Once linked to holidays and mint jelly, American Lamb is finding its way into everyday family meals. Tender and delicious, American Lamb has a freshness you can count on.

American Lamb Difference

Thanks to excellent breeding and feeding practices, American Lamb is tender and has a delicate yet distinctive flavor compared to imported lamb.

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

American Lamb is larger than imported lamb.

According to a recent study, consumers prefer American Lamb to imported lamb. They ranked it superior in terms of quality, taste and healthfulness. (Source: Synovate Study 2004)

All American Lamb is either USDA inspected or wholesome and inspected by state standards equal to the Federal government.

According to a 2002 report, the eye of an American Lamb rib chop provides 38 percent more meat (averaging 2.9 inch²) as compared to Australian and New Zealand lamb rib eyes (averaging 2.1 inch²).


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Lamb Preparation

For American Lamb, the USDA has set five quality grades:

Prime
Choice
Good
Select
Cull

Lamb Grades

These quality grading classifications are based on subcutaneous fat, conformation, tenderness, juiciness, and overall palatability. The USDA also has established yield grades that reflect the quantity of cuts that can be expected from lamb carcasses. More than 90 percent of American Lamb will grade USDA Choice or Prime.

Lamb Temperature

A meat thermometer is the best guide for checking the doneness of lamb. 145°F for medium-rare 160°F for medium 170°F for well done

Lamb Terms

Boned, Rolled and Tied (BRT) – a leg or shoulder roast that is completely deboned with internal and excessive outside fat removed. They are cylindrical in shape and ideal for a roast or an even roast.

Crown Roasts – two frenched racks (eight ribs each) that are curved and tied together to resemble a crown.

Denver Ribs – lamb spareribs which are cut from the loin behind and trimmed of all fat and connective tissue.

Frenching – removal of at least 1-1/2 inches of meat from the bone ends of a rib roast or rib chops.

Hothouse Lamb – meat from a young lamb which has been entirely milk fed. Also referred to as baby lamb or milk lamb, it has a most delicate flavor and texture.

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

American Lamb Nutrition

American Lamb is naturally nutrient rich. Compared to other meats, the fat on lamb is often limited to outside edges and thus is easily trimmed.

On average, a three-ounce serving of lamb has just 171 calories and meets the Food and Drug Administration’s definition of lean.

On average, a three-ounce serving of cooked lean American Lamb is an excellent source of protein (47% DV), vitamin B12 (58% DV), selenium (38% DV), zinc (32% DV), iron (10% DV), riboflavin (13% DV), niacin (26% DV), and vitamin B6 (18% DV).

Lean American Lamb is a good source of: iron (10% DV), riboflavin (13% DV), niacin (26% DV), and vitamin B6 (18% DV).

Eating healthy, leaner protein like American Lamb can help your customers feel satisfied and contribute to weight loss (1). Lamb can be used for breakfast – the zinc and iron lamb provides are needed for proper cognitive development, which is important for learning and memory function (2,3). Iron from iron rich foods is better absorbed by the body than iron from plant sources, and is essential for maintaining the proper working of cells for energy production. Both iron and vitamin B12, contained in lean lamb, help prevent anemia and the fatigue that comes with it. Finally, leaner lamb is rich in selenium, an antioxidant which helps prevent skin disorders and may help protect against lung cancer and other health problems.

Lamb Cuts

Most American Lamb is cut into four major primal cuts: shoulder, rack, loin, and leg. Subprimals include the neck, foreshank, brisket, brisket end, flank, and london broil.

Lamb Chops

Lamb Shoulder Chops, Neck, Foreshank, and Shank

Lamb Loin Chops, Chump, and Rib Chops.

Lamb Rib Chops – Frenched

Lamb Rack, boneless, rolled, and tied

Lamb Loin Roast and Loin Chops

Timetable for Roasting American Lamb

A common method of preparation for lamb is roasting (cooking meat at a moderate temperature for an extended period of time). The lamb cut should be placed on a rack in an oven, shallow pan, or on its side. Remove from oven and let rest on a rack in an open, shallow pan, fat side up. Remove from oven and let rest on a rack in an open, shallow pan, fat side up. Add a meat thermometer to check internal temperature and remove from oven when meat is 5 to 10°F below the desired doneness temperature. Internal temperature will rise about 5 to 10°F upon standing.

Lamb Cuts

Lamb Cut Recommended Preparation Method

Shoulder
Broil, Grill, Panbroil, Panfry, Roast

Rib Chops
Broil, Grill, Panbroil, Panfry, Roast

Loin Chops
Broil, Grill, Panbroil, Panfry, Roast

Rib Roast
Broil, Grill, Panbroil, Panfry, Roast

Loin Roast
Broil, Grill, Panbroil, Panfry, Roast

Excessive Amounts of any nutrient can pose health problems.

