

PUBLICATION 546

HOUSEHOLD BULLETIN NO. 11

DOMINION OF CANADA—DEPARTMENT OF AGRICULTURE

ISSUED JANUARY, 1937

REPRINT PAMPHLET NO. 142

# SELECTION OF LAMB CUTS

DIRECTIONS FOR COOKING AND RECIPES

A. A. MacMillan



*Lamb is always appetizing*

FIELD SERVICES—LIVE STOCK BRANCH



Published by authority of the Hon. JAMES G. GARDINER, Minister of Agriculture  
Ottawa, Canada

6304  
C212  
P546C3

## AN APPRECIATION OF LAMB

**L**AMB meat is a food that should be appreciated by all Canadians. There is no tastier dish than this meat in any of the many forms in which it can be served.

To tempt the appetite a lamb chop, easily prepared and tastily served, is unexcelled. For children and invalids, broths and stews are easily digested and nourishing. For the family table the roasts, stews and chops should form a regular part of the menu. The meat combines so nicely with both summer and winter vegetables that a meal with lamb as the meat course is always delightful.

Canadian lambs are developed mainly in the summer months on the freshest and tastiest of Canadian pastures; those that are held for winter feeding are fattened with the choicest hay and grains. The improved practices which are becoming established both in feeding and breeding are producing a steadily growing volume of tender, juicy and highly palatable meat. As a result, lamb meat is rapidly growing in popularity with tourists and visitors as well as in our Canadian homes.

### A LAMB IN THE RETAILER'S SHOP

Lamb as it comes to the consumer varies in character according to the season. There is a limited quantity of very young lamb found on the market at Christmas time; this is a delicacy equal to the finest of poultry meat. The majority of early lambs are marketed for the Easter trade and "Easter lamb" is well known as one of the high-class meat products. The cuts are small and very desirable for special occasions.

During the spring and early summer, there is a steadily increasing supply of young lamb. July and August lamb is still "baby" lamb of specially fine quality and tenderness.

As the lambs grow older, they develop a particular flavour; meat from such lambs is marketed from September to the end of November and may be purchased at very reasonable prices.

From December until the end of April, fresh lamb is supplied from lambs that have been grain-fed and specially fattened for the winter market. The cuts from these lambs are usually somewhat heavier than from summer and fall lambs and the meat is of excellent quality for winter consumption.

Supplies of fresh lamb in the winter are somewhat limited, but lamb meat maintains its quality under storage conditions better than any other meat. During the fall, when large numbers of lambs are marketed, the excess supply is stored for winter use. While not being quite equal to fresh killed lamb, frozen lamb is usually meat of excellent quality and can generally be purchased at a price which is cheaper than the fresh killed product.

Meats of all kinds vary in quality according to the breeding of the animals and the care with which they have been fed. This is as true of lamb as of other meats and the housewife who wishes to have good quality lamb should take pains to know the characteristics of good lamb.

### CHARACTERISTICS OF GOOD QUALITY LAMB

Early winter and "Easter Lambs" are entirely milk-fed; the carcasses are usually light in weight, hence the cuts are small and the meat of a very choice quality. The bone is quite soft and of a bright pink colour. This kind of lamb does not usually carry a large amount of fat.

The ideal weight for regular lamb carcasses is about 38 pounds. Good lamb carcasses, however, may be found in a weight range for 35 to 50 pounds. The meat in the cuts is fine-grained and firm and is accompanied by a covering of fat that gives a desirable finish. The bones are relatively small and soft and have a distinctly reddish tinge. The meat of all the cuts is juicy and tender.

The meat from lambs that have been winter-fed is a little firmer in texture, often carrying somewhat more finish, and the bones are a little harder. Well-fed lambs of this kind produce a very high quality of meat.

Lamb meat of medium or inferior quality is characterized by being somewhat dry in the flesh or if from immature, unfinished animals, is inclined to be soft. Over-finished lamb is also less desirable and may be slightly wasteful.

### TO DISTINGUISH BETWEEN LAMB AND MUTTON

As lambs reach the age of about a year, the meat assumes the character of mature mutton. Young mutton is a very fine quality of meat which is not appreciated in Canada as it should be. It is distinguished from lamb by the colour of the meat and by the paler colour and hardness of the bones. It is usually somewhat fatter than good quality lamb. Good quality mutton carcasses weigh from 60 to 75 pounds and, in consequence, the cuts of mutton are heavier than those of lamb.

### GENERAL DESCRIPTION OF LAMB CARCASSES

In general appearance, good lamb carcasses should be blocky and well rounded out, giving a pleasing appearance of smoothness, plumpness and deep fleshing. A cross section should show an intermixing or marbling of the lean meat with the fat. The housewife should avoid cuts from carcasses that are noticeably long and narrow.

