



Grassfed Lamb: A Primer

Thank you for choosing Fresh Roots Farm's Grassfed Lamb!

We are happy to have provided you with a product that is sustainably-raised, nutritionally-dense, and delicious! Grassfed lamb has great health benefits, as it is rich in:

- Omega-3 fatty acids
- CLAs (conjugated linoleic acids)
- Antioxidants, including Vitamins E, C and beta-carotene

Our animals enjoy a dense diet of pasture and grass-based forage, and are finished within 6-8 months. We have worked hard to select lamb genetics that are best suited to a pasture-based diet, and the grazing management practices we use contribute towards improvement of the land we steward.

If you are trying grassfed meats for the first time, you may want to know that they cannot always be prepared in the same way as conventionally raised meats. They tend to be lower in overall fat, and very flavorful. When prepared properly, they are a real treat!

To ensure the best eating experience to our customers, we wanted to share some tips on some of the best methods for preparing and cooking grassfed lamb!

Cooking Tips:

Adapted from The Grassfed Gourmet Cookbook by Shannon Hayes

Four basic principles for cooking grass-fed meats:

1. Put away your timer, get a good meat thermometer, and be prepared to use it.
Since there is less fat on grassfed meats, and fat works as an insulator, lean cuts will cook faster than those higher in fat. Also, with varied size and thickness of cuts, cooking times for meat will vary. A thermometer can give you the best indication of when a cut is finished cooking. (See suggested internal temperatures on the opposite page.)
2. Turn down the heat.
If heats are too high when grass-fed meat is cooked, the moisture & fat will exit quickly, toughening the protein. It is best to set the flame a little lower when grilling or frying, and set the oven temperature lower, than is customary.
3. Learn when to use dry-heat cooking methods and when to use moist-heat methods.
See the guide for which cooking methods to use for which cuts, on the opposite page.
4. Ease up on the seasonings & sauces.
You can trust that prime cuts of grass-fed meat have sufficient flavor to stand on their own! Try using simple herb rubs or just salt and pepper so that you can experience the true flavor of the meat – how they are supposed to taste! However, marinades can always help bring out a desired flavor and tenderize the meat, and seasonings are always great!

Recommended Internal Temperatures for Cooked Meat

Adapted from The Grassfed Gourmet Cookbook by Shannon Hayes

The following table provides the ideal temperatures at which to remove the meat from the oven. Meat requires an additional resting period of about 5-10 minutes for chops and steaks, and 15-30 minutes (depending on size) for roasts. During that time, the internal temperature of the meat will climb about 5 degrees for steaks and chops and 10-15 degrees for roasts.

We have included the suggested 'meat-lovers' range, and the USDA-recommended range – the decision ultimately lies with the cook!

Meat	Suggested Internal Temperatures	USDA Recommended Internal Temperatures
Beef	120°-165°F	140°-170°F
Lamb	120°-155°F	140°-170°F

Some of our favourite cookbooks & resources for grassfed lamb include:

- [The Grassfed Gourmet](#) by Shannon Hayes
- [The Nourished Kitchen](#) by Jennifer McGruther
- [Nourishing Traditions](#) by Sally Fallon
- [The Heal Your Gut Cookbook](#) by Hilary Boynton & Mary G. Brackett
- <http://mcgearyranch.com/cooking-tips/>

Common Retail Cuts of Lamb & Ideal Cooking Methods

Dry-heat Method: The process whereby fats and water are pulled from the meat, thus firming it up until it reaches the desired doneness. Dry-heat methods include pan-frying, broiling, roasting, barbecuing, grilling, stir-frying and sautéing.

Moist-heat Method: Used for tougher cuts of meat, and include braising, stewing, crock-pot cooking, and boiling.

- **Super-slow roasting** – tougher cuts of meat are put in the oven at 170F (or slow-cooker on low) and allowed to roast for several hours.

BREAST	
Riblets	Super slow roast
Breast	Dry or moist heat
LEG	
Sirloin chops or roast	Dry heat
Leg steaks	Dry or moist heat
Leg	Dry or moist heat
Kabobs	Dry or moist heat
LOIN	
Double or single loin chops	Dry heat
Loin roast	Dry heat
RIB	
Rib roast or rack	Dry heat
Rib chops	Dry heat
SHANKS	
Whole or cross-cut shanks	Moist heat
SHOULDER	
Chops	Moist heat
Stew meat	Moist heat
Shoulder roast	Moist heat
Ground lamb	Dry or Moist heat