boneless center roasting the blade portion of the shoulder. Also known as Saratoga Roast.

**Spring lamb** – see “Genuine Lamb” listing.

**Tray ready** – closely trimmed to retail specifications, product only needs to be removed from pack and retrayed.

**Vacuum-packaged** – packaging method that involves the removal of most air prior to hermetically sealing the package.

**Variety (offal meats)** – other edible parts of lamb, including heart, intestine, kidney, liver and tongue.

**Yield grade** – USDA grading system which identifies yield of lamb. Yield indicates amount of salable consumer product. These range from YG 1-5 with YG1 with Yield Grade 1 denoting the highest yielding carcass and Yield Grade 5 representing the lowest.
MUSTARD AND HERB CRUSTED RACK OF AMERICAN LAMB
WITH STEWED ROSEMARY SCENTED WHITE BEANS
AND OVEN DRIED TOMATOES

Yield: 10 Portions

Oven Dried Tomatoes
Roma Tomatoes 15 each
Olive Oil 1 fl. oz.
Kosher Salt 2 tsp.
Coarsely Ground Black Pepper 1 tsp.

White Beans
Olive Oil 2 fl. oz.
Onion, small dice 8 oz.
Celery, small dice 4 oz.
White Beans, soaked for 8 hrs. minimum 1 lb.
Light Chicken Stock 2 qt.
Sachet d’epices 1 each
(Bay Leaf, Peppercorns, Thyme, Parsley Stems)
Rosemary Leaves 2 Tbsp.
Kosher Salt as needed
Ground Black Pepper as needed

Lamb Rack
Olive Oil 3 fl. oz.
Rack of Lamb, Frenched 3 each
Kosher Salt 1 Tbsp.
Coarsely Ground Black Pepper 1 ½ tsp.
Whole Grain Mustard ¾ cup
Prepared Horseradish 1 Tbsp.
Panko, Japanese Style Breadcrumbs 4 oz.
Chopped Fresh Italian Parsley Leaves 2 Tbsp.

Zucchini
Zucchini, sliced into desired shapes 2 lb.
Olive Oil as needed
Kosher Salt as needed
Ground Black Pepper as needed

Sauce
Red Wine Demi-glace, hot 15 fl. oz.
Mustard and Herb Crusted Rack of American Lamb with
Stewed Rosemary Scented White Beans
and Oven Dried Tomatoes

Method

Oven-dried Tomatoes
1. Blanch, shock and peel tomatoes. Cut in half lengthwise, remove seeds. Line up tomato
   halves, cut side down on half sheet pan lined with parchment paper. Drizzle with olive oil
   and season with salt and pepper. Place in 250°F oven with door propped open 1 inch for
   2 – 3 hours. Bake until tomatoes’ surface is shriveled and they have shrunk slightly – the
tomatoes should still contain moisture.

White Beans
1. Sweat the onions in the olive oil until translucient. Add celery, white beans, chicken stock,
sachet, and rosemary. Bring to boil, lower to simmer and cook until tender. Season with salt
and pepper. Adjust consistency of beans. To thicken, smash some beans. To thin, add stock.

Lamb Rack
1. Season rack with salt and pepper, quickly sear all sides of meat over high heat to achieve
   brown color – meat should remain uncooked in center.
2. Combine mustard and horseradish in small bowl. Combine bread crumbs and parsley in
   half of a 2-inch hotel pan.
3. Slather topside of meat with mustard mixture, then press the coated side into bread crumb
   mixture.
4. Place on rack in roasting pan, roast at 400°F until an internal temperature of 145°F.
   Remove rack and rest in warm area for 5 to 10 minutes.

Zucchini
1. Brush zucchini with oil, season with salt and pepper. Grill until cooked through, creating
   cross-hatch markings.