For a number of years, considerable quantities of imported lamb have been distributed in Canada. This product has the disadvantage of having to be shipped long distances to reach our market and hence has been in storage much longer than Canadian lamb. Thus, owing to staleness resulting from handling, shipping and storage, it is generally conceded to be inferior to our home-grown Canadian lamb.



## USES OF LAMB MEAT

The wholesale cuts of lamb in Canada usually consist of the hind, the back, the flank and the front.

For retail sale, the hind is divided into two legs of lamb; the back into rib and loin cuts, and the front is either boned and rolled whole or made into several cuts,—shoulder, breast, neck and shank.

The leg of lamb is essentially a roasting cut, but it can be boiled, or sliced into steaks and broiled.

The rib and loin cuts are used for either roasts or chops; they are delicate and deliciously flavoured. Lamb chops are most convenient for the housewife who wishes to serve an easily prepared meat.

The front may be boned, rolled and roasted, or cut into smaller sections and made into stews, casseroles, shoulder roast and soup. Shoulder chops are very economical cuts.

The flank is used for stewing and braising and is especially useful for making broth.

For a full description of the kinds and weights of cuts, see the lamb chart.

### ROASTS



Leg of Lamb

The leg roast is a very popular cut of lamb. It contains a wealth of lean meat with sufficient finish for tastiness and palatability. It carves nicely and can be served daintily for all occasions. This roast is most economical because there is very little waste. The cut may be braised or boiled.



Rolled front

This roast has the advantage of being boneless and is easily carved. The butcher will always roll a front, if asked to do so. When served, it has a pleasing appearance, is a very sweet meat and is economical, quality considered.



### Loin

For the housewife who is entertaining in a small way and wishes to serve a dainty cut, the loin roast will be found particularly suitable. This is one of the high-priced cuts, but it excels in quality and palatability.



### Rib

For the housewife who wishes a satisfying cut at a little lower price, this roast can be recommended for any occasion. Prepared with dressing gives it an added value.



### Shoulder

This is one of the most economical roasts of lamb. It contains some rib bones and the shoulder blade. The meat is of good quality and very sweet. When served with dressing, it is very appetizing.



### Fore Shank

This is a cut that makes a small roast. It is cheap in price, but contains sufficient lean meat to be of good value. It may be stewed or braised.

## STEWES AND BOILING CUTS

### Breast and Shank

This is a stewing or boiling piece. It contains the bone of the front leg. Purchasers should ask the retailer to hack the bones so that sizable portions are easily prepared for stew. Breast of lamb is also fried and braised.



### Neck

Another stewing piece which can always be bought at a low price. This piece carries meat which is ideal for stewing or boiling. The retailer should hack the joints so that it is more readily prepared.





### Flank Pieces

These are always used for stewing. There is practically no waste with these cuts and the price is low compared with other portions of the carcass.

## BROILS AND FRIES

### Loin Chops



These contain the highest quality of lamb meat, having no rib bone. When of good and choice quality, they show a large eye of lean meat. Retailers should be instructed to cut the loin chops the desired thickness to suit the customer. Loin chops are an acceptable meat for special occasions.



### Rib Chops

These are the standard chops and are cut to include one rib bone in each chop. They may be prepared plain, frenched, breaded, etc. They come in various sizes according to the weight of carcass from which they are cut.



### Shoulder Chops

These are cut from the shoulder and contain a piece of the bone of the shoulder blade. They have not quite the quality of the loin or rib chops, but make a very acceptable cut of meat.



### Leg Steak

Steaks from the centre of the leg are very desirable for broiling or frying purposes and may be served in place of chops. Butchers should be instructed to cut to the desired thickness.



## METHODS OF COOKING LAMB

The method of cooking lamb depends upon the cut; a tender, well-flavoured product can always be made if the meat is properly prepared and cooked.

The following methods of cooking are recommended:—

### Roasting

Remove caul (the fat which is sometimes wrapped around a leg of lamb), wipe meat with a damp cloth and trim off any excess fat. Sprinkle with salt, pepper and flour, and place on a rack in the roasting pan. Allow twenty minutes to the pound and cook at 500° F. for fifteen minutes, 350° to 400° F. for remaining time. No basting is necessary and no water need be added.

### Broiling

Remove extra fat; grease broiler with some of the fat, sear and then turn often until cooked. Season.

### Pan Broiling (commonly called frying)

*Method 1.*—Remove extra fat from meat. Heat frying pan very hot, rub slightly with some of the fat. Sear meat on both sides, then cook more slowly turning often. Stand chops on edge to brown. Season.

*Method 2.*—Remove extra fat from chops. Dip in flour, then in beaten eggs or milk, then roll in dried bread crumbs. Finish as in Method 1.

