

*Simple & Fresh
American
Lamb
Recipes*



Whether you are planning a backyard barbecue, a dinner party or an everyday family meal, look to easy-to-prepare American lamb. It's lean and mild and when you buy American lamb, you can count on freshness.

From hearty soups to savory kabobs to succulent chops, American lamb is the meat of choice.



Tortellini and Lamb Country Soup

Preparation time: 5 minutes / Cook time: 25 minutes

- 2 stalks celery, thinly sliced
- 1 small onion, chopped
- 1 pound boneless American lamb (leg or shoulder), cut into 1/2-inch cubes
- 8 cups fat-free chicken broth
- 1 package (9 ounces) refrigerated cheese tortellini
- 1 can (15 ounces) chopped tomatoes
- 1 package (1 pound) frozen mixed vegetables
- 2 teaspoons *each* garlic salt and Italian seasoning
- Grated Parmesan cheese, optional

Spray a large pot with non-stick cooking spray. Add celery and onion and cook over medium-high heat for 2 minutes. Add lamb, cooking until brown. Mix in broth, tortellini, vegetables, garlic salt and Italian seasoning. Bring to a boil. Reduce heat and simmer for 20 minutes. Serve in soup bowls and sprinkle with cheese if desired.

Makes 8 servings

If the
American
lamb cut
you're
seeking is
not in the
meat case,
just ask the
butcher to
prepare the
cut for you.



Barbecue Lamb Pita Pizza

Preparation time: 15 minutes / Cook time: 15 minutes

- 1 cup *each* chopped bell pepper and chopped onion
- 1 pound ground American lamb
- 4 teaspoons garlic salt
- 2 cups bottled barbecue sauce
- 1/2 teaspoon cayenne pepper
- 8 pita breads (5 to 7-inch)
- 8 canned pineapple slices, cut in half
- 1 cup shredded provolone cheese

Spray a medium skillet with non-stick cooking spray. Add bell pepper and onion and cook over medium-high heat for 2 minutes. Add lamb, garlic salt and cook until brown, stirring to crumble. Drain well. In bowl mix together barbecue sauce and cayenne pepper. Add 1 cup barbecue sauce mixture to cooked lamb. Spread 2 tablespoons remaining barbecue sauce on each pita bread. Top each pita bread with 4 pieces pineapple and 1/2 cup lamb mixture. Sprinkle each pita with 2 tablespoons cheese. Bake in 400°F oven until topping is hot and cheese is melted. Cut each pizza into 4 or 8 wedges. *Makes 8 entrée servings or 64 appetizer servings*

Lamb Kabobs with Mustard Lemon Pepper Sauce

Preparation time: 18 minutes / Broil time: 8 minutes

- 1/2 pounds boneless American lamb (leg or shoulder), cut into 1 1/2-inch cubes
- 24 1 1/2-inch chunks *each* of bell pepper and onion
- 24 chunks canned or fresh pineapple
- 1/2 cup prepared Italian salad dressing
- 2 tablespoon Dijon-style mustard
- 2 teaspoons lemon pepper
- 2 teaspoons garlic salt

Alternately thread lamb, bell pepper, onion and pineapple onto 12-inch wooden skewers. Mix together salad dressing, mustard, pepper and garlic salt. Brush sauce on lamb kabobs. Broil for 3 to 5 minutes. Turn and brush with sauce. Broil additional 3 to 5 minutes to desired degree of doneness. *Makes 8 servings*

Balsamic-Honey Glazed Lamb Chops

Preparation time: 8 minutes /

Cook time: 10 minutes

- 8 American lamb chops (shoulder or rib)
- 1 tablespoon olive oil
- 1 1/2 teaspoons *each* dried thyme leaves and coarse ground black pepper
- 1 teaspoon salt
- 1/2 cup *each* balsamic vinegar and honey
- 4 small apples, pears or figs

Brush lamb chops with oil and sprinkle with thyme, pepper and salt. Cook in large skillet over medium-high heat for 5 minutes, turning once. Heat vinegar and honey in another large skillet. Stir and bring to a boil. Core and cut apples or pears into 10 slices. If figs are used, cut them in half. Add fruit to bubbling mixture, turning to coat. Cook until the fruit is glazed and just tender. Place browned lamb chops into the bubbling mixture. Turn the chops every minute to glaze with sauce. Cook to desired degree of doneness. Serve with glazed fruit and a drizzle of sauce.

Makes 8 servings



American

lamb meat

is tender

and mild.

Make sure

to ask

for fresh

American

lamb.



**AMERICAN
LAMB
BOARD**



(MEAT LOVERS KNOW.)™

Lean on Lamb

American lamb is a good source of protein, niacin, zinc, iron and Vitamin B-12.

Compared to other meats, lamb has very little fat marbling throughout the meat. With most fat limited to the outside edges, it's easily trimmed. That means fewer calories – only 176 in an average 3-ounce serving.

Buying Lamb

American lamb is available at the meat counter of most grocery stores, gourmet food retailers and butcher shops. If you don't see it displayed, just ask. More than likely, fresh cuts are available.

When buying lamb, look for firm and fine textured meat. The fat should be firm, white and well trimmed.

Lamb Cuts

Lamb comes in a variety of cuts — chops, roasts, racks/ribs, ground lamb, stew meat, riblets and many more.

Storing Lamb

Refrigerate ground lamb for up to 2 days and lamb cuts and roasts for up to 3 days. To maintain quality, store lamb in the coldest part of the refrigerator. If you don't plan to prepare the lamb in 24 hours, it's best to remove the store's packaging and rewrap it with plastic wrap, foil or a sealable plastic bag.

Freeze ground lamb for up to 3-4 months or lamb cuts and roasts for up to 6-9 months. To maintain quality, rewrap the lamb tightly in heavy-duty plastic wrap, a sealable freezer plastic bag or freezer wrap to prevent freezer burn.

Defrosting Lamb

Thaw frozen lamb in the refrigerator overnight or for faster thawing, use a microwave oven, following the manufacturer's directions. Do not thaw frozen lamb at room temperature.

Cooking Lamb

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

The USDA recommends using a meat thermometer to check for safe cooking and doneness of lamb. Cook ground lamb to an internal temperature of 160°F. Steaks and roasts should be cooked to 145°F (medium rare), 160°F (medium) or 170°F (well done).



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