



## Certified Humane Pasture-Raised Lamb

♥ **Pasture-raised lamb** is a tender and far more flavorful product than commercially raised lamb. This premium-quality meat can come only from traditionally raised animals; in addition, our lamb comes from **local farms**, ensuring the freshest, most wholesome product available.



\*Meets the Humane Farm Animal Care Program standards, which include nutritious diet without antibiotics, or hormones, animals raised with shelter, nesting areas, sufficient space and the ability to engage in natural behaviors.

### Why another label?

- ♥ Our lamb is raised in fields, eating grass as nature intended
- ♥ Our farmers do not use subtherapeutic antibiotics or synthetic growth hormones
- ♥ The lambs are fed all-vegetable diets. The feed cannot contain any animal by-products
- ♥ Lambs must be allowed to remain with their mothers until they are at an age where they can forage naturally for themselves without supplemental milk, usually 2-3 months of age
- ♥ Lambs must be at least 5 months of age before slaughter, which must be performed according to strict humane standards to minimize stress and pain
- ♥ Commercial lambs are usually between 7-10 months of age at slaughter, but heritage breed lambs can be a year old or more as they grow more slowly than modern hybrids
- ♥ Home farm ages its lamb before cutting, ensuring the most flavorful, tender lamb available

**Ayrshire Farm**  
www.AyrshireFarm.com

## What is a Hogget?

♥ A **lamb** is a sheep of either sex which is less than one year old. Sheep that are over a year but less than two years old are called **hoggets**, and three years and older, the meat is called **mutton**. The equivalent term for a steer (a castrated male lamb) is **wether**.

♥ Lamb tends to be somewhat like naturally reared veal: somewhat tough when cooked pink and dry when cooked through. The best lamb for eating is actually the hogget--much like premium beef at that age. The meat has enough fat to hang for 2-3 weeks, has a far superior flavor, and can be roasted just like the best cuts of beef.

♥ Except for a few breeds such as the Dorsets sheep, most sheep will lamb in the spring, meaning that lamb is at its best in the late fall. Lambs slaughtered in the spring are often from sheep raised intensively and managed to lamb in the fall. These lambs tend to be younger at slaughter and have naturally less fat than lambs which graze on lush summer grass before slaughter.

♥ Because the American consumer eats little lamb and almost no mutton, meat from sheep is now exclusively lamb. If you would like to try hogget, please ask the butcher to put in a special order for you. He/she will consult our local farmers and let you know when your hogget will be ready. You will have to take one-half of the animal, but the price will be lower than buying a single piece of meat, and the taste will be truly superb.

## Cooking Lamb

As with beef, different cuts of lamb (or hogget) will require or allow different cooking methods. Cook lamb to 145°F for medium-rare, 160°F for medium, and 170°F for well-done.

**Loin: Roast.** When lamb is cut into steaks, the pieces are called "noisettes" are traditionally fried as the steaks dry out very quickly. Hogget and mutton steaks, on the other hand, broil, BBQ and roast very well, just as beef filet steak does. **Cook lamb loin roast at 425°F for 20 minutes, then finish at 350°F for the remainder of 10 (for rare) to 20 (for well-done) minutes/lb.**

**Saddle:** This is both loins from the same animal, still joined together. Cooking is as for loin.

**Chump (or Rump) and Shoulder:** roast bone-in or boneless. Shank, shins and scrag end of necks need to be braised and slow-cooked, much like oxtail stew. It is usually advisable to put some other meat in with these economy cuts as they have little meat. **Brown meat, then simmer or bake at 300°F for two hours, or until fork-tender.**

**Leg of Lamb:** **Preheat oven to 425°F. Prepare meat, then turn oven down to 325°F. Roast 30 minutes/lb., or until desired degree of doneness.**

**Neck:** The best end of Neck is also known as Rack of Lamb if the eight cutlets remain attached. Two racks of lamb cut to form a circle is called a Crown Roast of lamb, and is usually filled with stuffing. Cook as for loin roasts.

**Breast:** This cut is very fatty, like a brisket of beef. The best cooking method is to slowly roast the neck, pouring off the excess fat, then finishing the roast at high heat to crisp the outside.

**Lamb burger:** great for moussaka and shepherd's pie, and just as lamb burgers. Cook as for beef.