### Boiling

Place meat in kettle and cover with boiling water. Bring quickly to boiling point and boil five minutes. Reduce heat and cook just below the boiling point until meat is tender. If water bubbles, it is too hot. The fireless cooker may be used.

### Stewing

Cut meat in small pieces. Place in cold water and bring gradually to boiling point. Boil five minutes, reduce heat and cook slowly until tender. Vegetables may be added.

NOTE.—All meat, or part of it, may be browned in frying pan before being put into water.

### LENGTH OF TIME REQUIRED FOR COOKING

Roasting—20 minutes per pound; 5-pound roast, 1 hour 45 minutes.

Broiling—French chop, 10 minutes; English chop, 15 minutes.

Frying—French chop, 14 minutes.

Boiling—25 minutes per pound; 5-pound piece, 2 hours. Moderate fire.

Stewing—25 minutes per pound; 5-pound piece, 2 hours. Moderate fire.

Mutton will require one-quarter to one-half longer time.

## RECIPES FOR COOKING LAMB

### Roast Leg of Lamb

Select a leg of lamb weighing from 5 to 6 pounds. Wipe the meat with a damp cloth, rub the surface with  $\frac{3}{4}$  teaspoon salt,  $\frac{1}{8}$  teaspoon pepper and 2 tablespoons flour. Strips of bacon may be laid across the top of the roast if the meat is quite lean. Lay the meat on a rack, skin side down, in an open roasting pan without water. Place the pan in a hot oven (500 degrees F.) and sear the meat for thirty minutes. Reduce the temperature to that of a medium oven (350 degrees F.) and cook the meat at this temperature until it is tender. Allow 20 to 25 minutes per pound. When the meat is done, remove it from the pan. Also remove all except two tablespoons of the fat. In this, brown two tablespoons flour, add one and one-half cups of boiling water, and stir constantly until it thickens. Cook two minutes. Season with salt, finely cut mint leaves or watercress, and a little lemon juice.

### Rolled Front of Lamb, Roasted

Wipe roast and sprinkle surface with salt and pepper. Lay on a rack in the roasting pan and place in a hot oven (500 degrees F.). Allow to sear or brown for 30 minutes. Add one cup of water. Continue to roast at a temperature of 350 degrees F. When more seasoning is desired, add two small carrots, two onions, and celery (chop fine). Serve with gravy made from the pan. Decorate plate with parsley.

### Roast Lamb with Vegetables à la Braise

Wash and pare potatoes, parboil 10 minutes, drain and place in pan in which meat is roasting, bake until soft, basting with fat in pan. When meat and potatoes are cooked, season and serve hot with mint or parsley sauce, and cooked green peas.

### Roast Mutton with Beans à la Bretonne

Prepare roast for oven; make four (or more) incisions with fork or skewer; place a whole clove on each. Roast.

Cook desired quantity of shelled green beans. Fry one-half pound (or amount desired) of finely sliced onions for five minutes. Add flour and then milk or water to make a sauce and cook for fifteen minutes. Pour water off beans and add onion sauce. Serve with mutton and sliced tomatoes.

### Boiled Lamb (English Style)

Prepare lamb and boil according to directions. When partly cooked add carrots (whole or sliced), cabbage (cut in quarters, eighths or smaller) and turnips sliced. Season when nearly done and serve hot. Liquid may be thickened.



**Lamb or Mutton Chops, Champagnarde (Farm Style)**

Pan broil 6 to 10 chops for two minutes. Prepare 2 cups green peas, 2 cups string beans, 3 tomatoes (sliced) and 4 to 6 potatoes (sliced). Place chops in casserole, add vegetable, seasonings and sufficient boiling water or stock to prevent burning. Cover and cook in oven until vegetables are tender. Serve hot.

**Lamb or Mutton Chops, Champsvallons (Ontario Style)**

Pan broil 6 to 10 chops for two minutes. Prepare onions (sliced) and potatoes (sliced or cubed). Place chops in casserole, add vegetables, seasonings, and sufficient boiling water or stock to prevent burning. Cover and cook in oven until vegetables are tender. Serve hot.

**Casserole Lamb**

Any part of the lamb or mutton carcass may be prepared in this way.

Sear meat in a hot pan. Place in a covered pan or casserole, add a small amount of boiling water, cover tightly and cook slowly in oven. When partly cooked, season, add onions sliced, and potatoes put in slices or cubes. Add enough water to prevent burning and cook until meat and vegetables are tender. Serve from casserole dish.

**Stuffed Shoulder of Lamb**

1 shoulder of lamb,	1 teaspoon chopped mint,
2 tablespoons chopped onion,	1 tablespoon chopped celery leaves,
3 tablespoons cooking fat,	$\frac{1}{2}$ teaspoon salt,
2 cups soft bread crumbs,	$\frac{1}{2}$ teaspoon pepper.

