



# FARMERS FEEDING UTAH

## Lamb

Sheep is the oldest domesticated meat species. Sheep have been raised by humans beginning about 9,000 years ago in the Middle East. In many countries, lamb (a young sheep) is the major source of protein. Many Americans think of lamb as a springtime food, but it can be enjoyed all year round.

USDA-graded lamb sold at the retail level is Prime, Choice, and Good. Lower grades (Utility and Cull) are mainly ground or used in processed meat products. Most of the graded lamb sold in supermarkets is USDA Choice; 80% of the American lamb supply is USDA Prime or USDA Choice. The protein, vitamin, and mineral content of lamb are similar in all grades. Lamb is called a “red” meat because it contains more myoglobin than chicken or fish. Other “red” meats are beef, veal, and pork.

### BEST COOKING PROCEDURES

For safety, the USDA recommends cooking lamb patties and ground lamb mixtures such as meat loaf to a safe minimum internal temperature of 160 °F as measured by a food thermometer. Cook all raw lamb steaks, chops, and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

NEVER brown or partially cook lamb to refrigerate and finish cooking later because any bacteria present would not have been destroyed. It is safe to partially cook or microwave lamb immediately before transferring it to a hot grill or conventional oven to finish cooking.

### CLASSIC USES

- Grilled Lamb and Asparagus
- Lamb Stew
- Lamb Meatballs
- Greek Lamb Souvlakia
- Grilled Lamb Kebabs
- Lamb Ragù
- Garlic Lamb Chops
- Braised Lamb Shanks



# Recipes

## Garlic Lamb Chops

Recipe from Create Better Health (SNAP-Ed)

**Prep Time** 10 minutes  
**Cook Time** 15 minutes  
**Total Time** 25 minutes  
**Servings** 4

### INGREDIENTS

- ¼ cup fresh rosemary, chopped
- 5 cloves garlic, minced
- Salt
- Black pepper
- 2 lbs. small lamb chops, trimmed of fat
- 1 tablespoon olive oil

### DIRECTIONS

- On a large plate, combine rosemary, and garlic and season with salt and pepper.
- Press lamb chops into mixture and set aside.
- In a large skillet over medium heat, heat oil.
- Working in batches, cook lamb until nicely browned, about 4 -5 minutes per side.
- Let rest 5 minutes before serving.

# Recipes

## Braised Lamb Shanks

Recipe from Create Better Health (SNAP-Ed)

**Prep Time** 15 minutes  
**Cook Time** 2 hours 55 minutes  
**Total Time** 3 hours 10 minutes  
**Servings** 6

### INGREDIENTS

- 6 lambs shanks
- Salt
- Black pepper
- Olive oil
- 2 tablespoon butter
- 1 onion, chopped
- 2 medium carrots, peeled and finely chopped
- 2 cloves garlic, minced
- 2 tablespoons tomato paste
- 2 cups low-sodium beef broth
- 1 (15-oz.) can tomato sauce
- ¼ cup fresh rosemary
- 1 cup grape juice

### DIRECTIONS

- Preheat oven to 350 degrees F.
- Season lamb shanks with salt and pepper.
- In a large Dutch oven or oven safe pot, over medium-high heat, heat oil.
- Add lamb and cook until golden brown all over, about 4 minutes per side. Work in batches if necessary.
- Remove lamb from pot and place on a plate.
- In the pot, melt 2 tablespoons butter over medium heat.
- Add onions and carrots and cook until soft, 4 minutes. Add garlic and cook 1 minute more. Then add tomato paste and stir until vegetables are coated.
- Pour broth and tomato sauce, then return lamb shanks to pot. Add rosemary and bring to boil. Cover and transfer to oven. Cook until lamb shanks are completely tender, about 2 hours.
- Remove pot to stove over medium heat. Add juice and bring to boil. Reduce heat and let simmer until thickened, 10 minutes.
- Serve lamb with mashed potatoes and spoon sauce on top.