

# LAMB

## LEG or SHOULDER

for use in the USDA Household  
Commodity Food Distribution Programs

### Product Description

- **Lamb** is vacuum packaged, frozen, and ready-to-cook.
- The lamb comes in 2 different forms and sizes: **leg** (2 to 4 pounds) and **shoulder** (2 to 4 pounds).

### Yield

Yield will depend on the method of cooking: dry roasting or cooking in liquid, but a general rule is to count on about four 3-ounce servings per pound.

### Storage

- For **best quality**, use frozen leg of lamb and lamb shoulder by the "Best if Used By" date on the package.
- Once cooked, store leftover lamb in a covered container and refrigerate. Use within 3 days.

### Preparation

- Thaw lamb, wrapped in the original package, in the refrigerator, on a platter to catch juices. Set on the lowest shelf away from other foods to prevent cross contamination.
- Allow 3 to 5 hours per pound thawing time. For food safety reasons, **do not** thaw the lamb at room temperature.
- Once thawed, cook lamb within 3 to 5 days.

### Uses and Tips

There are different cooking methods for different cuts of lamb: **leg or shoulder** - roasted (without added liquid ingredients) and **shoulder** - braised (cooked with added liquid ingredients).



U.S. Department of Agriculture

### Cooking

- Use a meat thermometer to ensure that a safe internal temperature of 145°F has been reached for medium-rare lamb roasts, 160°F for medium, and 170°F for well done. Insert the thermometer into the center of the thickest part of the leg or shoulder away from fat and gristle.
- For ideal tenderness do not cook lamb over 160°F.

### Nutrition Information

- **Lamb** is a source of protein, most B vitamins, zinc, and iron as well as other vitamins and minerals.
- 2 to 3 ounces of lamb provides 1 serving from the **MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS GROUP** of the Food Guide Pyramid.

*(See recipes and menu ideas on reverse side)*

Nutrition Facts	
Serving size 3 ounces (85g) cooked lamb	
Amount Per Serving	
Calories 230	Fat Cal 137
% Daily Value*	
<b>Total Fat</b> 15.3g	<b>23%</b>
Saturated Fat 6.3g	<b>31%</b>
<b>Cholesterol</b> 81g	<b>27%</b>
<b>Sodium</b> 61g	<b>2%</b>
<b>Total Carbohydrate</b> 0g	<b>0%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 0g	
<b>Protein</b> 21g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 9%
*Percent Daily Values are based on a 2,000 calorie diet.	

### Irish Lamb Stew

1 tablespoon vegetable oil  
 1-pound leg of lamb, cut into ¾-inch cubes  
 3 cups beef broth  
 2 cloves garlic, minced (or ½ teaspoon garlic powder)  
 1 teaspoon dried rosemary or marjoram leaves  
 ¼ teaspoon pepper  
 2 cups peeled potatoes, cut into ½-inch cubes  
 1½ cups carrots, cut into ½-inch slices  
 1½ cups celery, cut into ½-inch slices  
 ½ cup chopped onion

1. Heat oil in a large skillet over medium heat.
2. Add lamb and cook until brown, about 5 minutes.
3. Add beef broth, garlic, rosemary or marjoram, and pepper.
4. Bring to a boil; reduce heat to low. Cover and simmer 20 minutes or until meat is tender.
5. Stir in potatoes, carrots, celery, and onion.
6. Return to boiling; reduce heat. Cover; simmer about 30 minutes or until vegetables are tender.

*Makes about seven (1¼ cup) servings*

#### Nutrition Information for each serving of Irish Lamb Stew:

Calories	171	Cholesterol	43 mg	Sugar	2 g	Calcium	32 mg
Calories from Fat	53	Sodium	433 mg	Protein	15 g	Iron	1.9 mg
Total Fat	5.9 g	Total Carbohydrate	13 g	Vitamin A	329 RE		
Saturated Fat	1.8 g	Dietary Fiber	2g	Vitamin C	12 mg		

### Herbed Leg of Lamb

1 (4 pound) leg of lamb  
 1 tablespoon vegetable oil  
 1 teaspoon salt  
 ¾ teaspoon pepper  
 ¾ teaspoon dried rosemary leaves

1. Place lamb, fat side up, in a shallow roasting pan.
2. Brush vegetable oil over lamb.
3. Mix salt, pepper, and rosemary. Sprinkle over lamb.
4. Bake at a 325°F oven temperature for about 2 hours or until meat thermometer reaches 160°F.
5. Let stand 10 minutes before carving.

*Makes about 13 (3-ounce) servings*

#### Nutrition Information for each serving of Herbed Leg of Lamb:

Calories	77	Cholesterol	35 mg	Sugar	0 g	Calcium	4 mg
Calories from fat	28	Sodium	145 mg	Protein	11 g	Iron	1.0 mg
Total Fat	3.2 g	Total Carbohydrate	0 g	Vitamin A	0 RE		
Saturated Fat	1.0 g	Dietary Fiber	0 g	Vitamin C	0 mg		

### Spicy Lamb Roast

3 pound lamb shoulder roast  
 2/3 cup apple juice  
 2 tablespoons vegetable oil  
 ¼ cup light soy sauce  
 2 teaspoons oregano leaves  
 ¼ teaspoon ground ginger  
 ¼ teaspoon hot pepper sauce  
 1 clove garlic, minced (or ¼ teaspoon garlic powder)

1. Combine apple juice, oil, soy sauce, oregano, ginger, hot pepper sauce, and garlic.
2. Place lamb on rack in roasting pan. Brush lamb with marinade. Hold remaining marinade in refrigerator.
3. Roast lamb at 325°F oven temperature for 25 minutes per pound, about 1¼ hours, until internal temperature registers 160°F.
4. Brush with remaining marinade several times while roasting.
5. Remove from oven and cover with aluminum foil to keep warm. Let stand 10 minutes before slicing.

*Makes about 8 (3-ounce) servings*

#### Nutrition Information for each serving of Spicy Lamb Roast:

Calories	186	Cholesterol	46 mg	Sugar	1 g	Calcium	15 mg
Calories from fat	128	Sodium	170 mg	Protein	11 g	Iron	1.1 mg
Total Fat	14.3 g	Total Carbohydrate	2 g	Vitamin A	1 RE		
Saturated Fat	5.6 g	Dietary Fiber	0 g	Vitamin C	4 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

#### Menu Ideas

- Use cooked slices, cubes, or strips of herbed lamb to make sandwiches, or add to casseroles and salads such as potato, pasta, or lettuce.
- Use cooked slices or strips of spicy lamb to make spaghetti sauce, fajitas, fried rice, casseroles, omelets, scrambled eggs, and other egg casseroles.

U.S. Department of Agriculture • Food and Nutrition Service • 1999

USDA prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W Whitten Building, 14<sup>th</sup> & Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