Nutritional Information on American Lamb Selected Cuts

<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>
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<tbody>
<tr>
<td>Leg</td>
<td>279</td>
<td>0 g</td>
<td>19.31 g</td>
<td>6.08 g</td>
<td>77 mg</td>
<td>21.20 g</td>
<td>74 mg</td>
<td></td>
</tr>
<tr>
<td>Shoulder</td>
<td>154</td>
<td>9 g</td>
<td>5.69 g</td>
<td>2.30 g</td>
<td>23 mg</td>
<td>8.30 g</td>
<td>74 mg</td>
<td></td>
</tr>
<tr>
<td>Loin</td>
<td>197</td>
<td>2 g</td>
<td>3.66 g</td>
<td>1.04 g</td>
<td>75 mg</td>
<td>9.15 g</td>
<td>74 mg</td>
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<tr>
<td>Sirloin</td>
<td>139</td>
<td>0 g</td>
<td>1.15 g</td>
<td>0.08 g</td>
<td>25 mg</td>
<td>0.95 g</td>
<td>15 mg</td>
<td></td>
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<tr>
<td>Rib</td>
<td>219</td>
<td>12 g</td>
<td>9.50 g</td>
<td>2.72 g</td>
<td>105 mg</td>
<td>21.20 g</td>
<td>74 mg</td>
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For a complete list of cuts available, please visit the American Lamb Council website.

Cuts of Lamb

American Lamb’s naturally mild flavor blends well with a variety of spices, herbs and marinades.
American Lamb Cuts

Most American Lamb is cut into four major primal cuts: shoulder, rack, loin, and leg. Subprimal cuts include the neck, foreleg, breast/brisket, and flank.

Lamb Preparation

Lamb should be juicy and tender when cooked. Tender lamb can be prepared using dry-heat – roasting, broiling, grilling, pan-broiling, and pan-frying. Less tender cuts are best prepared using moist heat – braising, stewing, or slow-cooking.

Lamb Temperature

A meat thermometer is the best guide for checking the doneness of lamb. 145°F for medium-rare, 160°F for medium. To make slicing easier, let lamb stand for 5 to 15 minutes before slicing. Keep in mind that the meat will continue to cook slightly upon standing, so remove lamb at a slightly lower degree of doneness than you prefer. The USDA recommends cooking ground lamb to a minimum internal temperature of 160°F.

Timetable for Roasting American Lamb

A common method of preparation for lamb is roasting (cooking meat at a moderate temperature for an extended period of time). The lamb cut should be placed on a rack in an open, shallow pan, fat side up. Remove from oven and cover for about 10 to 15 minutes before carving. Internal temperature will rise about 5 to 10°F upon standing.

Lamb Grades

For American Lamb, the USDA has set five quality grades:

- Prime
- Choice
- Good
- Select
- Standard

These quality grading classifications are based on maturity/age, confirmation (muscle shape, bone structure, and fat distribution) and meat quality factors. The USDA also has established yield grades that reflect the quantity of cuts that can be expected from a lamb carcass. More than 90 percent of American lamb is graded Prime, Choice, or Good. Select and Standard grades account for less than 10 percent of total lamb production.

Lamb Terms

Boned, Rolled and Tied (BRT) - a leg or shoulder roast that is completely deboned with internal and excessive outside fat removed. They are cylindrical in shape and ideal for a broiler or an oven roast.

Crown Roasts - two hunchback racks (eight ribs each) that are cut cartilage and tied together to resemble a crown.

Denver Ribs - lamb ribs which are cut from the loin end of a lamb rib roast or chop.

Hothouse Lamb - meat from a young Lamb which has been entirely milk fed. Also referred to as baby lamb or milk lamb. It has a most delicate flavor and texture.

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

American Lamb Nutrition

American Lamb is nutritionally rich. Compared to other meats, the fat on lamb is often limited to outside edges and thus is really trimmed. On average, a three-ounce serving of lamb has just 175 calories and meets the Food and Drug Administrations definition of lean. On average, a three-ounce serving of cooked American Lamb is an excellent source of protein (47% DV), vitamin B12 (36% DV), iron (26% DV), selenium (38% DV), zinc (32% DV), vitamin B3 (26% DV), niacin (20% DV), vitamin B12 (13% DV), vitamin B6 (10% DV), vitamin B1 (8% DV). Eating healthy, flavorful protein like American Lamb can help your customers feel satisfied and contribute to weight loss (1). Lamb can be used as the – the zinc and iron lamb provides are needed for proper cognitive development, which is important for learning and memory function (2,3). Iron from iron-rich foods like lamb is also better absorbed than the body iron that is plant-sourced, and is essential for DNA synthesis and red blood cell production. Both iron and vitamin B12, contained in lean lamb, help prevent anemia and the fatigue that comes with it. Finally, lamb’s rich selenium, a mineral that helps protect skin in dermatitis that may lead to heart disease, cancer and other health conditions.

