

Assignment #4

Lamb

Cul 500-5035

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Lamb is a tender and flavorful type of red meat. It comes from young lambs under one year of age. Lamb is a nutrient dense food with a variety of health benefits. It is high in protein, iron, zinc, and vitamin B12. Lamb is enjoyed in many cuisines around the world due to its rich taste and versatility of cooking. Different breeds of sheep have varying muscle-to-fat ratio, fiber types, and fat compositions. These variations affect tenderness, flavor, and overall quality of the lamb. Some breeds are known for their lean meat, while others are prized for their marbling.

When looking at lamb, we need to understand the primal cuts. The primal cuts of lamb are shoulder, rack, shank/breast, loin, and leg. It is very important that we understand these cuts so we can cook them properly. The shoulder is ideal for roasting, braising, and making stews. The rack is generally prepared as a whole roast. The shank is best for braising, while the breast is stuffed and braised. The loin is best roasted. The leg is ideal for roasting, grilled, and braised. Depending on the cut, will decide on preparations. The thinner cutlets are best for pan-searing. This allows us to prepare lamb for optimal flavor and tenderness.

Grading of lamb is broken down into prime, choice, good, and utility. Prime grading involves thick muscle throughout, moderately wide and thick in relation to their length, and moderately thick and full legs, back and shoulders. Choice is considered slightly thick muscle throughout, slightly wide and thick in relation to their length, and slightly thick and full legs, back, and shoulders. Good and utility are classified as slightly thin muscled throughout, moderately narrow in relation to their length, slightly thin and narrow legs, back, and shoulders. Carcass is inferior to standards specified for the

good grade. Good and utility are generally not sold to the public, it is reserved for culinary institute use or for being ground up.

Storage of raw lamb is also very important. It should be stored in a refrigerator at 40F or below. If possible the lamb should be kept in its original package, if not possible it should be wrapped in plastic wrap or aluminum foil to prevent exposure to air. Raw lamb such as chops and roasts can be good in refrigeration for 3-5 days, while fresh ground lamb only lasts 1-2 days. Cooked lamb can be stored in a refrigerator for 3-4 days. The best method for storage is freezing fresh raw lamb which can last 6-9 months. It is also important to label the lamb with a date of freezing to make sure the lamb is used in a timely manner.

References

<https://www.bing.com/ck/a?!&&p=e63f8e2e2792b1b0c94f931916d29efa1ee5876e22d19b576f10b2a4af04d6f9JmltdHM9MTc3MzUzMjgwMA&ptn=3&ver=2&hsh=4&fclid=3124af70-333e-69c2-39a9-bc4e325468a0&psq=structure+and+composition+of+lamb&u=a1aHR0cHM6Ly9zaGlmdHIjaGV2cmUuY29tL3doYXQtaXMtbGFtYi1tYWRLW9mLw>

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