Assembly
1. Assemble plate with zucchini slices, 3 oven dried tomato halves, 3 oz cooked white beans.
2. Carefully slice racks into individual chops trying to keep crust intact, add 1 ½ oz. sauce to
each plate and top with two chops per portion.
BEER BRAISED LAMB SHANK WITH
ROASTED ROOT VEGETABLES AND CORN SPOONBREAD

Yield: 10 Portions

Lamb Shanks
Flour, All Purpose as needed
Kosher Salt as needed
Coarsely Ground Black Pepper as needed
Lamb Shanks, Foreshank 10 each
Vegetable Oil 6 oz.
Onions, cut into ¼’s 2 each or 12 oz.
Carrots, 1-inch lengths 6 oz.
Tomato Paste 3 oz.
Amber Ale Style Beer 36 fl. oz.
Garlic cloves 6 each
Celery, 1-inch lengths 6 oz.
Brown Veal Stock, boiling hot 2 1/2 qt.
Sachet d’epices 2 each
(Bay Leaf, Peppercorns, Thyme, Parsley Stems)
Brown Roux as needed

Roasted Root Vegetables
Carrots, large oblique cut 2 1/2 lb.
Parsnips, large oblique cut 2 1/2 lb.
Rutabagas, 1 ½-inch diameter pieces 2 1/2 lb.
Pearl Onions, blanched and peeled 2 pt.
Vegetable Oil 2 fl. oz.
Kosher Salt as needed
Ground Black Pepper as needed
Chopped Fresh Italian Parsley Leaves 1/4 cup
Chopped Fresh Thyme Leaves 1 Tbsp.
Chopped Fresh Oregano Leaves 1 Tbsp.

Spoonbread
Vegetable Oil 1 Tbsp.
Whole Milk 40 fl. oz.
Unsalted Butter 2 oz.
Kosher Salt 1 Tbsp.
Cornmeal, Medium Grind 1 1/4 cup
Half-and-Half 8 fl. oz.
Egg Yolks, Large 6 each
Egg Whites, Large 6 each
BEER BRAISED LAMB SHANK WITH
ROASTED ROOT VEGETABLES AND CORN SPOONBREAD

Lamb Shanks
1. Season the lamb shanks liberally with salt and pepper, dredge in flour, remove excess flour. Sear in batches, transfer to a full size 6-inch hotel pan as they are browned on all sides.
2. Sauté onions in the same pan until translucent, add carrots and continue to cook until they begin to brown lightly. Add tomato paste, cook – stirring constantly, until paste darkens substantially. Deglaze pan with some of the beer, pour this over seared lamb shanks in hotel pan. Add remaining beer, garlic, celery, brown veal stock, and sachets. Cover and transfer to 350°F oven to braise, turning occasionally until shanks are tender, about 1 1/2 - 2 hours.
3. Remove shanks from braising liquid and cover with plastic wrap to prevent skin from forming.
4. Strain braising liquid into saucepan; let settle for 5 minutes, skim surface to remove excess fat. Temper in enough roux (about 4 - 6 oz.) to bring braising liquid to proper sauce consistency. Bring to boil, lower to simmer for 15 minutes. Season as necessary.
5. Remove excess connective tissue from shanks, recombine shanks with finished sauce and keep warm.

Roasted Vegetables
1. Toss all the vegetables with oil and season well with salt and pepper.
2. Spread evenly on a full size sheet pan.
3. Roast at 400°F, stirring every 15 minutes until vegetables are cooked and brown on edges.
4. Before serving, toss with chopped herbs and adjust seasoning.

Spoonbread
1. Brush oil on the interior of half of a 2-inch hotel pan.
2. Combine milk, butter and salt. Bring to a boil. While whisking add the cornmeal in a steady stream, continue to whisk until mixture thickens. Remove from heat; transfer to mixing bowl and cool at room temperature for 5 minutes. Gradually add the half-and-half, then stir in the egg yolks.*
3. Beat the egg whites with wire whisk until medium peaks are formed. Fold in the egg whites in three consecutive additions, gently folding in egg whites to create a light batter.
4. Pour mixture into prepared pan and bake at 350°F in conventional oven until tester comes out clean, about 45 to 50 minutes. Cool at least 5 to 10 minutes.

*Note: When fresh corn is available, fold in 1 cup of fresh corn kernels into batter before baking.

Assembly
1. Spoon portion of spoonbread into large soup-plate, spoon roasted root vegetables around inside perimeter of soup plate.
2. Place lamb shank leaning on spoonbread.
3. Coat shank with ample amount of sauce.