Nutritional Information on American Lamb Selected Cuts (per 3-ounce cooked serving):

<table>
<thead>
<tr>
<th>Cut</th>
<th>Calories</th>
<th>Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Cholesterol (mg)</th>
<th>Protein (g)</th>
<th>Iron (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leg</td>
<td>325</td>
<td>37</td>
<td>12</td>
<td>94</td>
<td>18</td>
<td>58</td>
<td>205</td>
</tr>
<tr>
<td>Loin</td>
<td>325</td>
<td>41</td>
<td>15</td>
<td>97</td>
<td>21</td>
<td>62</td>
<td>211</td>
</tr>
<tr>
<td>Sho</td>
<td>325</td>
<td>32</td>
<td>9</td>
<td>86</td>
<td>15</td>
<td>57</td>
<td>201</td>
</tr>
<tr>
<td>Shank</td>
<td>325</td>
<td>41</td>
<td>16</td>
<td>101</td>
<td>17</td>
<td>63</td>
<td>211</td>
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American Lamb is about 70 pounds. Sheep are raised in nearly every state. It comes with it. Finally, lamb is rich in vitamin B12, which is important for learning and memory function (2,3). Iron from iron-rich foods like lamb is also better absorbed than the body iron that is plant-sourced, and is essential for DNA synthesis and red blood cell production. Both iron and vitamin B12, contained in lean lamb, help prevent anemia and the fatigue that comes with it. Finally, lamb’s rich selenium, a mineral that helps protect skin in dermatitis that may lead to heart disease, cancer and other health conditions.

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American Lamb Cuts

Most American Lamb is cut into five major primal cuts: shoulder, rack, loin and leg. Subprimals include the neck, fore Shank, breast/Brisket and flank.

American Lamb Preparation

A lamb cut should be placed in a rack in an open, shallow pan, fat side up. Remove from oven and cover for about 10 to 15 minutes before covering. Internal temperature will rise about 5 to 10°F upon standing.

American Lamb Grades

For American Lamb, the USDA has set five quality grades:

- Prime
- Choice
- Good
- Utility
- Cull

These quality grading classifications are based on the maturity, age, confirmation, marbling, shape, tenderness and palatability, as determined by the USDA inspector.

American Lamb Nutrition

American Lamb is naturally low in fat and cholesterol. Compared to other meats, the fat on lamb is often limited to outside edges and thus is easily trimmed. American Lamb is naturally nutrient rich. American Lamb is about 70 pounds. The average dressed weight of an American sheep is about 70 pounds. Sheep are raised in nearly every state.

American Lamb Terms

- Frenching – removal of at least 1-1/2 inches of meat from the bone ends of a rib roast or rib chops.
- Boned, Rolled and Tied (BR&T) – a leg or shoulder roast that is completely deboned with internal and excessive outside fat removed. They are cylindrical in shape and ideal for a roast or even a roast.
- Crown Roasts – two hunched racks (eight ribs each) that are carved and tied together to resemble a crown.
- Denver Ribs – lamb shanks which are cut from the butt and trimmed of all fat connective tissue.
- Hothouse Lamb – lamb from a young lamb which has been entirely milk fed. Also referred to as baby lamb or milk lamb. It has a more delicate flavor and texture. Mutton – meat from an adult sheep that is more than one year old.

American Lamb Terms

- Shoulder, Boneless Rolled and Tied (BRT): (1-1/4 to 1-3/4 pounds): Sirloin Roast, Boneless (3-1/2 to 6 pounds)
- Leg, Bone-in (7 to 9 pounds)
- Leg, Bone-in (5 to 7 pounds)
- Top Round Roast (1 to 1-1/4 pounds)
- Sirloin Roast, Boneless
- Crown Roast (not stuffed, 2 to 3 pounds)
- Frenched Shoulder Blade Chop
- Frenched Shoulder Arm Chop
- Frenched Denver Rib
- Frenched Denver Rib
- Choice, braised
- Trimmed to 1/4” fat, trimmed to 1/4” fat, trimmed to 1/4” fat
- Trimmed to 1/4” fat

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<table>
<thead>
<tr>
<th>Cut</th>
<th>Calories</th>
<th>Protein</th>
<th>Iron</th>
<th>Sodium</th>
<th>Fat</th>
<th>CHO</th>
<th>Carbs</th>
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<tr>
<td>Shoulder</td>
<td>540</td>
<td>33.8 g</td>
<td>21.9 mg</td>
<td>73 mg</td>
<td>30 g</td>
<td>6.4 g</td>
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<tr>
<td>Loin</td>
<td>390</td>
<td>26.6 g</td>
<td>17 mg</td>
<td>69 mg</td>
<td>26 g</td>
<td>6.9 g</td>
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<tr>
<td>Rib</td>
<td>286</td>
<td>19.6 g</td>
<td>11 mg</td>
<td>59 mg</td>
<td>15 g</td>
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<tr>
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<td>272</td>
<td>19.5 g</td>
<td>11 mg</td>
<td>56 mg</td>
<td>15 g</td>
<td>4.2 g</td>
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American Lamb Guide

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