



Cooking

Fresh Canadian Lamb tastes great!

Most Canadian lamb is produced and processed locally or regionally. This means that the meat is fresh and in prime condition. Canadian lamb is young and tender. It is not necessary to marinate the chops before cooking.

Lamb is tastiest when it is served slightly pink. The internal temperature is an effective way to verify cooking. This can be checked by inserting a thermometer into the meat at its thickest part. At 68 °C (155 °F), it is just right. The meat should be served hot and on a heated plate.

Lamb is good for you

“According to the Chinese, lamb is one of the most warming of meats for the body and is relished in wintertime dishes. The meat increases *qi*, or body energy, and is used to treat general weakness, anaemia or impotence.”

A Spoonful of Ginger, Nina Simons

Lamb meat is good source of iron and vitamins and protein that is rich and balanced in essential amino acids. It is particularly rich in vitamin B-12, and in niacin, zinc and iron.

Less is more – how much you eat is just as important in a healthy diet as what you eat. Lamb cuts are smaller than other meats providing you with just the right-sized portion of meat for a healthy lifestyle.

A good quality lamb will have a nice fat finish, which not only adds flavour to the lean meat, but can also be – in the right amount – a healthy part of a balanced diet. Fat provides energy. It is one of the basic elements of body cells. It enables the production of hormones and the uptake of vitamins A, D, E and K into the human body. Certain fats (Omega-3, for example) cannot be produced by the body. Therefore, these types of fat have to be absorbed from the food you eat.

Only one-third of the fat in lamb is saturated, which makes it easier to remove excess fat before cooking. Removing excess fat can reduce the amount of saturated fat by half, while still maintaining lamb’s unique taste.

Stearic acid accounts for almost one third of the total saturated fatty acids contained in lamb meat. Contrary to the majority of saturated fats, stearic acid can lead to an increase of good cholesterol and has no impact on the level of bad cholesterol.

Just 3oz of cooked lamb, with any excess fat removed, provides the average person with 48% of their daily protein requirements, 30% for zinc, 10% for iron, 37% for vitamin B-12 and 27% for niacin.



Simple and easy-to-prepare dishes

Leg of lamb

Preparing a leg of lamb is quite simple. The leg can be cooked on the barbecue or in the oven. If the leg is bought with the bone in, calculate a minimum of 250 g per person. If the leg is boned, count on 150 g of meat per person.

Rack of lamb

Rub a rack of lamb in a mixture of oil, spices and cinnamon. Cook for about 30 minutes in an oven at 375 °F.

Lamb chops

The best way to cook lamb chops is on the grill, and the barbecue is the perfect method. When purchasing lamb chops, count on three or four chops per adult. With three minutes per side, a chop with a thickness of 2.5 cm cooks quickly on the barbecue.

Finger foods

Lamb chops can be cooked quickly in advance for convenience at a picnic. Kept cold and then served with a sauce made from mayonnaise, mustard and spices, the kids will love them. And the bone in the chop makes it easy to hold onto as finger food.

Meatballs

Small-sized meatballs made from ground lamb, baked in the oven, make great appetizers. Give them some zest by adding some pine nuts and a little mint for a taste of Greece. And you can mix lamburger, half and half, with ground beef in any recipe.

Brochettes

For a bit of Middle-Eastern charm, marinate cubed lamb meat in Balkan-style natural yogurt mixed with garlic and cumin.

Internationally inspired!

Move up from the ordinary - try lamb recipes from around the world! Lamb has always been popular in many countries around the world, and so it is no surprise that its tender and tasty meat can be found in many exotic recipes: *navarins* (stews), *tajines* (earthenware dishes) and *mijotés* (slow cooking) are just a few of the international favourites that show up in recipe books and on menus time and again.

Quick dishes with international flavours:

Italian Use pieces of cooked lamb to add to your favourite tomato sauce served on pasta or lasagna

Indian Sauté pieces of cooked lamb with vegetables such as carrots, peas, peppers, cauliflower, and tomatoes, add in some curry paste.

Spanish Sauté pieces of cooked lamb with onions, garlic, pepper and paprika.

Chinese Sauté pieces of cooked lamb with vegetables such as onions, bamboo shoots, broccoli, cracked aniseed and soy sauce.



Moroccan Sauté pieces of cooked lamb with onions, eggplant, tomatoes, cumin, garlic and cayenne pepper.

Don't forget the traditional dishes: *Irish Stew*, *Scotch Broth*, and *Leg of Lamb* with mint sauce. For the more intrepid, there's *Lancashire Hot Pot* (lamb chops with kidneys and oysters!), or maybe *Haggis* (think of stuffed lamb). And then there's the grandest BBQ of them all – the *Méchoui*, a whole lamb roasted on a spit.

Versatile

For a quicker cooking and tastier meal with lamb, have your butcher de-bone the leg. Lamb is tastiest when it is served slightly pink so to prevent it from drying out make sure you don't over-cook it. A butterfly roast will also cook quicker as the meat is more exposed from the bone, and is easier to carve for serving.

For that sophisticated touch, sprinkle a little balsamic vinegar on grilled lamb chops just before serving. Or perhaps the taste of some fine red wine – a *Cahors*, *Ribera del Duero*, or Chilean or Californian *Cabinet Sauvignon* – they all go well with lamb!

There are lots of things you can do with left-overs: diced lamb from a roast goes well with Mediterranean-style salads like taboulé; sliced lamb from a roast makes great sandwiches the next day, or strips for pita bread or tortillas.

Cold roast lamb also makes great rissoles (mince the meat from the left-over roast and make meatballs or burgers) or minced meat for stuffing tomatoes, green peppers or eggplant and baked in the oven.

Quality Value

Tasty and affordable – to the bone! Dishes with lamb are well suited to cuts that include the bone. For example, slices of lamb neck seared in a pan and stewed in a sauce make an excellent dish at an affordable price. The bone of a leg of lamb constitutes approximately 25 percent of the weight. A leg of lamb bought with the bone intact, ranging in weight from 2.5 to 3 kilos, will serve six to eight people.