Have the shoulder blade removed. This leaves a pocket for the stuffing. Wipe meat. Fry onion in fat, add breadcrumbs, mint, celery leaves, salt and pepper and mix well. Fill pocket with stuffing. Roast.

**Mutton or Lamb Stew (Irish Style)**

4 pounds of meat,	5 onions (medium size),
12 potatoes (medium size),	5 carrots (medium size),
Seasoning.	

Cut meat in two-inch squares. Place in cold water and bring gradually to boiling point, simmer for one hour then add vegetables (cut in any desired size) and seasonings. Simmer until cooked, remove meat and vegetables, thicken liquid and serve.

*Note.*—Meat may be removed, vegetables mashed in liquid and served over meat.

**Mutton or Lamb Stew (French Style)**

Cut meat in two-inch squares. Roll in seasoned flour, and brown in a hot frying pan or kettle. Add boiling water to cover, and simmer until partly cooked. Add turnips, carrots, potatoes and onions sliced, peas and beans. Simmer until vegetables are tender.

### Mutton Broth

3 pounds mutton (from neck or shank),  $\frac{1}{2}$  teaspoonful pepper,  
 2 quarts of cold water, 3 tablespoons rice or  
 $\frac{1}{2}$  teaspoonful salt, 3 tablespoons barley.

Remove skin and fat and cut meat in small pieces. Put into kettle and cover with cold water. Heat gradually to boiling point, add salt and pepper, and simmer until meat is tender, strain and remove fat. Reheat to boiling point, add rice or barley and cook until tender.

*Note.*—Sliced vegetables and barley may be added when meat is partly cooked, and mixture served unstrained.

### Lamb Hash (English Style)

Made from lamb or mutton leftovers. Cut remnants of lamb or mutton in cubes, or put through food chopper. Add equal amount of potatoes (cubed, mashed or put through food chopper) and a small amount of chopped onion. Reheat meat mixture in a sauce made of cooking fat, flour, milk and seasonings. Serve hot.

### Florantine Tongue of Lamb or Mutton

Put five or more lamb or mutton tongues in kettle, cover with boiling water, and simmer until tender. Take tongues from water and remove skins. Place in deep pan, sprinkle with salt and pepper, surround with one quart of spinach, peas or beans, cover with boiling water or stock, cover closely and bake until vegetables are tender. Serve on platter with thickened sauce.

### Fried Lamb's Liver and Bacon

Cut slices of lamb's liver one-half inch thick. Wipe, if necessary. Sprinkle with salt and pepper, dredge with flour and pan-broil, using bacon fat. Serve with bacon.

### Heart Stew (Scotch Style)

Simmer lamb or mutton hearts until tender. Remove and cut in two-inch squares. Slice onions and fry in cooking fat for five minutes, add hearts, and potatoes cut the same size as heart. Cover with boiling water and cook until potatoes are done. Thicken liquid and serve hot.

### Shepherd's Pie

Chop cold cooked lamb and moisten with left-over gravy; season highly. Line the bottom and sides of casserole or baking dish with mashed potato; put in meat and cover with mashed potato. Bake in a hot oven (400° F.) for 20 minutes.

**Cooked Lamb en Casserole**

3 cups cooked lamb,	1 cup cooked potato,
1 tablespoon cooking fat,	8 small onions cooked,
1 cup cooked carrots,	Left-over gravy.

Cut lamb in cubes and brown in cooking fat. Cut vegetables in cubes. Put meat in casserole, add vegetables, gravy and enough hot water to moisten. Season with salt and pepper. Cover and bake in a hot oven (400° F.) for 20 minutes.

**EDIBLE PARTS OF LAMB**

Lamb yields a number of edible parts which although inexpensive can be cooked into delicious combinations as a change from the regular meat cuts. The following are suggestions for the use of these parts:—

*Brains* make an excellent omelet, also may be scrambled, creamed or fried.

*Fries*.—Always fried.

*Heart*.—When stuffed and baked, braised or stewed, this part is a real delicacy.

*Kidney*.—May be grilled, boiled or stewed. Cook at a moderate temperature.

*Liver*.—May be prepared in various ways, usually fried with bacon.

*Tongue*.—Jellied lamb tongue is delicious for serving cold. Cook at moderate temperature.

**CONDIMENTS FOR LAMB AND MUTTON**

Serve mint sauce with roast lamb (hot or cold).

Serve currant jelly with roast mutton (cold).

Serve caper sauce and spiced fruits with boiled lamb and mutton (hot).

**ACKNOWLEDGMENTS**

Methods of cooking and recipes have been approved by Mrs. W. A. Maw, formerly on the staff of the School of Household Science, Macdonald College, Quebec.

Assistance in the preparation of this bulletin has been received from Mr. S. E. Todd, Industrial and Development Council of Canadian Meat Packers, Toronto, Ont.