

FACTS ON AMERICAN LAMB



USDA Grade Shields are highly regarded symbols of high-quality American lamb. They are an added assurance of quality based on official USDA standards. Only lambs evaluated by USDA graders can bear the USDA grade shield.



USDA PRIME is the highest quality grade. Depending on maturity, Prime lamb contains small to abundant amounts of fat deposits in the flanks called flank streaking. This gives it superior tenderness, juiciness, and flavor. Prime lamb tends to be thickly muscled and moderately wide and thick in relation to its length.



USDA CHOICE is the second highest quality grade, and the most popular grade sold in stores. Choice lamb contains traces to modest amounts of flank streaking depending on maturity, giving it a tender, juicy, and flavorful profile. Choice lamb tends to be slightly thick muscled and slightly wide and thick in relation to its length.

CUTS OF LAMB

Leg of Lamb

The bone-in-leg is perfect for special occasions. The bone adds flavor and richness. The boneless leg is perfect for roasting, trimming, butterflying and grilling.

Rack of Lamb

The rack is perfect for entertaining. With a Frenched Rack, a few inches is removed from the end of the bones. With a Crown Roast, two frenched racks are tied.

Lamb Loin Chops

Loin chops are lean, tender and easy to prepare. Loin chops come in a 3 to 4 ounce serving size with a "T" shaped bone that runs through the cut.

Ground Lamb

Ground lamb contains lean meat and trimmings. It is perfect for easy dinners like meatballs, burgers, and meat loaf.



COOKING TIPS

Required cooking temp of **145** degrees for lamb steaks, chops, and roasts.

Required cooking temp of **160** degrees for ground lamb.

You can **explore lamb cuts** and **recipes** on the [American Lamb Board](https://www.americanlambboard.com) website by scanning the QR code.

