



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 Ragu
- Garlic Lamb Chops
- Braised Lamb Shanks



Recipes

Grilled Lamb & Asparagus

Recipe from Create Better Health (SNAP-Ed)

Prep Time 5 minutes
Cook Time 10 minutes
Total Time 15 minutes
Servings 1

INGREDIENTS

Cooking spray
1 tablespoon plain yogurt
4 oz lamb steak
1 teaspoon lemon pepper
10 stalks asparagus and other vegetables if desired
1/2 whole lemon
1/2 teaspoon dried oregano

DIRECTIONS

Start by marinating your 4 oz lamb steak in 1 T plain yogurt for 15 minutes to two hours before grilling (on grill or stovetop). The acidity of the yogurt quickly tenderizes the meat and adds another layer of flavor. After the lamb has rested, remove excess yogurt before grilling so it doesn't burn. Use a clean paper towel to blot the yogurt off. Then season with 1 tsp lemon pepper & place on a hot grill. Add 10 stalks fresh asparagus to the grill right away. They'll take about the same amount of time to cook. Grill the lamb for 5 minutes on each side for a medium-rare steak. Your steak will come off the grill easily once it's cooked enough. Remove once it's done. Check with a meat thermometer. The meat should be 145+ degrees F in the middle. 170 degrees F is well done, so I usually like my steaks between 145-160 degrees for a nice medium-rare. Make sure to let it stand for 10 minutes before eating. This will seal in the juices, so you'll get a tender and juicy steak instead of a juicy plate.

Recipes

Lamb Stew

Recipe from Create Better Health (SNAP-Ed)

Prep Time 20 minutes
Cook Time 2 hours 20 minutes
Total Time 2 hours 40 minutes
Servings 8

INGREDIENTS

2 lbs. boneless leg of lamb or lamb shoulder trimmed of excess fat, cut into 1 1/2" pieces
2 Tbsp canola oil
1 tsp salt
1 tsp black pepper
1/4 cup all-purpose flour
1 large yellow onion diced
4 garlic cloves minced
1 1/2 cups grape, cranberry or pomegranate juice
1 lb. button mushrooms thickly sliced
4 cups low sodium beef broth or stock
1 Tbsp tomato paste
1 Bay leaf
1/2 tsp dried thyme
1 1/2 lbs. potatoes chopped into 1" pieces
1 medium carrots 10 oz, peeled and cut into 1/2" thick pieces
2 Tbsp parsley

DIRECTIONS

Season lamb pieces with 1/2 Tbsp salt and 1 tsp pepper. Sprinkle with 1/4 cup flour and toss to coat. Cook lamb in 2 batches in canola oil over medium heat until browned (3-4 min per side) then transfer to a plate. Add diced onion and sauté 2 min. Add garlic and cook another minute, stirring constantly. Add 1 1/2 cups juice, scraping the bottom to deglaze. Add sliced mushrooms, bring to simmer then cook uncovered 10 min. Preheat Oven to 325°F. Return lamb to pot and add 4 cups broth, 1 Tbsp tomato paste, 1 tsp salt, 1/2 tsp pepper, 1/2 tsp dried thyme, and 2 bay leaves. Stir in potatoes and carrots, making sure potatoes are mostly submerged in liquid. Bring to a boil then COVER and carefully transfer to preheated oven at 325°F for 1 hour and 45 min. When done, potatoes and lamb will be very tender.